

# THE SENIOR CONNECTION



# Neptune

Township - NJ

Where Community, Business & Tourism Prosper

WWW.NEPTUNETOWNSHIP.ORG



## JUNE 2018



**ICE HOURS**  
10am-4:00pm

**GRAM HOURS**  
9:00am-3:00pm

## HEADLINE NEWS



### MAYOR NICHOLAS WILLIAMS

### HOSTS

### THE 25TH SILVER ANNIVERSARY

### MAYOR'S BALL

### BENEFITING

### THE NEPTUNE TOWNSHIP

### LIONS CLUB

### FRIDAY, JUNE 22ND

### 7PM

### AT

### JUMPING BROOK COUNTRY CLUB



### INSIDE THIS ISSUE

Special Notices

Pages 2-3

Program Notices

Pages 4-5

Health/Wellness

Pages 6-7

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.



# SPECIAL NOTICES

## **LEGAL HELP OFFERED AT THE CENTER**

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. If you have a legal issue and want to discuss the matter with the attorney, please call Kris or Ryan at the Senior Center to schedule your appointment. Complex matters or lawsuits may need to be referred elsewhere.

## **SOCIAL WORKER AVAILABLE MONTHLY AT SENIOR CENTER**

If you need assistance from a Licensed Social Worker, Prem Singh, from the Monmouth County Division of Social Services, is available at our Center. Prem provides free individual counseling, assists with Medicaid, food stamps, financial assistance, homecare info and more. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Kris or Ryan for further info.

## **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.

## **INSTRUCTOR VACATIONS AND CLASS CANCELLATIONS CHECK OUT OUR CALENDAR PAGES**

Most of our instructors will be taking vacations over the summer so please make sure you check our calendars. If you do not see your class, it is probably cancelled – if you have any questions, call the Center.



**VISIT US ON THE WEB AT [WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG)<sup>3</sup>**

**MANY THANKS TO OUR DONORS**

♥ **THANK YOU FOR THE MONETARY**

**DONATIONS:** Rose Dillon, and Irene & Stephen Grasso.

♥ **THANK YOU FOR THE SUPPLIES AND**

**GOODIES:** American Legion Post #346, Mary & Ron Carr, Catholic Men for Jesus Christ, Jerry Corvo, Diane Curley & Susan Waters, Regina & Thomas Donohue, Richard Driscoll, Jeanet Eggers, Helen Haugabrook, Robert Hodges, Joan Hunziker, Neville Largie, Frances McDaniel, Victor Murray, Candi Pisano, ShopRite, Kathy Thomas, and Wegmans.



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



**SHOP TIL YOU DROP!!!**

**"HOBBY LOBBY" AND GOLDEN CORRAL FOR LUNCH  
TUESDAY, JUNE 19 – BUS LEAVES CENTER AT 9:30AM**

Enjoy this craft shopping experience. Hobby Lobby is not to be missed. Have fun, get creative. Be prepared for a lot of walking in the store. After Hobby Lobby, enjoy lunch on your own at the Golden Corral. Reservation required. Seating is limited.

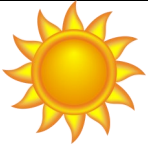
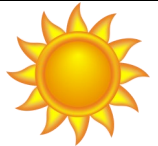


**MANASQUAN RESERVOIR BOAT RIDE**

**WEDNESDAY, JUNE 27 AT 11:00AM**



Enjoy the gorgeous scenery of the reservoir while on a pontoon boat tour learning about wildlife and how it serves as a home for different types of beautiful creatures such as turtles, egrets, herons, ospreys, and bald eagles. Donation is \$9.25pp (the cost of trip and a boxed lunch to enjoy in the picnic area) and due at the time of reservation. Reservation deadline is 11:30am on Wednesday, June 20. **Bring exact change, please.**

**SPECIAL PROGRAM NOTICES****"BE REGISTER READY"**

The "NJ Register Ready Program" is a state-wide registry that allows emergency responders to know where you are and what your needs are in the event an evacuation were needed. Register online at [www.registerready.nj.gov](http://www.registerready.nj.gov). Residents who are not seniors but, who have special needs can also register. Registrations expire so always check your registration status. Those without computers can call Ryan and he will make sure your status is current.

**BREAKFAST LECTURE SERIES****WITH OUR****SENIOR CENTER CHORUS****THURSDAY, JUNE 21 AT 10:00AM**

Come for breakfast and stay for our summer concert at 11am complete with some of your favorite summer time classics.

Call Gigi or Carina for breakfast reservations. Seating is limited. Reservation deadline is 11:30am on Monday, June 18. The concert is open to everyone. If you do not wish to attend the breakfast, feel free to come in and enjoy the music.

**SUMMER CHORAL CONCERTS**

Our Senior Center choral group will be performing a summer recital here at the Senior Center on Thursday, June 21 at 11am.

**\*\*\*\***

The choral group will also be performing at Allegria in Ocean Grove on Thursday, June 28 at 1:30pm.

**\*\*EVERYONE IS WELCOME  
TO ATTEND BOTH  
CONCERTS\*\***





### **UPDATE I.D. CARDS FOR 2018**

All Senior Center participants are asked to update their Senior Center ID cards. **Updates started on April 9th. The deadline for updates is November 2nd.** We ask that all registered Senior Center participants, who want to maintain their active status, to update their files with us. Updating ID cards keeps records accurate and benefits you in case of an emergency.

- Updates are done **9:30-11:30am or 2-3:30pm Monday - Friday.**
  - Please bring ID cards when updating.
- Please come prepared with any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency and emergency contact info.
- The Center now issues photo ID cards. If you do not have our photo ID, bring your ID card so it can be replaced with a photo ID.
- Lost cards can be replaced once - then a \$1.00 donation per card is requested for any additional lost cards.
- We're sorry, updates are **not** done on days when big events are scheduled, please check our calendar before coming.

### **SUMMER DANCE RECITAL**

**PRESENTED BY**

**THE ROBIN MCGILL**

**SCHOOL OF DANCE**

**DATE AND TIME TBD**



Robin McGill and her dance students from her studio will present a summer recital at our Senior Center in July. Further information will be in our July newsletter.

### **BREAKFAST LECTURE**

**SERIES**

**CANCELLED FOR**

**JULY**

**&**

**AUGUST**



**JUNE IS MEN'S HEALTH AWARENESS MONTH**



**HEALTH, WELLNESS AND FITNESS FOR ALL  
DON'T MISS THE ACTION!!**



**"THE NURSE IS IN"  
THURSDAY, JUNE 14  
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.



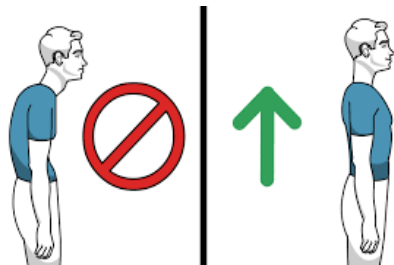
**"POSTURE"**

**WITH  
BARBARA CARREIRA, PT  
KESSLER REHAB  
AND  
ANNETTE SCOTT, RN**

**WEDNESDAY, JUNE 13 AT 11AM**

Do you bend over when standing and walking? Come learn about the health effects this may cause. Learn why standing tall is so important. There will also be a question and answer period.

Don't miss this vital program!



**JUNE AWARENESS  
MONTH**



**MEN'S HEALTH AWARENESS**

**PTSD AWARENESS**

**NATIONAL SAFETY MONTH**

**CATARACT AWARENESS**

**NATIONAL SCLERODERMA  
MONTH**

**NATIONAL ASPHASIA MONTH**

**ALZHEIMER & BRAIN  
AWARENESS MONTH**



## **FITNESS CLASSES LISTING FOR ALL LEVELS**



**All participants must pre-register, sign fitness waivers and wear proper attire and shoes.**

7

### **PUMP IT UP WITH SUZANNE OR MARIA**

**Mondays, Wednesdays and 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 SUZANNE**



**Mondays and 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.

### **YOGA STRETCH WITH LISA**

**Tuesdays at 11:00am - Donation - \$4.00 (per class)**

Learn breathing exercises, relaxation, yoga postures and stretching. Class can be done in a chair or on a mat. Bands and balls are used to increase flexibility with bars and chairs to work on balance. Detox and relax.

### **T'AI CHI CHIH WITH DAN**



**Tuesdays 9:30am and 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 and Fridays at 1:00pm (Call Gigi for info)**

**Donation - \$3.00 (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 1pm - 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 9am - Donation - \$4.00 (per class)**

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





**JUNE  
2018**



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Township - NJ

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**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.**

**Kristina Torres, Acting Director**

**Programming**

**Gigi Johnson - Coordinator**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**John Lalanas -Driver**

**Linda Dietz- Driver**

**Robert White - Driver**

**Custodial Services**

**Ralph Parkman**

**Doug Johnson**

**Dining Services**

**Teresa Richard - Manager**

**Jennifer Nurse - Aide**

**Deborah Carbone - Aide**

**Administrative Office**

**Michelle Bivens, Administrative Assistant**

**Carina Santos, Departmental Secretary**

RETURN SERVICE REQUESTED

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

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