

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



**JULY
2018**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

*A new Senior Center Director
has been appointed...*

Randy Bishop!

*Randy will begin July 1 and we
are very excited to have
him as our Director.*

*Randy is a former
Neptune Township Mayor and
Township Committeeman.*

*Randy was also the liaison to our
Senior Center.*

Welcome home Randy!

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
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.



SENIOR CONNECTION



SPECIAL NOTICES

On behalf of Neptune Township and the Senior Center Staff, I would like to inform everyone that Gigi Johnson will be retiring on July, 1. Gigi has been the Recreation Coordinator for the Senior Center for the past 19 years and we wish her well on her retirement.

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 the 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.

PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE EXTENDED TO OCTOBER 31

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.



VISIT US ON THE WEB AT WWW.NEPTUNETOWNSHIP.ORG³

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Aretha Sims.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Elaine Bennett, Richard Driscoll, Ralph Florio, Forever Young Group, Dorothy Gilmore, Margaret Gomolka, Ed Halpin, Helen Haugabrook, Holy Innocents, Lawrence Pergola, ShopRite, Marilyn and Dave Shotwell, 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!!!



CHECK OUT OUR CALENDAR PAGES FOR INSTRUCTOR VACATIONS AND CLASS CANCELLATIONS

Most of our instructors will be taking vacations over the summer so please make sure you check our calendars. If you do not see your class, it is probably cancelled – if you have any questions, call the Center.



HURRICANE SEASON IS UNDERWAY

BE PREPARED-PROTECT YOURSELF WITH REGISTER READY

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 an evacuation were needed. Register online at www.registerready.nj.gov. Residents who are not seniors but, who have special needs can also register. Registrations expire so always check your registration status. Those without computers can call Ryan and he will make sure your status is current.



**Senior Center & Municipal Offices Closed
Wednesday, July 4 for Independence Day**



SPECIAL PROGRAM NOTICES

PROTECT YOURSELF NOW WITH "TELEPHONE REASSURANCE"

Our Telephone Reassurance program gives peace of mind to seniors who live alone. Participants are asked to contact the Center Monday thru Friday between 9-11am. These safety-check phone calls offer a sense of security and support to seniors who choose to live independently. If we do not hear from you or if there is any concern, our staff is immediately notified and emergency procedures are put in place to ensure your safety. Many of our seniors have benefited from this life-saving program. For further info, contact Ryan at the Center.

SUMMER DANCE RECITAL

***PRESENTED BY
THE ROBIN MCGILL
SCHOOL OF DANCE***



FRIDAY, JULY 27 AT 11AM

Robin McGill and her dance students from her studio will present a summer recital at our Senior Center. The recital will feature dance routines that will amaze you.

Don't miss this fabulous show.



WEDNESDAY ZUMBA CLASS

***WITH SUZANNE
WILL BE CANCELLED FOR
JULY AND AUGUST.***

PLEASE NOTE:

***EFFECTIVE ON
TUESDAY, SEPTEMBER 4,
ZUMBA CLASS WILL
RETURN TO TUESDAYS
AT 1PM.***





UPDATE I.D. CARDS FOR 2018

All Senior Center participants are asked to update their Senior Center ID cards. **The deadline for updating is November 2nd.** 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 ID 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.
- The Center now issues photo ID cards. If you do not have our photo ID, bring your ID card so it can be replaced with a photo ID.
- 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.

**MEAL DELIVERY VOLUNTEERS
NEEDED AT THE CENTER**

Homebound Meal delivery volunteers are needed to help deliver lunches to homebound seniors in our community. Volunteers must drive their own vehicle and commit to one morning per week. Meals are delivered at 11am, Monday thru Friday. Call Ryan or Kris at the Center for further info or about other possible volunteer opportunities.

**BREAKFAST
LECTURE SERIES
CANCELLED
FOR
JULY AND AUGUST**





SENIOR CONNECTION



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

"THE NURSE IS IN"
THURSDAY, JULY 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.



"ASK THE NURSE"

PRESENTED BY

UMA SWAMINATHAN, M.A.

AND

ANNETTE SCOTT, RN

WEDNESDAY, JULY 11 AT 11AM

Uma will discuss how nutrition prevents or heals various ailments. Learn which foods will help with Diabetes Mellitus, heart disease, and high blood pressure. Uma will also discuss how nutrition can help with Alzheimer's. Join us and get all of the info you need.



"DEHYDRATION"

PRESENTED BY

DIANE WEST, R.D.

TUESDAY, JULY 10

AT 11:00AM

With the hot summer months upon us, it is very important for our bodies to always stay hydrated. Dehydration can happen to anyone and can have traumatic results. Learn what kind of hydration is necessary, how much and what kind of liquids we should drink, and what can happen when we don't drink enough fluids.





FITNESS CLASSES LISTING FOR ALL LEVELS

All participants must pre-register, sign fitness waivers and wear proper attire and shoes.



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

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.





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**

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

**John Lalanas -Driver
Robert White - Driver
Linda Dietz - 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

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