

THE SENIOR CONNECTION

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



1607 CORLIES AVENUE
NEPTUNE, NJ 07753

BRIAN T. BUTCH, MDIV, MSW, MA, LCSW
DIRECTOR

732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**JANUARY
2018**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Dear Seniors,

I want to wish each of you a Happy and Healthy New Year! It is hard to believe that it is 2018! Time seems to go by so fast. It seems like we were just preparing for the Holidays and celebrating with all sorts of parties and activities. December was a packed month between the regular events, trips, and parties. A big thank you to the Senior Center Staff for all their hard work!

As we begin this year we are looking forward to all kinds of wonderful opportunities! We offer free fitness classes for the month of January. Our instructors are amazing! They help keep our seniors in shape and are great at working on balance and coordination. There are all different levels, so do not be afraid to come and sign up for classes! Work on having a healthy year!

We will continue to explore new venues for trips. The plays, concerts and lunches have been a hit. We are in the process of planning for the year, so please feel free to give me suggestions. We try to make sure the trips and activities are affordable and fun. Many people have made some new friendships during the various events. It is always fun to explore new places and meet new people.

We are continuing to invite new speakers here at the Senior Center. The "Men's Breakfast's" has been discontinued in favor of a Co-ed Breakfast with a guest speaker. Everyone seems to love breakfast and we want to be as inclusive as possible. We are open to suggestions for speakers. If you know someone or you would consider speaking on a topic where you have expertise please contact me!

We want to express our gratitude to Dr. Michael Brantley our outgoing Mayor for his support of the Senior Center over the years. We welcome our new Mayor Nick Williams who will be the Mayor in 2018. He has assured me that he will do everything possible to help the seniors of Neptune. He has shown his support and participated in many of our events. I have known him for 18 years and it has been fun to witness his leadership and good work in our community!

We welcome our new Advisory Board members Rich Kuchen and Michele D'Amato. We are happy that they have agreed to be part of the Advisory Board and share their talents and energy with us!

I hope you have a Wonderful Year! Please stop by the Senior Center for a warm cup of hot chocolate and meet some of our wonderful seniors!

Peace,

Brian



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 in-

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




WORLD CHANGERS APPLICATIONS NOW AVAILABLE

The World Changers will return to Neptune in July, 2018. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or for further info, contact Ryan or Kris at the Center. Applications are also available online at www.neptunetownship.org. 


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, 2017 to April 30, 2018. For applications or info, contact Ryan or Kris at the Center. The monthly income limit for 2017-2018 is:
Single - \$2,010.00 and Married - \$2,707.00 

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!



**NEPTUNE TOWNSHIP
BLACK HISTORY MONTH
CELEBRATION
COMING THIS FEBRUARY!**

GO TO WWW.NEPTUNETOWNSHIP.ORG
FOR MORE INFORMATION

**SENIOR CENTER
BLACK HISTORY MONTH
PLANNING**

We are currently in the planning stages for Black History Month at the Center. If you have any ideas for programs, we welcome them. Please give Gigi a call.



**DUE TO UNFORSEEN
CIRCUMSTANCES, ALL
FITNESS VIDEOS AND
MOVIES ARE CANCELLED
UNTIL FURTHER NOTICE.
PLEASE CONTACT THE
OFFICE STAFF FOR ANY
QUESTIONS OR
CONCERNS. WE ARE
SORRY FOR ANY
INCONVENIENCE THIS
MAY CAUSE.**



CENTER OFFERS COMPUTER CLASSES AND ASSISTANCE

- **COMPUTER SUPPORT ON WEDNESDAYS 10AM-12PM**
- **INTRODUCTION TO COMPUTER BASICS ON FRIDAYS 10AM-12PM**

This six week course is ideal for complete beginners or someone wishing to update their computer skills. This free Computer Basics course will provide the student with the following:
The fundamentals of operating a PC (Personal Computer), laptop, smartphone, or tablet.

- How to use Microsoft Windows Operating System
- Learn the Basics of Windows (Using a Mouse & Keyboard)
 - How to create computer documents
 - Learn how to Use E-mail
 - Learn the Basics of the Internet



The course is taught for 2 hours from 10am to 12noon on Fridays with optional lab time on Wednesdays.

Please contact Gigi for reservations or further info.



All Municipal Offices and Senior Center will be closed
Monday, January 1 for New Year's



SPECIAL PROGRAM NOTICES

BREAKFAST LECTURE SERIES



**WITH
THE MONMOUTH COUNTY
SHERIFF'S K-9 UNIT
THURSDAY, JANUARY 18
AT 10:00AM**

Officer Kurk Kroeper, Gunner, and Skye will provide an informative session on law enforcement canine training. After the presentation, Officer Kroeper, Gunner and Skye, his K-9 partners, will demonstrate different types of detection techniques. Contact Gigi for reservations. **Reservation deadline is Friday, January 12.**

**WE WOULD LIKE TO GIVE A
SPECIAL THANKS TO
THE NEPTUNE TOWNSHIP
POLICE DEPARTMENT
AND
THE MAYOR'S YOUTH
ADVISORY COUNCIL
AT NEPTUNE HIGH SCHOOL.**

Your help during the holidays helped to make our holiday celebrations so special and we cannot thank you enough!



ALL FITNESS CLASSES ARE FREE DURING JANUARY

A very important part of our Center is to keep everyone healthy, active and connected. Our fitness classes will be offered for free for Township Seniors for the month of January. If you are currently participating in any one of our fitness classes or if you want to try a new class – all classes are free. If you need further information, call Gigi. Make a New Year's resolution to let 2018 be the year of change for you – get in shape now.



ALL CLASSES REQUIRE REGISTRATION AND FITNESS WAIVERS

**REFER TO CALENDAR PAGES FOR
CLASS SCHEDULES AND INSTRUCTORS!**





All Municipal Offices and Senior Center will be closed
Monday, January 15 in observance of Martin Luther King, Jr. Day



CHINESE NEW YEAR LUNCH OUTING
"THE YEAR OF THE DOG"



FLAMING GRILL & SUPREME BUFFET IN BRICK
FRIDAY, FEBRUARY 16 AT 12NOON
(BUS LEAVES CENTER AT 11:00AM)

Join us to celebrate the year of the Dog. Enjoy lunch on your own and choose from a large selection of Chinese American dishes. The buffet lunch is \$10.00 per person to be paid at the time of reservation. NO REFUNDS. Reservations begin Tuesday, January 16 between the hours of 9:30-11:30 and 2:00-3:30.



Many many many thanks for all the goodies and cards that the staff and center received thru the holidays.



THANKS FOR THE WONDERFUL HOLIDAY MEMORIES!

Our Senior Center Choral Group performed a holiday recital at the Center over the holiday season. Thank you to our members and instructors. You helped to make our holiday season magical.

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Don Bartlett, Elaine Bennett, Madge Cooper, Esther Day, and Carol Wilson.



♥ **THANK YOU FOR THE SUPPLIES/GOODIES:**

Don Bartlett, Catholic Men for Jesus Christ, Bill Crowell, Tom Faust, Ed Halpin, Julie Henderson, Beverly & Ray Jones, Jumping Brook Villas Gardening Club, Joan Keleigh, Eleonore Merriman, ShopRite, Anita Stevenson, and Wegmans.



For inclement weather notices, cancellations and closings, tune to radio stations 94.3FM The Point, 92.7 WOBB FM, 1160 WOBB AM or 101.5FM or you can go online to 943thepoint.com and go to Storm Watch.

January is National Glaucoma Awareness Month



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



**"THE NURSE IS IN"
THURSDAY, JANUARY 10
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.



**"GLAUCOMA AWARENESS"
PRESENTED BY**

**DR. RALPH DELNEGRO, DO
TUESDAY, JANUARY 23
AT 11:00AM**

Learn the critical information regarding glaucoma, a group of eye diseases known as the "sneak thief of sight". Vision lost to the disease cannot be regained so the ultimate goal is to lower eye pressure in order to prevent blindness. Dr. DelNegro will discuss what glaucoma is, the importance of early detection, what signs and symptoms to look for, as well as available treatment options.



National Glaucoma
Awareness Month

**"THE BEST AND WORST
DRINKS FOR YOUR HEALTH"**

**PRESENTED BY ❄️
❄️ DIANE WEST, R.D.
TUESDAY, JANUARY 30
AT 11:00AM**

With our efforts to make sure we are drinking enough, it is also important to make sure the drinks we choose are nutritious or at the very least not harmful. Diane will review most of the popular drinks we choose and whether the provided nutrition benefits are harmful.

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.



7

PUMP IT UP WITH SUZANNE OR MARIA

Mondays, Wednesdays and Fridays at 9:00am



Free for January

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 - Free for January

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 - Free for January

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

Free for January

The benefits of T'ai Chi Chih are proven...better blood pressure, better relaxation, less stress, better body mechanics. TRY IT NOW!



"EXERCISE THROUGH ARTHRITIS" WITH SUZANNE

Wednesdays and Fridays at 1:00pm

Free for January

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 - Free for January

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 - Free for January

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



**JANUARY
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.**

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

Kristina Torres, Deputy 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

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

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

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