

THE SENIOR CONNECTION

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



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NEPTUNE, NJ 07753



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Where Community Business & Tourism Prosper

WWW.NEPTUNETOWNSHIP.ORG

**MARCH
2017**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Dear Seniors,

We begin the month of March, a time of change. We look forward to St. Patrick's Day and the parades and celebrations. Sometimes the parade days are chilly days where we need a steamy mug of hot chocolate; other times they are sunshine filled days where we enjoy the feel of the warm sun on our faces. We await the official beginning of Spring!

Spring is a time of change. We begin to get outside more often, and begin to put away our winter coats. The trees and plants start to bloom and everything feels so alive again. Perhaps we can think about what type of changes we want to make. Some of us are now determined to exercise more and lose a few pounds, others are planning outings, some planting flowers, others making things. Each of us may want to reflect on changes we wish to make and new things we wish to embrace!

We are never too old to try something new. A friend of mine taught me that several years ago. He had been married and widowed four times. He met a recent widow, courted her and at the age of 90 years began his fifth marriage. Some thought he was a bit crazy, others were wary, but they were married up until his death at the age of 98 years old. He taught me that sometimes we need to take risks in life and we can live life to the fullest up until any age!

As we prepare to begin Spring, let us think about how we can live life to the fullest! Are there things on our "bucket list" that we want to accomplish? Small things, big things, fun things? Now is the time to do pursue the dreams we still have! Enjoy your Spring!

Peace,
Brian

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



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, 2017. 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. The deadline to submit an application is March 31.

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**



BEGINNERS BRIDGE LESSONS STARTING MONDAY, APRIL 3 1:00-3:00PM FOR 6 WEEKS

Learn the basics of beginners bridge and join our bridge group for weekly games. Reservations are required for the class and must be made with Gigi.

Open to Township Seniors only.

SPANISH LESSONS WITH ANTHONY FRINZI

**STARTING TUESDAY, MAY 2
AT 9:00AM FOR 6 WEEKS**

This class is designed for beginners as well as former students. Seating is limited. Register with Gigi.



NEPTUNE LIBRARY OFFERS INCOME TAX ASSISTANCE

Income tax assistance (provided by AARP) is available at the Neptune Library on Wednesdays and Thursdays from 9:30-3:30. No appointments are needed. The Senior Center will provide transportation to the library for Township Seniors in need of tax assistance. Please contact the Center between 9:30-11:30 or 2:00-3:30 to make your transportation reservation.



MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Asbury Park-Wall Elks 128, George Heyson, and Joan Keleigh.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Elaine Bennett, Mary & Ron Carr, Jerry Corvo, Diane Curley & Susan Waters, Lydia Diel, Regina & Tom Donohue, Tom Faust, Sandra Fornino, Dot Gilmore, Ed Halpin, Rich Kuchen, Sally Krum, Stu Monk, Neville Largie, Cheryl Soback, and Stella Young.



THE SENIOR CONNECTION



SPECIAL PROGRAM NOTICES

MOVIE MATINEE – "FLORENCE FOSTER JENKINS" (PG-13) WEDNESDAY, MARCH 15 AT 1:00PM

"Florence" tells the inspirational true story about a New York heiress in the 1940s, Florence Foster Jenkins (Meryl Streep), who dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice she heard in her head was divine, but to the rest of the world it was hilariously awful. Florence's devoted husband and manager manages to protect her from the truth but, when Florence decides to give her first public concert at New York's Carnegie Hall, he realizes that he's facing his greatest challenge yet.

Deadline for transportation is 11:30am on Tuesday, March 14.



UPDATE 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.





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**MEN'S BREAKFAST
WITH
THE MONMOUTH COUNTY
SHERIFF'S K-9 UNIT
THURSDAY, MARCH 23
AT 10:00AM**



Officer Kurt Kroeper and Skye will provide an informative session on law enforcement canine training. After the presentation, Officer Kroeper and Skye, his K-9 partner, will demonstrate different types of detection techniques. Contact Gigi for reservations.

**Reservation deadline is
Thursday, March 16.**



**"DAWN OF THE SPACE AGE"
SHOW AT THE
OCEAN COUNTY COLLEGE
PLANETARIUM THEATER
IN TOMS RIVER
WEDNESDAY, APRIL 12
AT 11:00AM**

Enjoy an amazing show about the history of our space age. After the show, enjoy lunch on your own in the planetarium's cafeteria. Seating is limited. Reservations must be made in person with Gigi starting Monday, March 27 after 9:30. Tickets for the show are \$7.00pp at the time of reservation. **Bring exact change, please.** Strict refund policy. Bus leaves Center at 9:45am.

**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.

CENTER OFFERS COMPUTER CLASSES AND ASSISTANCE

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

Please contact Gigi for reservations or further info.





HAPPY ST. PATRICK'S DAY

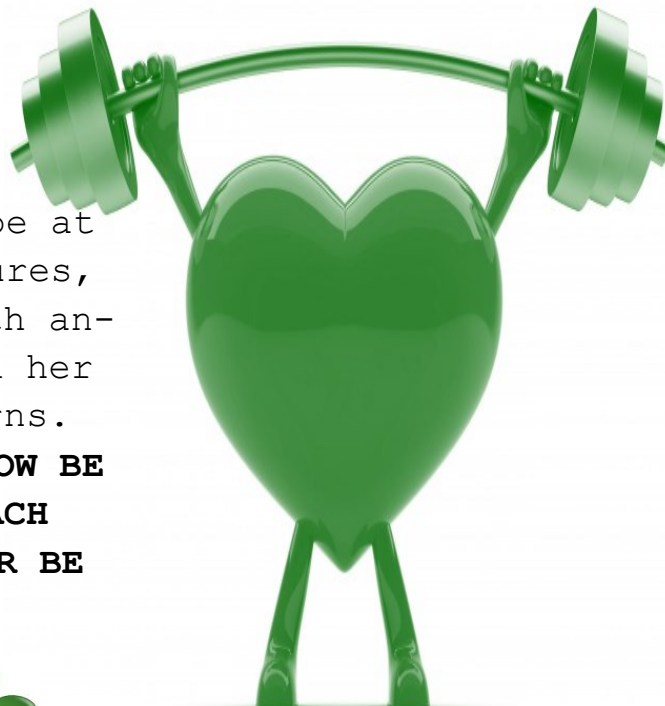


**HEALTH, WELLNESS AND FITNESS FOR ALL
DON'T MISS THE ACTION!!**

**"THE NURSE IS IN"
THURSDAY, MARCH 9
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****



"BRAIN FITNESS"

PRESENTED BY

DR. CRISTINA SHAHEEN

NEUROPSYCHOLOGIST

AT LIFESPAN

WEDNESDAY, MARCH 15

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. Bring your questions. Get your answers.



"INSOMNIA"

PRESENTED BY

CAROL PALMER, BA

MONMOUTH MEDICAL CENTER

TUESDAY, MARCH 21

AT 11:00AM

Finding it difficult to fall asleep or stay asleep? Are racing thoughts or worries keeping you awake? Insomnia can sap your energy, affecting memory, mood, health and quality of life. Carol will teach you ways to quiet your mind, neutralize anxiety, and relieve tension to enjoy more restful sleep.

Join us!





FITNESS CLASSES LISTING FOR ALL LEVELS

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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 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.

**MARCH
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

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