

THE SENIOR CONNECTION

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753



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**NOVEMBER
2019**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

In November, we talk about slowing down for winter. Seriously! Veterans Day calls us to salute those brave women and men who served our great nation. Thanksgiving demands we look at our lives and realize that even with our troubles, we have much for which to be grateful.

You may have guessed that John Kennedy is one of my favorite Presidents. Maybe because he was the first President I remember. Maybe because his untimely death makes me wonder what he might have accomplished.

But, maybe it is because of the way he expressed deep thoughts in amazingly simple terms.

President Kennedy once reflected, "We must find time to stop and thank the people who make a difference in our lives." It is such an evident truth. We rush to this or that appointment or "emergency" and find time for the self-designated important things. But, do we make time for the people who make a difference to us?

This Thanksgiving, let a Veteran, current Member of the Armed Forces or First Responder know what their service means to you. Take the time to thank someone who helped you and maybe does not even realize what it meant. Thanksgiving is not about a day, it is about stopping to give thanks. Celebrate it every day; celebrate it by remembering to say thank you and really mean it.

From all of us, thank you to those who have protected and are protecting us and to those who make our Community a better place! Have a happy and safe Thanksgiving!

Oh, and don't forget to VOTE!

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 Monday, November 11 in Observance of Veterans Day.



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

Veterans Day is observed annually on November 11. We in Neptune Township are proud to have an award winning Veterans Park, a place where we honor the memory of all those who have given the ultimate sacrifice for our country.

This park is not just a place of reflection but a place of celebration. This was the third year that the American Legion Auxiliary held their POW/MIA service in the park. At this event I said, "We consider this sacred ground and as Americans we will never stop looking for our POW and MIA soldiers."

On November 11 at 4pm, our Veterans Park Committee will be honoring our fallen heroes with a wreath laying ceremony at our park. Keynote speaker is the new commander of Post 346, Scott Conklin. We encourage all to attend to remember all who served. Light refreshments will be served afterwards.

Our Neptune Township American Legion Unity Unit # 266 and # 346 are celebrating 100 years of service to our veterans on November 10 from 1pm to 5pm at Post 346 on Gully Road.

I want to wish everyone a very Happy Thanksgiving. Thinking of Thanksgiving brings me back to a simpler time in life. I remember waking up to the smell of turkey cooking and waiting for the Macy's Thanksgiving Day Parade to start. Thanksgiving is a time to remember and to be grateful for our blessings.

Finally, November 5 is Election Day. Remember to exercise your right to vote.

Every Voice, Every Vote Counts!



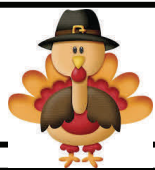
***ELECTION DAY - DON'T FORGET TO VOTE
TUESDAY, NOVEMBER 5***



Transportation to the polls for Township Seniors will be available for the election. Deadline for transportation reservations is Monday, November 4 at 11:30am. Please call the Center for reservations soon. Don't miss your opportunity to vote.

HOMESTEAD BENEFIT PROGRAM DEADLINE DECEMBER 2

The Homestead Benefit program provides property tax relief to eligible homeowners. To qualify, you must meet all eligibility requirements. For further info or applications, contact Ryan.



All Municipal Offices and Senior Center will be closed on
Thursday, November 28 & Friday, November 29 for Thanksgiving.

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MANY THANKS TO OUR DONORS
♥ **THANKS TO EVERYONE FOR THE**
MONETARY DONATIONS, SUPPLIES, AND
GOODIES: Ralph Burdge, Margaret
Campanile, Richard Driscoll,
Community Garden – Liberty Park,
Helen Haugabrook, Geri Huber,
Richard Kuchen, Eileen Michaels,
Jeffrey Allen Piersall, ShopRite,
Sherry Sotnikoff, Eunice Taylor,
Wegmans, Delphine Whittaker, and
Maxine Zea.

WOMEN'S AND MEN'S
BREAKFAST LECTURES
CANCELLED FOR
NOVEMBER AND DECEMBER
WE WILL RESUME IN
JANUARY

LINE DANCING CLASS
NOTICE!

Our Wednesday class is such
a hit, we've decided to add
another. Join us on Fridays
at 1:30pm. Come for one
class or come to both. Eve-
ryone must pre-register.



SOCIAL WORKER AND LEGAL SERVICES OFFERED

Please call for further info. or to schedule your appointment.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are now being accepted for the Home Energy Assis-
tance 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.



HURRICANE SEASON IS UNDERWAY



BE PREPARED-PROTECT YOURSELF WITH REGISTER READY

It's hurricane season and the key to safety is AWARENESS and
PREPAREDNESS. 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 of an evacuation. Register
online at www.registerready.nj.gov. Those without computers can
call Ryan at the Center for assistance.

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



ESL STUDENTS

RETURN TO CENTER

ESL students from Neptune High School are planning to visit the Center on Wednesday, November 13 at 9:30am. Students will be reading to some of our Seniors, anyone interested in being a volunteer should contact Lindsay.

MOVIE MATINEE

"THE STRAIGHT STORY"

THURSDAY, NOVEMBER 21

AT 12:30PM

"The Straight Story" tells the true story about Alvin Straight's adventurous 260-mile journey to visit his ill brother on his '66 John Deere and the strangers he meets along the way. **Deadline for transportation reservations is 11:30am on Wednesday, November 20.**



JOIN US FOR OUR THANKSGIVING DINNER

TUESDAY, NOVEMBER 26 AT 12:00PM

Reservations for the luncheon will be taken starting on November 5 between **9:30-11:30 or 2:00-3:30**. Reservations can be made in person or by phone. You may reserve for yourself and one other person. There will be a free-will donation on the day of the luncheon. Doors open at 11am.

All classes and programs will be cancelled that day.



HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 10 AT 12:00PM

THURSDAY, DECEMBER 12 AT 12:00PM

DOORS TO THE CENTER WILL OPEN AT 11:00AM

Please remember that if you arrive early, we will not be able to admit anyone into the building before 11:00AM.

Join us for an afternoon of fun and holiday cheer. Reservations are required and can be made in person, or by phone, starting November 19 from **9:30-11:30 or 2:00-3:30**. You may reserve for yourself and one other person. Please choose one date only.

All classes and programs will be cancelled that day.



All classes and programs are cancelled on Tuesday, November 5 for Election Day.⁵



**HOLIDAY LUNCH OUTING
TO THE CULINARY SCHOOL IN ASBURY
WEDNESDAY, DECEMBER 4**



BUS LEAVES THE CENTER AT 11:00AM

Enjoy a delicious holiday meal at the Culinary School. Seating limited. Bus/lunch reservations must be made in person with Lindsay starting Tuesday, November 12 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. Due to limited parking, everyone **must** ride with our bus.



**COMMUNITY HEALTH AND WELL-BEING FAIR
FRIDAY, DECEMBER 6 FROM 10:00AM – 2:00PM**



The Senior Center invites you to attend our community health and well-being fair at the Senior Center. This health fair will offer free health screenings, information sessions, presentations from community partners, and more. Everyone is welcome. Join us for a day of information and fun.



**"A CHRISTMAS CAROL"
AT THE ALGONQUIN ARTS THEATRE
AND LUNCH AT APPLEBEE'S
WEDNESDAY, DECEMBER 18 AT 10:00AM**



BUS LEAVES CENTER AT 9:30AM

Dickens' classic story comes to life in this touching musical performance featuring carols and fresh comedic dialogue. 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 limited. Reservations must be made in person with Lindsay starting on Monday, December 2 from **9:30-11:30 or 2:00-3:30**. Participants must be registered to Senior Center and up to date prior to making reservations.

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




**"ASK THE NURSE"
WITH
DEAN NELSON
AND BRITTANY BERNSTEIN
FROM DEAN'S NATURAL
FOOD MARKET
AND
ANNETTE SCOTT, RN
WEDNESDAY, NOVEMBER 6
AT 11:00AM**

Dean and Brittany will be discussing the benefits of organic food and products. They will also discuss the importance of health conscience choices. Join us and get all the info you need for a healthy lifestyle.

**VACCINES FOR SENIORS
PRESENTED BY
NEW JERSEY CITY
UNIVERSITY
NURSING STUDENTS
TUESDAY, NOVEMBER 12
AT 10:00AM**

NJCU students will discuss the benefits and side effects of various vaccines such as influenza, pneumonia, TDAP, shingles and more. Bring your questions and get your answers.

Please note: These vaccines will not be given. This is an information session only.

**"THE NURSE IS IN"
THURSDAY, NOVEMBER 14
9:00AM – 12:00PM**

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.




**FLU VACCINES OFFERED
AT THE SENIOR CENTER
NO APPOINTMENTS NEEDED
WEDNESDAY, NOVEMBER 20
9:00AM-12NOON**

The Monmouth County Health Department will offer free flu vaccines for those 65 or older with Medicare. For those who are not 65, or who do not have Medicare, the cost is \$25.00. **Please, don't forget to bring your Medicare Card.**





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 KATHY, MARIA OR MEG

Mondays, Wednesdays & Fridays at 9:00am

Donation - \$4.00 (per class)

Dance, exercise and tone with repetitive movements. Get your heart rate up and burn calories with training techniques that include light weights to improve bone mass/strengthening muscles.

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 looking to increase fitness.

BALANCE AND FLEXIBILITY WITH NICOLE

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

Gentle body stretching in a chair, followed by standing balance postures with support of the chair, ending with walking steps to improve balance & coordination.

T'AI CHI CHIH WITH DAN

Tuesdays at 9:30am & Thursdays at 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.



ZUMBA GOLD WITH MEG

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.

LINE DANCING WITH SONDRA

Wednesdays at 10:30am & Fridays at 1:30pm

Donation - \$2.00 (per class)

Move to the music with different set dance moves. Balance, strength, endurance, and memory building and are just some of the many benefits of dance.

TOTAL BODY SOLUTIONS WITH KATHY

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

This class is an educational, active, enjoyable approach to living with arthritis.

YOGA WITH MARIA

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

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



**NOVEMBER
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 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

Carol McDonald - 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
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NEPTUNE, NJ 07753
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