

THE SENIOR CONNECTION



A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND
SENIOR CENTER

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NEPTUNE, NJ 07753

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**SEPTEMBER
2019**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Maybe it's the change in the light that causes this to happen. Do you think it's the angle of the sun as it slips closer to the horizon and the days begin to be noticeably shorter? Maybe these are why September invites one to reflect on the past and think about what lies ahead.

Summer is ending. While days still beckon us to the outdoors for a while longer, the cooler breeze sneaks in with hints of days to come and the crickets begin their autumnal chorus. We start to realize that the coming months will bring more indoor time. So get out, enjoy the cooling days with less humidity while you can!

Fall will bring some changes at the Center as well! New classes, new instructors, new times and new activities! This newsletter has lots of important information; so read it carefully and call if you have questions.

Another September memory is the day that lives on forever, September 11. A day of darkness certainly but a day that showed what we are truly made of as a nation. A day to remember and a day to act.

The Senior Center will once again be packing gifts for our returning veterans with our Patriot's Day Project on September 11. We appreciate any donated hygiene items that we can package for our returning veterans going to transitional housing. We need to let them know that we appreciate their service to our great nation.

So enjoy the new offerings, the new opportunities, new and old friends and your Neptune Township Senior Center.

So, to sum it up – Enjoy September!

Randy

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Calendars for
lunch menu,
shopping,
activities,
programs and
fitness classes
are included as
inserts.

Neptune Township
Department of Senior
Services and Senior
Center is funded in
part by a grant from
Monmouth County
Division on Aging
under Title III of
the Older Americans
Act and does not
discriminate in
violation of federal
regulations.





*All Municipal Offices and Senior Center will be closed on
Monday, September 2 in observance of Labor Day*



From the Desk of Deputy Mayor Robert Lane, Senior Center Liaison

As the summer draws to a close and you get together for barbecues with friends and family, take a moment to remember why we celebrate Labor Day. On June 28, 1894, Congress passed an act making the first Monday in September Labor Day. It was created to recognize the creation and contribution of the labor movement and was dedicated to the acknowledgement of the social and economic achievements of American workers.

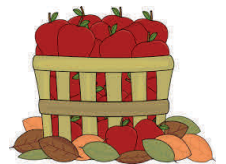
The new school year is fast approaching. Please be aware of the children, as they will be walking to and from the bus stops and may forget to look after a busy summer!

This time of year has some of the most delightful weather. Upcoming events you will be interested in are happening in September. The flea market will be in Ocean Grove on September 7 from 9 – 4 rain or shine. Come out and support local residents and small businesses and go home with some great “new” treasures. Also Neptune Recreation is holding its annual Neptune Day on Saturday, September 14, from 12 – 5 pm in the Neptune Middle School Parking Lot. We will have more rides and games and the fun will last for an hour longer than normal. Just in case, we have a rain date of September 15.



***SOCIAL WORKER AND LEGAL SERVICES
OFFERED AT THE SENIOR CENTER***

Free assistance is available monthly. Please call Ryan or Kris for further info. or to schedule your appointment.



***PROPERTY TAX REIMBURSEMENT “SENIOR FREEZE”
DEADLINE EXTENDED TO OCTOBER 31***

This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you think you may be eligible or need further info, call 1-800-882-6597 or call Ryan at the Center.





**WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!! STOP BY THE CENTER
NEAR YOUR BIRTHDAY AND LET US HELP YOU CELEBRATE!**



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MANY THANKS TO OUR DONORS
♥ **THANKS TO EVERYONE FOR THE
MONETARY DONATIONS, SUPPLIES, AND
GOODIES:** Patty Amberg, Susan
Bezzegh In Memory of Cathy & Vir-
ginia, Joan & Tony Cruz, George
Doeffinger, Dick Driscoll, Ellen
Fischer, Sandy & Michael Fornino,
Linda Frankshun, Roberta Grace,
Helen Haugabrook, Julie Hender-
son, Arthur Marshall, Friends of
Neptune Library, Barbara Neuman,
Patricia Normington, Fred Pearse,
Edith & Tracy Reid, Estella
Robinson, Eleonore Schussman, 
ShopRite, Aretha Sims, Stella
Young, Wegmans, and Maxine Zea.

**UPDATE YOUR I.D.
CARDS FOR 2019**

All Senior Center partici-
pants are asked to update
their Senior Center ID
cards. **Deadline for updating
is November 1.** All regis-
tered Center participants,
who want to maintain their
active status, need to up-
date their files. Updating
of ID cards keeps records
accurate and benefits you in
case of an emergency.
**Initial registrations must
call for an appointment.**

CREATE A "HEALTHY HOME"

PRESENTED BY MONMOUTH COUNTY HEALTH DEPARTMENT

MONDAY, SEPTEMBER 16 FROM 1:30PM – 3:00PM

Do you know the connection between your house and your
health? Come learn the different principles for creating a
healthy home in order to maintain a safe home. Don't miss this
very informative program.



MEN AND WOMEN'S BREAKFAST SEMINAR

WITH THE LEAGUE OF WOMEN VOTERS

TUESDAY, SEPTEMBER 24 AT 10:00AM

The League of Women Voters will be discussing the history of
the League (it's not just for women anymore) as well as recent
changes in voter registration. You will be able to check your
voter registration status, update info, update your party af-
filiation and register if you have not done so. Come for an in-
formative session! Contact Lindsay for reservations.



CAREGIVERS SUPPORT PRESENTATION

PRESENTED BY

JERSEY SHORE UNIVERSITY MEDICAL CENTER

TUESDAY, SEPTEMBER 17 AT 6:30PM AT THE SENIOR CENTER

Learn ways to help yourself while caring for others. Come share personal experiences, advice, and stories with one another in order to provide support along each of our journeys.

"ASK THE NURSE" WITH ANNETTE SCOTT, RN



(TOPIC AND SPEAKER TO BE DETERMINED)



WEDNESDAY, SEPTEMBER 18 AT 1:00PM

****PLEASE NOTE THE LATE START TIME****

Join us and get all the info you need for a healthy lifestyle.



CONGRATS TO OUR SENIOR CENTER ARTISTS!



Monmouth County Fair Art Show

Ceramics 1st Place: Perla Patricio. **2nd Place:** Marion Dobrowski.

Photography 1st Place: John Lalanas.

Art 1st Place: Marion Dobrowski, RosaLee McNair. **2nd Place:** Linda Alberti, Joyce Jefferson. **3rd Place:** Terry Scalcione, Linda Alston, Alice Singer. **Honorable Mention:** Frederica Castle, Andrea Schooley, George McCormick, Sandra Fornino, Beverly Sirianni, Ron Carr, Pat Supplee, Marilyn Shotwell, Bonnie Graham. **Participation:** Diana Drayton, Joyce Small.

Monmouth County Senior Art Show

Watercolor 1st Place: Linda Alston.

Photography 1st Place: Terry Halifko. **2nd Place:** John Lalanas.

Acrylic 2nd Place: Alice Singer.

Oil 2nd Place: Marilyn Shotwell.

Mixed Media 2nd Place: Beverly Siriani. **3rd Place:** Perla Patricio.

CERAMICS RESTRUCTURING NOTICE

Beginning Wednesday, September 4, we will be changing some of the days and times of our current ceramics classes offered. In addition to the new days and times, we will be offering **progressive level-based classes** to enhance the skillset of both new and seasoned ceramics artists. All current participants are asked to enroll in the class day/time/level they prefer. Level based classes will begin Monday, September 30th. Current ceramics enrollees have priority registration beginning Monday, September 9 at 9:30am with Lindsay. New ceramics class enrollees will be able to register beginning Monday, September 16 at 9:30am with Lindsay.

Monday 10am-12pm - **Beginners** class with Alice

Wednesday 10am-12pm - **Independent** Workshop Time

Thursday 10am-12pm - **Intermediate** class with Ed

Thursday 1pm-3pm - **Intermediate** class with Ed

Friday 9am-11am - **Advanced** class with Sue



"S.T.O.R.M. PROGRAM"

***PRESENTED BY MONMOUTH COUNTY SHERIFF'S OFFICE
AND OFFICE OF EMERGENCY MANAGEMENT***

WEDNESDAY, SEPTEMBER 18 AND SEPTEMBER 25 AT 10:00AM

This 2 session program will focus on hurricane preparedness and family/personal emergency plans. All **first-time attendees** will receive an emergency kit (**attendees must attend both sessions to receive the kit**). Registration begins Monday, September 9 at 9:30am. Seating is limited.

MOVIE MATINEE — "THE MUSIC MAN"



THURSDAY, SEPTEMBER 26 AT 1PM (RESCHEDULED FROM JULY)

A con man, a librarian and money to form an all boy band right here in River City! Come enjoy Neptune Senior Cinema's screening of an all-time classical musical that will have you tapping your toes and singing along to a great movie classic. Because if you miss it..."You got Trouble"...! **Deadline for transportation reservations is 11:30am on Wednesday, September 25.**

⁶ **SEPTEMBER IS HEALTHY AGING MONTH**



"THE NURSE IS IN"



THURSDAY, SEPTEMBER 12 9AM – 12NOON

Our Board of Health nurse will be at our Center to check blood pressures, discuss medications, and chat with anyone who would like to meet with her about particular medical concerns.

LINE DANCING CLASSES ARE BACK!

Balance, strength, and endurance along with memory building and improved concentration are just a few of the many benefits of dance. Move to the music with set dance moves like the Electric Slide, Cupid Shuffle, and many more. Come join us on the dance floor!

Thirty minute classes will begin on Wednesdays in October at 10:30am. Join us for a trial class on Monday, September 30 at 11:30am. All participants must be pre-registered to the Senior Center and have a signed fitness waiver.

FULFILL FALL HARVEST

MONDAY, SEPTEMBER 30

9:00AM – 12:00PM

Join us for a morning of harvesting and gardening at Fulfill, the Foodbank of Monmouth and Ocean Counties. Participants are encouraged to bring a hat, water, and must wear close toed shoes. Lunch on your own to follow at IHOP.

To register, please see Lindsay beginning Monday, September 16 at 9:30am. All participants must be currently registered and up to date at the Senior Center.



FRAUDS AND SCAMS PRESENTATION – PROTECT YOURSELF!

PRESENTED BY RICHARD O'BRIEN

NEW JERSEY STATE OFFICE OF THE COMPTROLLER

THURSDAY, OCTOBER 3 AT 10:00AM

Scammers target anyone regardless of age, gender, or income. They use many tactics to show they are "genuine". Scams cost people a lot of money and stress. Rich will discuss trends in elder fraud and how to protect yourself from fraudsters.



FITNESS CLASSES LISTING FOR ALL LEVELS

Participants must pre-register, sign fitness waivers and wear proper attire and shoes.



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PUMP IT UP WITH INSTRUCTOR KATHY, MARIA OR MEG

Mondays, Wednesdays & Fridays at 9:00am

Donation - \$4.00 (per class)

Dance, exercise and tone with movements that are easy and repetitive. Get your heart rate up and burn calories with interval training techniques that include light weights for improving bone mass/strengthening muscles. Enjoy a wide variety of music while you get fit.



SHAPING UP – SITTING DOWN WITH KATHY

Mondays & Fridays at 10:30am - Donation - \$2.00 (per class)

A gentle fun way to improve strength and stamina. A great approach to good health, exercise and wellness. Great for those who want gentle exercise or those who are "on the mend" and looking to increase fitness.

T'AI CHI CHIH WITH DAN

Tuesdays 9:30am & Thursdays 10:30am

Donation - \$4.00 (per class)

The benefits of T'ai Chi Chih are proven...better blood pressure, better relaxation, less stress, better body mechanics. TRY IT NOW!

TOTAL BODY SOLUTIONS WITH SUZANNE

Wednesdays & Fridays at 1:00pm

Donation - \$4.00 (per class)

An educational, active, enjoyable approach to living with arthritis. For best results, participants should try to attend twice weekly. Books and bands will be provided.



ZUMBA GOLD WITH SUZANNE

Tuesdays at 1:00pm - Donation - \$4.00 (per class)

Have fun in a dance party atmosphere. Music from around the world. Make the dance your own by slowing down or speeding up movements. Burn calories and have fun.

YOGA WITH MARIA

Thursdays at 9:00am - Donation - \$4.00 (per class)

Proven benefits - stress reduction, relaxation, lower blood pressure, improved mobility and flexibility.



**SEPTEMBER
2019**



Neptune
Township - NJ

Where Community, Business & Tourism Prosper

**We are so happy that you are a part of our Senior Center Family.
If we can be of assistance to you and/or your family,
please contact us at anytime. We look forward to having you
visit us in the near future.**

**Randy Bishop, Director
Kristina Torres, Deputy Director**

Recreation/Programming

Lindsay Okuski - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas - Driver

David Pyle - Driver

Robert White - Driver

Custodial Services

Ralph Parkman

Doug Johnson

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Sondra Attridge - Senior Programs Representative

And an Army of Dedicated Volunteers!

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855