

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



**JUNE
2017**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

We begin the month of June, a time when many of us celebrate graduations or "commencements" of friends and family members. They are excited and full of hope for the future.

On June 14, we celebrate Flag Day. We will be visiting our beautiful Veteran's Memorial Park for a brief ceremony to be followed by a quick stop at Rita's for you to enjoy ice cream or a treat on your own.

Some of our seniors are heading out to the Manasquan Reservoir for a boat ride and picnic lunch this month. We are planning a 4th of July picnic to be held on June 28th. We will celebrate our country's independence! We are blessed to live in the United States of America, an amazing country! I have traveled to several continents but, nothing compares to the USA and the awesome people we encounter here. Our Veterans remind us how many have sacrificed in order for us to live in this great country. We thank them for their service!

This month we are doing health screenings and people are able to participate in "Angio- Screenings" at the Center provided by Meridian. We are encouraging seniors to be healthy and active! Our wide variety of fitness classes provide opportunities for seniors to learn new ways to keep healthy!

We recently met with seniors to look at some ways to reach out to members of the LGBTQ community. June is LGBTQ month, a time to help create awareness and educate people. We live in a country that has long celebrated diversity. A trip to Ellis Island reminds us of how many different types of people came to our country and found a way to live together and learn from one another.

The Senior Center is a wonderful place. Every day I have the opportunity to meet new people, growing from my encounters with them. We celebrate together, we learn, we witness people struggling, and see others reaching out to help, we laugh, we cry, and we continue to have new experiences. We are reminded of the goodness of people!

When we celebrate "commencements", we look at "beginning". All of us can continue to experience beginnings. Sometimes coming to sign up at the Senior Center is that new beginning, as is volunteering and living healthy. What kind of a new beginning do we want to experience?

Sincerely,
Brian T. Butch

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 class

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



MANY THANKS TO OUR VOLUNTEERS

On Friday, July 21, over 130 volunteers will be honored at our Annual Volunteer Recognition Luncheon at the Senior Center. The hard work and dedication of these volunteers is overwhelming and each and every volunteer is to be commended. Our Center could not survive without our volunteers. The luncheon is by invitation only. If you have given at least 20 hours of volunteer time this year and did not receive an invitation, please feel free to call Gigi.

Lunch and programs will be cancelled that day.

MEN'S BREAKFAST GROUP

CANCELLED FOR JUNE, JULY, AND AUGUST

WE WILL RESUME IN SEPTEMBER

SHARK RIVER HILLS COMMUNITY YARD SALE
JUNE 2 - JUNE 4 FROM 9AM-3PM
CALL 732-988-5200 FOR FURTHER INFO.



LEGAL HELP OFFERED AT THE CENTER

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 and older. Call the Center to schedule your appointment.

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. Call Ryan for an appointment.





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!



3

SUMMER CHORAL CONCERT

"SUMMER TIME CLASSICS"

Our Senior Center choral group will be performing a summer recital here at the Senior Center on Thursday, June 8 at 11am.

****EVERYONE IS WELCOME
TO ATTEND****



MAYOR

DR. MICHAEL BRANTLEY
HOSTS

**THE 24TH ANNUAL
MAYOR'S BALL**

**BENEFITING
NEPTUNE RECREATION**

**"RECREATION AND EDUCATION...
A GREAT FIT"**

**FRIDAY, JUNE 23RD
7PM**

**AT
JUMPING BROOK
COUNTRY CLUB**

SUMMER PICNIC

AT THE

ELKS LODGE IN NEPTUNE

WEDNESDAY, JUNE 28

AT 12NOON

(RAINDATE THURSDAY, JUNE 29)

Seating is limited. Sign up in person with Gigi. Donation for picnic lunch is \$5.00 to be paid at the time reservation is made.

Deadline for reservations is

11:30am on Friday, June 23.

Lunch will be provided by the Elks Lodge and will include:

barbeque chicken, hot dogs, hamburgers, homemade macaroni and cheese, potato and pasta salad.



SUMMER DANCE RECITAL

PRESENTED BY

THE ROBIN MCGILL

SCHOOL OF DANCE

FRIDAY, JULY 7 AT 11AM

Robin McGill and her dance students from her studio will present a summer recital entitled,

"Lights, Camera, Action!"

at our Senior Center. The recital will feature dance routines that will amaze you.

Join us for a fabulous show.



SPECIAL PROGRAM NOTICES

UPDATE SENIOR CENTER I.D. CARDS FOR 2017

All Senior Center participants are asked to update their Senior Center ID cards. **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 – "FREEHELD" (RATED PG-13) WEDNESDAY, JUNE 21 AT 1:00PM



In celebration of LGBTQ Month, we are showing the very emotional and true story about a decorated Ocean County New Jersey detective, Laurel Hester (Julianne Moore) who is diagnosed with terminal cancer and wishes to leave her pension benefits to her partner, Stacie Andree (Ellen Page). When she is denied by local officials, Laurel receives help from a rigid colleague, Dane Wells and activist, Steven Goldstein (Steve Carell), who unite to rally fellow police officers and citizens to support the couple's fight for equality. **Deadline for transportation reservations is 11:30am on Tuesday, June 20.**



FATHER'S DAY - SUNDAY, JUNE 18
SUMMER BEGINS ON WEDNESDAY, JUNE 21



**IT IS WITH GREAT
SADNESS THAT WE INFORM
YOU ABOUT THE LOSS OF
THE FOLLOWING SENIOR
CENTER PARTICIPANTS:**

- ♥ Allan Bryce
- ♥ Stanley Dierlam
- ♥ Florence Maxwell

**OUR THOUGHTS ARE WITH
THEIR FAMILY AND
FRIENDS DURING THIS
VERY DIFFICULT TIME.**

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY
DONATIONS:** George Heyson, and
Edith Reid.

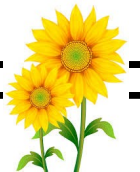
♥ **THANK YOU FOR THE SUPPLIES
AND GOODIES:** American Legion Post
#346, Anne Alling and John Kuster,
Catholic Men for Jesus Christ, Di-
ane Curley and Susan Waters, The
Forever Young Group, Jeanne LeRoy,
Madonna House, Stuart Monk and
Diane Olson, ShopRite, and
Wegmans.

"MORRO CASTLE SHIP DISASTER"
PRESENTED BY GARY CRAWFORD, LOCAL HISTORIAN
THURSDAY, JUNE 15 AT 11AM

The SS Morro was a luxury liner of the 1930s that was built for voyages between New York and Cuba. On September 8, 1934, en route from Havana to New York, the ship caught fire, killing 137 passengers and crew members. The ship eventually beached herself near Asbury Park and remained there for several months. The devastating fire was a catalyst for improved shipboard fire safety. Don't miss this historical program.

"FOODS THAT PREVENT CANCER"
PRESENTED BY DIANE WEST, REGISTERED DIETICIAN
TUESDAY, JUNE 27 AT 11AM

Diane will discuss the different types of foods and food groups that provide a variety of nutrients that can be beneficial in fighting cancer and preventing cancer. Bring your questions. Get your answers.



JUNE IS MEN'S HEALTH AWARENESS MONTH



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

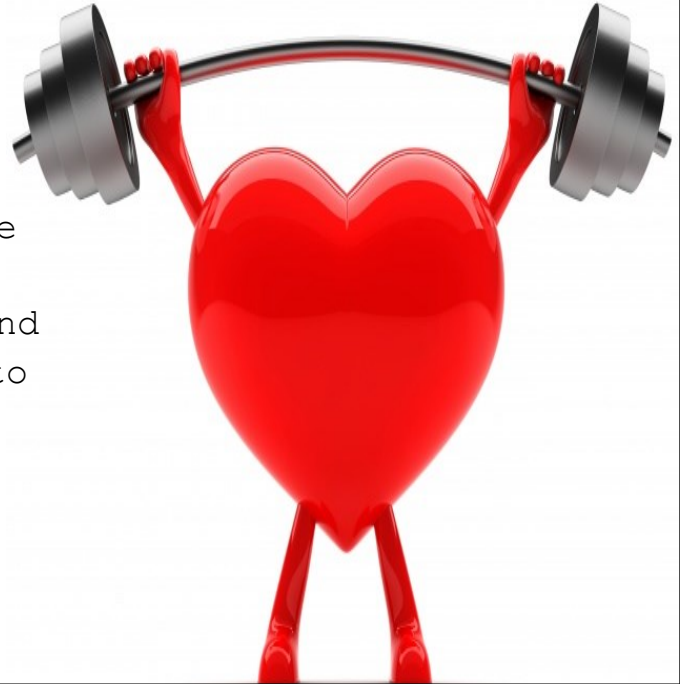


"THE NURSE IS IN"

THURSDAY, JUNE 8

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.



ANGIO SCREENINGS

PRESENTED BY

MERIDIAN HEALTH

TUESDAY, JUNE 20

9:00AM – 3:00PM

Learn your risk for heart attacks and strokes. Screenings include carotid artery ultrasound, heart rhythm, blood pressure, and screenings for abdominal aortic aneurysm and peripheral artery disease. Receive a color report of your results, educational material and a consultation with a nurse. **Registration required.**
\$49.95 pp payable to Meridian.
Call 1-800-560-9990 to get registered.



HEALTH SERIES

PRESENTED BY

KESSLER INSTITUTE'S

RON ARTZ

PHYSICAL THERAPIST

Get all the info you need on these three important topics.

"Dizziness"

Wednesday, June 14 at 11:00am

"Osteoporosis"

Wednesday, July 12 at 11:00am

"Shoulder Pain"

Wednesday, August 16 at 11:00am

A question and answer period will be provided after each program.





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

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.





**JUNE
2017**



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 - 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

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