

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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**NOVEMBER
2017**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

As we begin the month of November I am celebrating my one year anniversary as Director! It is hard to believe that it has been a year already. Every day seems to be a new experience with new opportunities and situations, some fun, some challenging and others unique. Every day is different.

The seniors are amazing! I love spending time with them. I have had days filled with laughter and joy, days where I have learned new things, a few where I felt challenged and some that were sad.

My grandmother used to say "when you get old you are the same as when you were young, only more so" those words ring true for all of us as we age. I find it especially true when engaging with the seniors. There are some who are always positive and ready to embrace new adventures, many love every social outing and never miss an opportunity to enjoy the company of others, while others enjoy solitude and like the quiet. Some flirt up a storm, others tell jokes, some love to talk politics, others love the physical exercises, and others are so creative. Each brings their own talents and gifts to the Senior Center.

This year we have tried a number of different programs and events. We have added trips that seem to fill up very fast. We will soon have a Thanksgiving Luncheon and a Holiday Luncheon at the Jumping Brook Country Club. Some healthier foods have been introduced to the breakfast bar as well as some of the dessert choices. We have done a good job of incorporating new ideas while continuing to provide the services our seniors are accustomed to having here.

I enjoy the Staff who work hard to provide services and assistance to our seniors. I have witnessed a tremendous amount of growth in them as we have expanded our services. They are willing to learn new things and embrace new ideas. I continue to challenge them to try new things and they have seen the wonderful response of the seniors. Their hard work and efforts are appreciated.

As I begin my second year as Director I hope to continue to work on expanding services. I would like to see more trips to plays, restaurants, concerts, and educational facilities. We can take advantage of local opportunities; such as Neptune High School, Brookdale Community College and Monmouth University, as well as the Algonquin Theatre and some historical sites such as Camp Evans Info Age.

One of my priorities over the next year will be to find ways that we can be more helpful to our homebound seniors. The Mayor and Committee have been very encouraging in their wonderful support for the Senior Center! They have encouraged us to explore the possibility of more programming. I will be meeting with the Advisory Council to plan for the future.

Thank you for your kindness and encouragement during the past year. Together with you and the staff we look forward to continuing the good work at the Senior Center!

If you have not been here in a while, please stop by and visit!

Peace,

Brian



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Calendars for
lunch menu,
shopping,
activities,
programs and
fitness clas-



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



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.

For applications or further info, contact Ryan or Kris.

HOMESTEAD BENEFIT PROGRAM DEADLINE NOVEMBER 30

The Homestead Benefit program provides property tax relief to eligible homeowners. To qualify, you must meet all eligibility requirements. For further info or applications, contact Ryan.



HURRICANE SEASON IS UNDERWAY



BE PREPARED-PROTECT YOURSELF WITH REGISTER READY

It is now hurricane season and the key to safety is AWARENESS and PREPAREDNESS. 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 of an evacuation. Register online at www.registerready.nj.gov. Those without computers can call Ryan or Kris at the Center for assistance.

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 our attorney, please call Ryan or Kris at 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 MCDSS is available at our Center. Prem provides free individual counseling, assists with Medicaid, food stamps, homecare assistance and more. Appointments are available the 2nd and 4th Tuesday of each month. Call Ryan for info.



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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**"POPULATION HEALTH" COMMUNITY HEALTH FAIR
PRESENTED BY**



**THE NEW JERSEY CITY UNIVERSITY NURSING STUDENTS
TUESDAY, NOVEMBER 14 FROM 11AM-3PM**

NJCU Nursing students invite you to attend "Population Health" our community health fair at the Senior Center. Attendees of the health fair will benefit from early detection and preventative health screenings and educational opportunities on common health conditions. Screenings and measurements that will be done may include blood pressure, body mass index, and blood glucose. Educational and informational opportunities and resources will be available on nutrition, smoking cessation, self-care, diabetes, medication review/reconciliation, safety, immunizations, advance directives, first aid, and other health-related issues. Lifestyle information and screenings help build awareness of health risks and provide information on how an individual can make changes in their lifestyle to help enhance their health. Demonstrations and activities will be fun, interesting, and educational. All screenings and measurements will be conducted privately and results will be released to you, only. Experts will be available to answer any questions you may have. Join us for an afternoon of information and fun.



"GIFTED"
(RATED PG-13)
WEDNESDAY, NOVEMBER 15
AT 1:00PM



Frank Adler is a single man raising a child prodigy, his spirited young niece Mary. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's mother whose plans for her granddaughter threaten to separate Frank and Mary. Join us to find out how this emotional drama ends. **Transportation reservation deadline is 11:30am on Tuesday, November 14.**



*All Municipal Offices and Senior Center will be closed
Friday, November 10 in observance of Veteran's Day*



SPECIAL PROGRAM NOTICES



Thank You

VETERANS



***ELECTION DAY DON'T FORGET TO VOTE
TUESDAY, NOVEMBER 7***

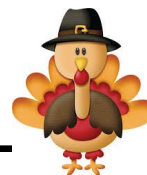


Transportation to the polls for Township Seniors will be available for the election. Deadline for transportation reservations is Monday, November 6 at 11:30am. Please call the Center for reservations soon. Don't miss your opportunity to vote.

***JOIN US FOR OUR ANNUAL THANKSGIVING LUNCHEON
TUESDAY, NOVEMBER 21 FROM 11:30AM-3:30PM
AT JUMPING BROOK COUNTRY CLUB***

Reservations will start being taken on Monday, November 6 between the hours of **9:30am-11:30am or 2:00pm-3:30pm**. Reservations must be made in person. The luncheon is \$15.00 per person and should be paid at the time of reservation. Please bring exact change.

NO REFUNDS. Seating is limited.



***JOIN US FOR OUR ANNUAL HOLIDAY LUNCHEON
THURSDAY, DECEMBER 14 FROM 11:30AM-3:30PM
AT JUMPING BROOK COUNTRY CLUB***

Reservations will start being taken on Monday, November 27 between the hours of **9:30am-11:30am or 2:00pm-3:30pm**. Reservations must be made in person. The luncheon is \$20.00 per person and should be paid at the time of reservation. Please bring exact change. **NO REFUNDS.** Seating is limited.



*All Municipal Offices and Senior Center will be closed
Thursday, November 23 & Friday, November 24 in observance of the Thanksgiving Holiday.*

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



♥ Anne Ciccone

♥ Daniel Angley

♥ Philip Herr



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

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Mary & Steven Brockel, Mary & Ron Carr, Forever Young Club In Memory of Yuriko Anderson, George Heyson, Eleonore & Harry Merriman, Edith Reid, Ruthann Rinaldi In Memory of Connie Cocuzza.

♥ **THANK YOU FOR THE SUPPLIES &**

GOODIES: Carolyn Beam, Mary & Ron Carr, Barbara Dixon, Regina & Tom Donohue, Sue Egan, Angela Germann, Donald Graham, Ed Halpin, Helen Haugabrook, Kathy Henry, Joan Keleigh, Carol Kelly, Rich Kuchen, Carol McDonald, Eleonore & Harry Merriman, Dee Reinhold, and Variety Growers.



LEGAL SERVICES INFORMATION SESSION

PRESENTED BY SOUTH JERSEY LEGAL SERVICES, INC.

MONDAY, NOVEMBER 6 AT 11AM HERE AT THE CENTER

Learn all you need to know about wills, living wills, Polst forms, power of attorney, etc. Bring your questions and get the vital information you need.



HOLIDAY LUNCH OUTINGS

TO THE CULINARY SCHOOL IN ASBURY PARK

TUESDAY, DECEMBER 5 AND TUESDAY, DECEMBER 12

(PLEASE CHOOSE ONE DATE ONLY)

Enjoy a delicious holiday meal at the Culinary School in Asbury Park. Seating is limited. Bus/lunch reservations must be made in person with Gigi starting Tuesday, November 14 from **9:30-11:30 or 2:00-3:30**. Donation is \$10.00pp at the time of reservation. **Bring exact change, please.** Strict refund policy. Deadline to reserve is Wednesday, November 29. Bus leaves Center at 11am. Due to limited parking, everyone **must** ride with our bus.

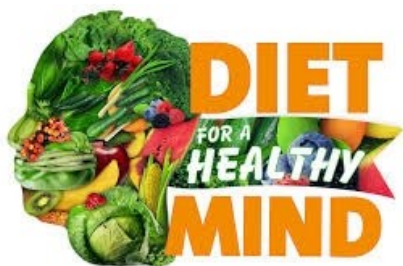
**"THE NURSE IS IN"
THURSDAY, NOVEMBER 9
9:00AM – 12NOON**

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.



**"THE MIND DIET"
PRESENTED BY
DIANE WEST, R.D.
TUESDAY, NOVEMBER 28
AT 11:00AM**

A recent study found that a specific way of eating may help slow the aging process in our brain ...fittingly called the "MIND Diet". This lecture will review what the MIND diet is and how we can incorporate these recommendations into our daily lives to improve our brain health. Bring your questions and get your answers.



**HOLIDAY SHOWS AT THE
ALGONQUIN ARTS THEATRE**

**"NEWARK BOYS CHORUS"
WEDNESDAY, DECEMBER 6
AND**

**"A CHRISTMAS CAROL"
WEDNESDAY, DECEMBER 20
BOTH SHOWS START AT 10AM
BUS LEAVES CENTER AT 9:00AM**

After each show, enjoy lunch on your own. Place is to be determined. Seating limited. Tickets for each show are \$9.00 per person and per show.

**Reservations must be made
in person with Gigi.**

Reservations for the
"Newark Boys Chorus"
begin Wednesday, November 15
9:30-11:30 or 2:00-3:30.

Reservations for
"A Christmas Carol"
begin Wednesday, November 29
9:30-11:30 or 2:00-3:30.





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 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 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.



**NOVEMBER
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 - Driver

Linda Dietz- Driver

Robert White - 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

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