

THE SENIOR CONNECTION



Neptune

Township - NJ

Where Community, Business & Tourism Prosper

WWW.NEPTUNETOWNSHIP.ORG

**APRIL
2018**



PM HOURS
11am-4:00pm

AM HOURS
9:00am-3:00pm

HEADLINE NEWS

UPDATE I.D. CARDS FOR 2018

All Senior Center participants are asked to update their Senior Center ID cards. **Updates start on April 9. The deadline for updates is November 2.** 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 I.D. 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.
- Lost cards can be replaced once – then a \$1.00 donation per card is requested for any additional lost cards.
- We're sorry but, updates are **not** done on days when big events are scheduled, please check our calendar before coming.

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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.



**SPECIAL NOTICES*****LEGAL HELP OFFERED
AT THE CENTER***

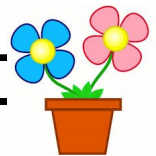
Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. If you have a legal issue and want to discuss the matter with our attorney, please call Kris or Ryan at the Senior Center to schedule your appointment. Complex matters or lawsuits may need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

NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Library on Wednesdays and Thursdays thru April 12 from 9:00-4:00. No appointment needed. The Senior Center will provide transportation to the library for Township Seniors. Please contact Kris or Ryan between 9:30-11:30 or 2:00-3:30 to make your transportation reservation.

***FOREVER YOUNG CLUB NEEDS YOUR HELP!***

Come and join Forever Young! New members are always welcome. We need your help in planning our next eight months of activities. The Club meets the second Thursday of every month at 1:00pm at the Senior Center and on the fourth Thursday of the month, the group enjoys an "Out to Lunch" gathering. For more information about this wonderful women's group, contact Gigi.



**BOARD OF EDUCATION ELECTION
DON'T FORGET TO VOTE – APRIL 17
FROM 3PM-9PM**



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MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Margaret Campanile,
Kathy Henry, and Anne Sibole.

♥ **THANK YOU FOR THE SUPPLIES AND**

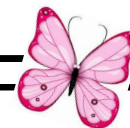
GOODIES: Catholic Men for Jesus
Christ, Jerry Corvo, Dick Driscoll,
Dorothy Gilmore, Helen Haugabrook,
Terri King, Francis Luthe, Neptune
Township Democratic Club, Chris
Paulin, ShopRite, and Wegmans.

**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!!!**



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

The Home Energy Assistance Program (HEAP) is designed to help low-income households and/or individuals, 60 years of age or older, meet their home heating and medically necessary cooling costs. Applications are due by April 30. For applications or info, call Ryan. The monthly income limit is as follows:
Single - \$2,010.00 and Married - \$2,707.00.



APRIL IS VOLUNTEER RECOGNITION MONTH

Volunteers are a vital part of our Senior Center and Community. Our Senior Center would not be what it is today without the hard work and support of our volunteers. Our Annual Volunteer luncheon will be held in the summer and we look forward to celebrating the dedication of all of our volunteers at that time. Thank you for all you do for our Center and Community.



SENIOR CONNECTION



SPECIAL PROGRAM NOTICES

MEET LOCAL SELF-PUBLISHED AUTHORS

WEDNESDAY, APRIL 25 AT 11:00AM

The Senior Center will be hosting our local authors. They will discuss how they came to writing their book, what writing a book entails, and they will read a passage from their book. Their books range from children's literature to adult advice.

A question and answer period will follow. Stay for lunch afterwards to meet with the authors. This program has been arranged in conjunction with the Neptune Township Public Library's writing assistance program. Deadline for lunch reservations is 11:30am on Tuesday, April 24.

SOCIAL MEDIA CLASSES

WITH BEVERLY JONES

Beverly Jones, Senior Center Computer Instructor, will guide you thru Social Media classes in our computer lab.

Classes will be held on Thursday mornings from 10:00am-12noon. Learn how to communicate with people using the Internet, how to set up your profile and manage your personal Facebook page, Instagram, Skype etc. Reservations are required for these classes and must be made with Gigi. Seating is limited.



"ASK THE NURSE"

WITH ANNETTE SCOTT, RN

Tuesday, April 10 AT 11AM

Nurses will be discussing Depression, forgetfulness, Dementia, and Alzheimer's. Learn the definitions, causes, clinical symptoms, and treatments of these diseases.

There will also be a discussion on daily safety measures and a question and answer period. Don't miss this vital program!





SENIOR CONNECTION



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SAVE THE DATE!

MAYOR NICHOLAS WILLIAMS

HOSTS

THE 25TH SILVER ANNIVERSARY

MAYOR'S BALL

FRIDAY, JUNE 22ND

7PM

AT

JUMPING BROOK

COUNTRY CLUB



BREAKFAST LECTURE SERIES

WITH NEPTUNE TOWNSHIP

MAYOR, NICK WILLIAMS

THURSDAY, APRIL 19 AT 10:00AM

Mayor Williams be here to discuss some of the different happenings in Neptune. Come with your friends or come to meet new friends at 10am for breakfast followed by our speaker at 11am. Call Gigi for reservations. Seating is limited. Reservation deadline is 11:30am on Monday, April 16.



SPRING LUNCH OUTINGS

TO THE CULINARY SCHOOL IN ASBURY PARK

WEDNESDAY, APRIL 18 AND MONDAY, APRIL 23

(PLEASE CHOOSE ONE DATE ONLY)

Enjoy a delicious meal at the Culinary School in Asbury Park. Seating is limited. Bus/lunch reservations must be made in person with Gigi 9:30-11:30 or 2:00-3:30. Donation is \$10.00 per person 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.



ESL (ENGLISH AS SECOND LANGUAGE) STUDENTS

RETURN TO CENTER

ESL students from Neptune High School are planning to visit the Center on Friday, April 13 at 9:30am. Students will be reading to some of our Seniors, anyone who is interested in being a volunteer please contact Carina.



SENIOR CONNECTION

Passover - Began on Friday, March 30 and Ends on Saturday, April 7
Easter - Sunday, April 1

"THE NURSE IS IN"
THURSDAY, APRIL 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.



"GASTROPARESIS"
PRESENTED BY
DR. DENA ARUMUGAM
HACKENSACK
MERIDIAN HEALTH
WEDNESDAY, APRIL 18
AT 11AM

Dr. Arumugam will discuss what Gastroparesis is and what the causes, symptoms, diagnosis, and treatment options are. Learn the signs and symptoms, the risk factors, and how to prevent it. A question and answer period will also be provided.

"THE ANTI-INFLAMMATION DIET"
PRESENTED BY
DIANE WEST, R.D.
TUESDAY, APRIL 24
AT 11:00AM

Diane will discuss what inflammation is and what foods can help fight inflammation in our bodies. Bring your questions and get the answers to all of your questions.





FITNESS CLASSES LISTING FOR ALL LEVELS

All 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 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.



**APRIL
2018**



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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

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

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