

# THE SENIOR CONNECTION

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



1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

RANDY BISHOP, DIRECTOR  
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**JANUARY  
2019**



**OFFICE HOURS**  
8:00am-4:00pm

**PROGRAM HOURS**  
9:00am-3:00pm

## HEADLINE NEWS

*Holidays behind us; leaden winter skies before of us; heating bills; treacherous roads; the sun seems to have gone to Florida for the month. No doubt about it, January is tough!*



*But you know there's something comforting about winter, something that makes us pause and take stock. Not just because a New Year has begun but because some days you have to force yourself out the door, it makes you look inside. The poet Edith Sitwell said, "Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."*

*Maybe a good book from the library, a laugh with friends and some nice comfort food...it always comes back to food. The hush of January is a good time to explore a new hobby or take an exercise class (they're free this month, no donation requested!). There are lots of activities and programs that we would love to share with you. Maybe you've gotten into a rut and need to do something different.*

*I know; volunteer! There's reassurance calling, greeting visitors and helping in the kitchen, delivering meals (I told you ... food!), the newsletter and opportunities that we haven't even thought of yet.*

*There are ways to be involved however you want.*



*So you see, January doesn't have to be bleak. Come on home and let's explore new things together. The Neptune Senior Center has the fire going and lunch is cooking in the kitchen...it's the food again! Let's have a great New Year, together.*



Randy



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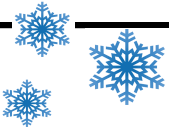
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Calendars for  
lunch menu,  
shopping,  
activities,  
programs and  
fitness classes  
are included as  
inserts.



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 on  
Tuesday, January 1 for New Year's



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

*I want to wish everyone a Happy New Year! If you made a New Year's resolution I hope you are striving to reach your goal. On another positive note the Pancreatic Committee raised \$50,000.00 this past year for the Lustgarten Foundation. On the move in Neptune, we just had our groundbreaking for our skateboard park in Sunshine Village Park and Neptune Township has signed an agreement with Ocean Grove for the North End Development.*

*On January 21 we recognize the life of Martin Luther King. I want to share one my favorite of Dr. King's quotes: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." Words we should live by every day.*

### **INCLEMENT WEATHER NOTIFICATIONS**

For inclement weather notices, cancellations, and closings, tune to radio stations 94.3FM The Point, 92.7 WOBM FM, 1160 WOBM AM, or 101.5FM. You can also go online at [www.neptunetownship.org](http://www.neptunetownship.org) or go to [943thepoint.com](http://943thepoint.com) and go to Storm Watch.

### **WORLD CHANGERS APPLICATIONS AVAILABLE**

The World Changers will be returning to Neptune in July, 2019. 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 will also be available online at [www.neptunetownship.org](http://www.neptunetownship.org).



### **NEPTUNE TOWNSHIP BLACK HISTORY MONTH CELEBRATION COMING IN FEBRUARY!**

GO TO  
[WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG)  
FOR MORE INFORMATION





All Municipal Offices and Senior Center will be closed on  
Monday, January 21 in observance of Martin Luther King, Jr. Day

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### **MANY THANKS TO OUR DONORS**

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Winifred Magaw, Patricia Normington, Eleonore Schussman, Carol Wilson, and Elizabeth Wolny.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Sandy Barberio, Elizabeth Beicht, Jacqueline Calvino, Catholic Men for Jesus Christ, Ellen Condello, Helen Haugabrook, Julie Henderson, Marie Lee, Terry Scalcione, Shark River Hills First Aid Squad, ShopRite, Veronica Vivino, Wegmans, and Carol Ann Winder.



**Janet & Marc Bellucci In  
Memory of Louise Bellucci,  
Rita Goldstein & Maxine Zea  
In Memory of Ann Duffy**



### **LEGAL HELP OFFERED AT THE CENTER**

Free legal assistance provided by South Jersey Legal Services is available for seniors. If you have a legal issue and want to discuss the matter with our attorney, call the Center to schedule your appointment. Complex matters 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 monthly on the 2nd and 4th Tuesday from 10-12noon. Call Ryan for an appointment.

### **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, 2018 to April 30, 2019. For applications or info, contact Ryan or Kris at the Center.

The monthly income limit for 2018-2019 is:  
Single - \$2,024.00 and Married - \$2,744.00



**4 VISIT US ON THE WEB AT [WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG)**



**TRIP TO ZIMMERLI ART MUSEUM AT RUTGERS UNIVERSITY**

 **TUESDAY, JANUARY 15 – BUS LEAVES CENTER AT 9:30AM**

The Zimmerli Art Museum at Rutgers University is one of the largest and most distinguished university-based museums in the country. It collects, preserves, researches, and exhibits world class works of art. The museum houses more than 60,000 works, including Russian and Soviet Art, American Art from the 18th century to the present, and six centuries of European Art. The Zimmerli is also noted for it's works on paper, photographs, and original illustrations for numerous books. Donation is \$14.00pp (for the trip and a boxed lunch to enjoy) and is due at the time of reservation. **Bring exact change, please.**

Register in-person with Lindsay. Reservations will begin on Wednesday, January 2 at 9:30am. Seating is limited.



**CHINESE NEW YEAR LUNCH OUTING**

**"THE YEAR OF THE PIG"**



**FLAMING GRILL & SUPREME BUFFET IN BRICK**

**TUESDAY, FEBRUARY 5 AT 12NOON**

**(BUS LEAVES CENTER AT 11:00AM)**

Join us to celebrate the year of the Pig. Enjoy lunch on your own and choose from a large selection of Chinese American dishes. Reservations begin on Wednesday, January 16 and can be made between the hours of 9:30-11:30 and 2:00-3:30.

Seating is limited.



**HAPPY NEW YEAR**







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



**MEN'S BREAKFAST**

**WITH**

**RANDY BISHOP,  
SENIOR CENTER DIRECTOR**

**THURSDAY, JANUARY 17**

**AT 10AM**

This month will be an open discussion. Randy will be discussing upcoming events and we would like to hear your ideas for breakfast topics. Enjoy breakfast at 10am followed by our discussion at 11am. Contact Lindsay for reservations.



**LADIES WHO BRUNCH**

**WITH**

**LINDSAY OKUSZKI,  
RECREATION COORDINATOR**

**THURSDAY, JANUARY 24**

**AT 10AM**

This month will be an open discussion. Lindsay will discuss upcoming events and we would like to hear your ideas for breakfast topics. Enjoy breakfast at 10am followed by our discussion at 11am. Contact Lindsay for reservations.

**"ASK THE NURSE"**

**PRESENTED BY: DR. KLEIN AND ANNETTE SCOTT, RN**

**WEDNESDAY, JANUARY 16 AT 11AM**

Dr. Klein will be discussing chronic lower back pain. If you have sciatic pain, lower back pain, or any type back of pain, Dr. Klein will instruct you on how to do exercises that will help increase strength in your lower back.

Bring your questions and your answers.



**JEOPARDY WITH JENNIFER HENNESSEY**

**TUESDAY, JANUARY 15 AT 11:00AM**



Enjoy an interactive and educational game of Jeopardy in a game show format, just like the TV show. There will be trivia questions about a lot of different categories. Enjoy a morning of fun and refreshments for everyone. No reservations needed.



**JANUARY IS  
CERVICAL CANCER AWARENESS MONTH**



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



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



**QIGONG AND YOGA CLASS  
WEDNESDAYS IN FEBRUARY  
AT 10:30AM**

This four-week class combines meditative and gentle, yet powerful, energy movements with gentle yoga poses and stretches. Qigong (Chi Kung) is beneficial for stress release, muscle stiffness, cardio, bone and brain health, and help with recovery. Exercises can be done standing or in a chair. No Qigong or yoga experience is needed. Reservations required. Call Lindsay to reserve your seat. There is a \$4.00 donation requested per class.



**FREE FITNESS  
CLASSES IN JANUARY**

We are offering FREE fitness classes during the month of **January**. We are encouraging you to take one of our wonderful classes. We have excellent instructors. Contact Lindsay for further information.

**ALL CLASSES REQUIRE  
REGISTRATION AND  
FITNESS WAIVERS.**



**REFER TO OUR CALENDAR PAGES  
FOR CLASS SCHEDULES  
AND INSTUCTORS.**



**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 - 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 wide variety of music while you get fit.



**SHAPING UP - SITTING DOWN WITH SUZANNE**

**Mondays & Fridays at 10:30am - Donation - 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 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 - 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!



**TOTAL BODY SOLUTIONS WITH SUZANNE**

**Wednesdays & Fridays at 1:00pm**

**Donation - 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 1:00pm - Donation - 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 9:00am - Donation - Free for January**

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



**JANUARY  
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 Okuski - 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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PERMIT #607

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DEPARTMENT OF SENIOR SERVICES  
AND SENIOR CENTER  
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