

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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**APRIL
2017**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

Spring is here! We are ready to feel warm sunshine on our faces and smell the fragrances of a garden blooming! Soon we will put away our winter coats and trade them for a light jacket and the promise of longer days. We will be ready to dip our feet in the ocean and contemplate a swim!

The different seasons each bring something wonderful. I like the spring because it always feels like it brings an opportunity to renew ourselves and try different things. We may get back into a routine of walking the boardwalk, spending time outdoors, or catching up with friends and family members. Perhaps we will venture out of our comfort zone and meet new friends. Each person we encounter brings a different perspective and can enrich our lives in some capacity. Are we open to those we are meeting? I have met many wonderful people on my journey. I continue to be in awe of people I meet at the Senior Center. There are wonderful caring people who remember the little things, some who always have a kind word, some who challenge us, others who bring laughter, and some who amaze as they create things of beauty and still others who show us what strength and perseverance is all about. Truly each one is a gift. Do we take the time out to appreciate the gifts around us?

As we journey through spring let us be open to new growth. Let us take the time to really meet the people around us and appreciate them. Ryan often brings the staff great quotes. He left a wonderful quote by Maya Angelou on our desks; "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel".

As we begin this new season, let us be mindful of the people we meet!

Enjoy the Spring!

Brian



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Calendars for lunch menu, shopping, activities, programs and fitness classes

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.

² Visit us on the web at www.neptunetownship.org



SPECIAL NOTICES



PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE" DEADLINE JUNE 1

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.

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, meet their home heating and medically necessary cooling costs. The application period is October 1, 2016 to April 30, 2017.

For applications or info, contact Ryan at the Center.

The monthly income limit for 2016-2017 is:

Single - \$1,952.00 and Married - \$2,655.00.



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 monthly. Prem has her masters degree and provides counseling in addition to assisting with information about Medicaid, financial assistance, food stamps, homecare, etc. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Ryan for an appointment.

LEGAL HELP OFFERED AT THE CENTER

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





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!



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SAVE THE DATE!

MAYOR DR. MICHAEL BRANTLEY
HOSTS
THE 24TH ANNUAL
MAYOR'S BALL



FRIDAY, JUNE 23RD
7PM

AT
JUMPING BROOK
COUNTRY CLUB



BASKET WEAVING WORKSHOPS PRESENTED BY MARY MAY

Each workshop will be two weeks.

Beginners welcome. Choose one workshop. If interested in both workshops, we will place you on a waiting list for the second one.

- BERRY BASKETS

MONDAY, MAY 1 & MONDAY, MAY 8
10AM - 12PM



- WINE TOTES



MONDAY, MAY 15 & MONDAY, MAY 22
10AM - 12PM

Mary May, a local basket maker, will teach you the traditions and steps to make these fun and useful baskets. Workshops are designed to share the joy of weaving and giving you pride in your completed basket.

Senior Spring Fling Dinner and Dance



Wednesday, May 17, 2017

4:00 to 8:00 pm at Neptune High School

Free Admission

Hosted by the Mayor's Youth Cabinet

Salad, Entree and Dessert
Catered by



Dance to your favorite tunes
with DJ Tommy Lynch!

Don't wait! Contact Gigi, 732-988-8855 to reserve your spot!
Reservation deadline is Friday, April 28



THE SENIOR CONNECTION

SPECIAL PROGRAM NOTICES

UPDATE SENIOR CENTER I.D. CARDS FOR 2017

All Senior Center participants are asked to update their Senior Center ID cards. **Updates start April 10. Deadline for updating is November 3.** We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards keeps records accurately and benefits you in case of an emergency. Updating is done yearly.

- Updates are done **9:30-11:30am or 2-3:30pm Monday – Friday.**
- The Center now issues photo ID cards to replace your current ID cards. Bring your current ID card so it can be replaced with a photo ID.
- Please come prepared with emergency contact info, medications and any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency or cards cannot be updated.
- 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.



MOVIE MATINEE – "HIDDEN FIGURES" (PG)

WEDNESDAY, APRIL 19 AT 1:00PM

"Hidden Figures" tells the incredible untold story about three brilliant African-American women working at NASA in 1961, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big. This outstanding true story is not to be missed. **Deadline for transportation reservations is 11:30am on Tuesday, April 18.**





APRIL IS AUTISM AWARENESS MONTH

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**MEN'S BREAKFAST
"VETERANS' ID CARDS"
PRESENTED BY
MONMOUTH COUNTY
CLERK'S OFFICE
THURSDAY, APRIL 27
AT 10:00AM**

The Monmouth County Clerk's Office will provide free veterans' ID cards to veterans who served in active military duty. You must bring your Driver's License or proof of residency (tax bill or lease) and **ORIGINAL** DD214 in order to be issued an ID card. **Reservations are required. Reservation deadline is Thursday, April 20.**

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Lois Barrett, Diane Curley & Susan Waters, James D'Anna, Doreen & Patrick D'Anna, Peter Freda, Herta Gudritis, Joan Letts, Mary & Richard Linder, Janet Micele, Cynthia Moore Pod, Madeline Ruocco, Aretha Sims, Sherry Sotnikoff, and Paul & Joann Zayne.

♥ **THANK YOU FOR THE SUPPLIES**

AND GOODIES: Kathy Bodnar, Margaret Campanile, Jerry Corvo, Diane Curley & Susan Waters, Ann Duffy, Tom Faust, Alice Fiorillo, Carol Franzwick, Joan Keleigh, Marie Lee, Stu Monk, Barbara Muzychka, Jim Monroe, Steven Roy, Robert & Constance Sumas, Donna Weldon, and Maxine Zea.

LUNCH OUTING TO THE CULINARY SCHOOL

THURSDAY, APRIL 20 AT 11:30AM

Enjoy a delicious meal at the Culinary School in Asbury Park. Seating is limited. Bus/lunch reservations must be made in person with Gigi starting Monday, April 3 after 9:30. 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 at the School, everyone **must** ride with our bus.



**HEALTH FAIR PRESENTED BY MERIDIAN HEALTH OUTREACH
WEDNESDAY, May 10 9:00AM-12NOON**

Meridian Health will conduct health screenings and assessments here at the Center. They will offer glucose, cholesterol, pulse, and balance screenings, stroke risk assessments, health information, giveaways, refreshments and more. Hold the date.





Passover - Monday, April 10 at Sundown
 Good Friday - Friday, April 14
 Easter - Sunday, April 16



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

**"THE NURSE IS IN"
 THURSDAY, APRIL 13
 9:00AM – 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.

****PLEASE NOTE: SCREENINGS WILL NOW BE
 HELD ON THE 2ND THURSDAY OF EACH
 MONTH. SCREENINGS WILL NO LONGER BE
 DONE ON WEDNESDAYS****

**"SPICES AND HEALTH"
 PRESENTED BY
 DIANE WEST, R.D.
 TUESDAY, APRIL 4
 AT 11:00AM**

Get all the info you need for healthy living. Diane will answer all your questions.



**"BRAIN FITNESS"
 PRESENTED BY
 DR. CHRISTINA SHAHEEN
 NEUROPSYCHOLOGIST
 AT LIFESPAN
 WEDNESDAY, APRIL 19
 (RESCHEDULED FROM MARCH)
 AT 11:00AM**

Dr. Shaheen will present a lecture on brain fitness and keeping your mind sharp. The lecture will entail an overview of normal thinking changes that happen in the brain as people age. She will also give tips for maintaining healthy thinking abilities and managing stress to improve your overall well-being.





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 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 a gentle exercise or for those who are looking for increased 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 9am 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 SOLUTION WITH SUZANNE

Wednesdays and 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.

FEELING GREAT VIDEO

Wednesdays at 10:30am

Great fun, good chair exercises...give it a try.

YOGA WITH MARIA

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

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





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.

Brian T. Butch, MDIV, MSW, MA, LCSW

Director

Kristina Torres, Deputy Director

Programming

Gigi Johnson - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanias - Coordinator/Driver

Linda Dietz- Driver

Robert White - Driver

Fred Kern - Driver

Custodial Services

Ralph Parkman

Constant Saraison

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

Administrative Office

Michelle Bivens, Administrative Assistant

Carina Santos, Departmental Secretary

RETURN SERVICE REQUESTED

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1607 CORLIES AVENUE
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