

THE SENIOR CONNECTION

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753



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**MAY
2017**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

May is Older American's Month and this year the theme is "Age Out Loud". We are invited to reflect on what it means to be a Senior today. People are living longer. I recently read that in 1980 there were 32,194 people aged 100 and older, whereas in 2015 there were 76,974 people aged 100 or more (US Census, 2016). If people are retiring between the ages of 65-70, then some people will be spending 30-35 plus years in retirement.

As the senior population grows we will see more people involved in activities and programs. Already we see many people taking advantage of exercise programs and classes. They are focusing on staying healthy and being active. We all need stimulation to keep our minds active as well. Various activities help us to stimulate our minds at any age. Some activities such as card games and crossword puzzles stimulate our minds, art projects stimulate our creativity, knitting helps us to focus and keep our hands limber. Being active is crucial for staying healthy.

Anyone who has ever been to the Neptune Senior Center knows that there is a lot of energy with the seniors. Recently Lesly Perez our Monmouth University Social Work Intern ran a discussion group. The amazing stories the participants shared about their experiences and their thoughts on things happening today were enlightening! They have so much to share. I am exploring the possibility of having a Senior Volunteer Corps of sorts. There are seniors who have amazing knowledge about history, many with experience serving in our military. We have several veterans who served in three wars. There are business people, teachers, musicians, dancers, nurses, lawyers, and people with all sorts of experiences to share.


Many of our seniors volunteer in the community already. We have them helping here at the Center. Some help in the kitchen and others are delivering meals to the homebound; some teach computer skills and language classes, while others staff the front desk. We have a group who call themselves the "Knitwits" who volunteer for Jersey Shore University Medical Center making blankets, hats and booties. They help the little babies born pre-maturely, heart patients, and cancer patients with their acts of love. They have contributed several thousand hours of their time to make some beautiful things for others. We are proud that they have logged in the most volunteer hours at the hospital! In a real sense those beautiful things are a reflection of the beautiful seniors we find here at the Senior Center on a daily basis! This month we celebrate our seniors. We are thankful for them as they "Age Out Loud" and enhance our community!

Enjoy the beautiful May weather and take time to thank your wonderful senior neighbors!

Sincerely,



Brian T. Butch
Director

INSIDE THIS ISSUE

Special Notices
Pages 2


Program Notices
Pages 4-5
Health/
Wellness Pages
6-7

Calendars for
lunch menu,
shopping,
activities,
programs and
fitness classes

 
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 **HAPPY MOTHER'S DAY - SUNDAY, MAY 14**



SPECIAL NOTICES

FREE RABIES CLINIC FOR DOGS AND CATS

SATURDAY, MAY 6 FROM 9AM-11AM

PUBLIC WORKS DEPARTMENT AT 2201 HECK AVE, NEPTUNE.



Pets must be leashed. Dog license renewals accepted. Please bring renewal letter and payment. For info call 732-775-8797.

ANNUAL POLICE MEMORIAL AT THE GREAT

AUDITORIUM IN OCEAN GROVE

TUESDAY, MAY 23 AT 11AM

This annual tribute honors law enforcement officers who have given their lives in the line of duty.

Everyone is invited to attend. Governor Christie is invited to be the keynote speaker.



PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE JUNE 1

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.

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.



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.





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!

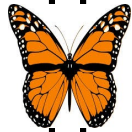


SAVE THE DATE!

**MAYOR DR. MICHAEL BRANTLEY
HOSTS
THE 24TH ANNUAL
MAYOR'S BALL**

**FRIDAY, JUNE 23RD
7PM**

**AT
JUMPING BROOK
COUNTRY CLUB**



BASKET WEAVING WORKSHOPS PRESENTED BY MARY MAY

Each workshop will be two weeks. Beginners welcome. Choose one workshop. If interested in both workshops, we will place you on a waiting list for the second one.

- **BERRY BASKETS**

**MONDAY, MAY 1 & MONDAY, MAY 8
10AM - 12PM**

- **WINE TOTES**

**MONDAY, MAY 15 & MONDAY, MAY 22
10AM - 12PM**

Mary May, a local basket maker, will teach you the traditions and steps to make these fun and useful baskets. Workshops are designed to share the joy of weaving and giving you pride in your completed basket.

**MAY IS OLDER
AMERICANS**

MONTH

COME

CELEBRATE

WITH US

AND

"AGE OUT LOUD"

**OLDER
AMERICANS
MONTH**



AGE OUT LOUD: MAY 2017

NEPTUNE BECOMES



"PINKTUNE" FOR MAY



PAINT THE TOWN PINK

WITH US

RAISE AWARENESS ABOUT

BREAST CANCER

To promote breast cancer awareness, Meridian is encouraging everyone to "Go Pink" for May.

Neptune Township will become "Pinktone".



MEMORIAL DAY PARADE - MAY, 29 AT 10AM IN FRONT OF NEPTUNE TOWNSHIP HIGH SCHOOL



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 – "LA LA LAND" (RATED PG-13)

WEDNESDAY, MAY 24 AT 1:00PM



"La La Land" follows the story of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), an ambitious jazz musician, who are both struggling to make ends meet while pursuing their dreams in L.A., a city known for destroying hopes and breaking hearts. When they reach a point where their careers pull them in different directions, they are forced to face the challenges in their growing relationship. This musical explores what is more important: a once-in-a-lifetime love or the spotlight. You don't want to miss it. **Deadline for transportation reservations is 11:30am on Tuesday, May 23.**



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



- Annette A. Perri
- Thelma Dorsey
- James A. Taylor



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

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Rosa Achate, Margaret Campanile, Regina & Thomas Donohue, Irene & Stephen Grasso, Forever Young Group, George Heyson, Eleonore & Harry Merriman, Harry Potts, Cecelia Ruegsegger, and Elizabeth Wolny.



♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Steve & Jacki Burke, Mary & Ron Carr, Catholic Men for Jesus Christ, Diane Curley & Susan Waters, Regina & Thomas Donohue, Carol Franzwick, Rita Goldstein, Julie Henderson, Stu Monk, Gail Stroll, Betty Wolny, Stella Young, and Maxine Zea.

**WOMEN'S BRUNCH "AMISH TRADITIONS"
PRESENTED BY SANDY RILEY
THURSDAY, MAY 18 AT 10:00AM**

Join us for a true-life presentation about interesting and unknown facts about Amish living. Sandy will also bring various types of Amish clothing, books, newspapers, toys and displays for you to enjoy. **Reservations required. Reservation deadline is 11:30am on Thursday, May 11.**



**"FRAUDS AND SCAMS - WAYS TO PROTECT YOURSELF"
PRESENTED BY ANNMARIE HOWLEY, DIRECTOR
MONMOUTH COUNTY DEPARTMENT OF CONSUMER AFFAIRS
WEDNESDAY, MAY 24 AT 11:00AM AT THE CENTER**



**PAINT THE TOWN PINK FOR
BREAST CANCER AWARENESS MONTH**



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

**"THE NURSE IS IN"
THURSDAY, MAY 11
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****



**HEALTH AND WELLNESS DAY
PRESENTED BY
MERIDIAN HEALTH OUTREACH
WEDNESDAY, MAY 10
9:00AM-12NOON**

Meridian Health will conduct health screenings and assessments here at the Center.

They will offer glucose, cholesterol, pulse, and balance screenings, stroke risk assessments, health info, giveaways, refreshments and more.

Don't miss it!



**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.





FITNESS CLASSES LISTING FOR ALL LEVELS

7

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.





**MAY
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

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

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