

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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WWW.NEPTUNETOWNSHIP.ORG




**NOVEMBER
2018**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

 *"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but, to live by them." - JFK*

This was penned by a young President shortly after he had paused to lay a wreath at the Tomb of the Unknowns in honor of Veterans Day.

*Words that were to be a part of his Thanksgiving Proclamation;
a Thanksgiving he would not live to see.*

In my mind this single sentence captures the essence of November.

As Americans we are grateful for the bounty this great nation provides, for the freedoms that we cherish and the ability to work for an even better tomorrow. We are thankful for the work of our forefathers. President Kennedy called on us to "express our gratitude." Gratitude to women and men who give their youth and some their lives for our country; our ideals. Those who answered the call: our Veterans. His charge was not for just a single day to thank those in uniform, but all days.

But perhaps more important is the responsibility we have not to "utter words but to live by them." This Thanksgiving, give thanks for our blessings; this Veterans Day give thanks to our Veterans. We must commit to live each hour the ideals that these two days embody.

Do not just "utter words" but "live by them."

This November remember; thank a Veteran and enjoy a safe and Happy Thanksgiving.

Randy

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Calendars for
lunch menu,
shopping,
activities,
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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, November 12 in Observance of Veterans Day.*



From the Desk of Committeeman Robert Lane, Senior Center Liaison

First, I would like to thank everyone who came to Neptune Day. It was nice that we were able to honor Neptune resident, Special Olympian, Morgan Hulteen. A special thanks to the American Legion Auxiliary Department of New Jersey for hosting their POW/MIA tribute for our fallen and missing soldiers at our Neptune's Veterans Memorial Park. It was an honor to have them use our park for such a moving ceremony. On Veterans Day, we will be doing a wreath laying ceremony at the park at 1:30PM with a special guest speaker, Scott Nokes.

Following the service, there will be cider and donuts.

Don't forget to set your clocks back one hour on November 4th and check the batteries in your smoke detectors!

Finally, as Thanksgiving Day approaches remember to take time to celebrate with friends and family and be thankful for all of your blessings.



Rob



ELECTION DAY - DON'T FORGET TO VOTE TUESDAY, NOVEMBER 6



Transportation to the polls for Township Seniors will be available for the election. Deadline for transportation reservations is Monday, November 5 at 11:30am. Please call the Center for reservations soon. Don't miss your opportunity to vote.



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are now being accepted for the Home Energy Assistance Program (HEAP). HEAP is designed to help low-income households and/or individuals, 60 years of age or older. For applications or further info, contact Ryan.



HOMESTEAD BENEFIT PROGRAM DEADLINE NOVEMBER 30

The Homestead Benefit program provides property tax relief to eligible homeowners. For further info, contact Ryan.





*All Municipal Offices and Senior Center will be closed on
Thursday, November 22 & Friday, November 23 in observance of the Thanksgiving Holiday.*

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MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Elizabeth Beicht, Ruth Kusava, The Knitwits in Memory of Julia Smith.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Elaine Bennett, Freddie Castle, Mr. & Mrs. Leonard Clark, Dick Driscoll, Helen Haugabrook, Jumping Brook Women's Club, Caroline Vandervort, and Maxine Zea.



**MEN'S BREAKFAST
IS CANCELLED FOR
NOVEMBER AND DECEMBER**

**WE WILL RESUME IN
JANUARY**



**THE SENIOR CENTER
CHORAL GROUP, STAINED
GLASS CLASS, AND
FOREVER YOUNG GROUP
ARE LOOKING FOR NEW
MEMBERS**

For further information about these groups or if you are interested in joining, please contact Lindsay.



SOCIAL WORKER

AND

LEGAL ASSISTANCE

OFFERED AT THE CENTER

Please call Ryan for info or to schedule your appointment.



HOLIDAY STOCKINGS FOR RETURNING HEROES!

During November, the Senior Center is collecting new, unopened items for holiday stockings for our returning Veterans in transitional housing. We are asking for donations of personal hygiene items, hard candy, nuts, cookies, a gift card or a small holiday surprise. Bring your items to the Center during business hours during November. We will announce the day we are assembling the stockings in the December's newsletter.

Remember - we have returning women heroes as well!



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**"POPULATION HEALTH"
COMMUNITY HEALTH FAIR
PRESENTED BY**



**THE NEW JERSEY CITY UNIVERSITY NURSING STUDENTS
TUESDAY, NOVEMBER 27 FROM 11:00AM – 2:30PM**

NJCU Nursing students invite you to attend our community health fair at the Senior Center. Why wait until something is wrong when you can be proactive and take charge now? This health fair will not only provide answers to your questions regarding health and wellness, but it also provides guidance and encouragement to take steps towards leading a healthier life! Free eye exams and screenings for Hypertension will be offered. Screenings and measurements will be conducted privately and results will be released to you, only. Various educational and informational opportunities and resources will be available as well. Let's grow healthy together! Everyone is welcome.

Join us for an afternoon of information and fun.



**"NEWARK BOYS CHORUS"
AT THE ALGONQUIN ARTS THEATRE
AND LUNCH AT APPLEBEE'S
WEDNESDAY, DECEMBER 5 AT 10:00AM
BUS LEAVES CENTER AT 9:00AM**



Join us for this wonderful concert that will include a diversified repertoire of traditional music, spirituals, folk music, jazz, and more. After the show, enjoy lunch on your own at Applebee's. Donation for tickets to the show is \$10.00pp due at time of registration. **Strict refund policy.** Seating is limited so don't delay! Reservations must be made in person with Lindsay starting on Monday, November 5 after 9:30.



WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!! ⁵
STOP BY THE CENTER ON OR NEAR YOUR
BIRTHDAY AND LET US HELP YOU CELEBRATE!!!



JOIN US FOR OUR
THANKSGIVING DINNER
TUESDAY, NOVEMBER 20
AT 12NOON



HERE AT THE CENTER

Reservations for the luncheon
will be taken starting on
Tuesday, November 6 between
9:30-11:30 or 2:00-3:30.

Reservations can be made in
person or by phone. There will
be a free will donation on the
day of the luncheon.

Doors open at 11am.



JOIN US FOR OUR ANNUAL
HOLIDAY LUNCHEON
WEDNESDAY, DECEMBER 12
AT 11AM

HERE AT THE CENTER

Reservations will begin on
Wednesday, November 14
between the hours of
9:30-11:30 or 2:00-3:30.

Reservations can be made in
person or over the phone.
Seating is limited so don't
wait to reserve your seat for
our holiday celebration back
"at home".



HOLIDAY LUNCH OUTINGS
TO THE CULINARY SCHOOL IN ASBURY PARK
TUESDAY, DECEMBER 11 AND TUESDAY, DECEMBER 18
(PLEASE CHOOSE ONE DATE ONLY)

Enjoy a delicious holiday meal at the Culinary School in Asbury
Park. Seating is limited. Bus/lunch reservations must be made
in person with Lindsay starting Tuesday, November 13 from
9:30-11:30 or 2:00-3:30. Donation is \$10.00pp at the time of
reservation. **Bring exact change, please.** Strict refund policy.
Bus leaves Center at 11am. Due to limited parking, everyone
must ride with our bus.





ALZHEIMER'S DISEASE AWARENESS MONTH



"MIDTOWN NEPTUNE: FROM AFRICAN AMERICAN TOURISM TO REDEVELOPMENT"

**PRESENTED BY: DIANNA HARRIS, MURC PRESIDENT
FRIDAY, NOVEMBER 9 AT 11AM**

Learn about the history of the Midtown and Green Book areas of Neptune. If you have photos of Springwood Ave or around what is now West Lake, and streets such as Fisher, Drummond, and Myrtle, that are at the heart of Midtown, please bring them so that you can share your memories with others.

"THE NURSE IS IN"

**THURSDAY, NOVEMBER 8
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.



"OSTEOARTHRITIS AND JOINT REPLACEMENT"

**PRESENTED BY
KESSLER INSTITUTE'S
RON ARTZ,
PHYSICAL THERAPIST
WEDNESDAY, NOVEMBER 14
AT 11:00AM**

Learn what arthritis actually is, if it can be prevented, and how it can be managed. Ron will also discuss what to expect if arthritis progresses and requires joint replacement.

GET MOVING, STAY HEALTHY — TRY A FITNESS CLASS!

Have fun and stay healthy at the same time! Our fitness classes are all taught by certified instructors with a background in senior fitness. Don't be intimidated! All of the exercises can be modified for all levels and abilities. We have something for everyone! Contact Lindsay for further info or to sign up.



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 SUZANNE OR MARIA

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 SUZANNE

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 - \$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.



**NOVEMBER
2018**



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 Okuszki - 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 Swift, Administrative Assistant

Carina Santos, Departmental Secretary

RETURN SERVICE REQUESTED

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