

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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**SEPTEMBER
2017**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

It is hard to believe that we are beginning the month of September already! The crowds of visitors have gone home and the children are back in school. We still have an opportunity to enjoy some beautiful weather and spend some time outdoors in the sunshine!

I would like to express my gratitude to Evelyn Bedell who served as a member of the Senior Center Advisory Board and volunteered each week for us here at the Senior Center. She recently moved to Georgia to live near some family members. We will miss her energy, her sense of humor, her style, and her positive outlook on life!

A special thank you to Evelyn Wooley who surprised the seniors by paying for everyone's lunch on her birthday! She brought in several delicious cakes and had Wayne Hugley entertain during lunch. She and her friends surprised the Senior Center with a very generous gift. We will use the money to enhance some of our programs.

Rosalee McNair, one of our artistic seniors, had a beautiful design selected for the t-shirts for Clearwater. Congratulations Rosalee, we are proud of you!

My sympathies go out to the Catley family. Jacqueline "Jackie" Catley a member of the Senior Center Advisory Board died on August 10th. Jackie was a long time member of the Senior Center and worked with Rosemary Gray and the Advisory Board to build some amazing programs and activities. She will be missed by the community.

The Senior Center continues to be an active place. We are encouraging seniors to come and enjoy the activities and programs. It is a great time to take advantage of our exercise programs offered. There are a range of programs for people of all levels. We can be pro-active and avoid putting on those holiday pounds in a few months!

We continue to work on building community, building new friendships and providing new opportunities. There are seniors out there who are lonely and we have a solution for them. Come meet some wonderful people. Enjoy activities and programs, have a delicious lunch, grab a cup of coffee or tea and hear some stories, listen to an enlightening lecture, discover the artist within, build up your body strength here at the Senior Center!

Have a great September!

Brian



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 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



DISCUSSION PANEL WITH OCEAN GROVE UNITED PRESENTED BY

**HARRIET BERNSTEIN, LOUISA PASTER, AND MEMBERS
TUESDAY, SEPTEMBER 26 AT 11AM HERE AT THE CENTER**

We welcome the Ocean Grove United Group who will be conducting a panel discussion in an effort to help people learn more about the LGBT community. They will have family members, a minister and several LGBT individuals on the panel. Many seniors have children, grandchildren, and even great-grandchildren who may identify as part of this group. Come out and learn more. There will be an opportunity for questions and answers.



PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE" DEADLINE EXTENDED UNTIL WEDNESDAY, OCTOBER 18

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 eligibility requirements. If you think you may be eligible for the "Senior Freeze" or need further info, call 1-800-882-6597 or call Ryan or Kris at the Center.

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 at the Senior 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!



"THE HISTORY OF NEPTUNE"

PRESENTED BY HISTORIAN, GARY CRAWFORD

PART 1 - THURSDAY, SEPTEMBER 14 AT 11AM

"What do Trap, Greenville, and Shark River Village have in common?" Gary Crawford will give a presentation on the earliest history of Neptune.

PART 2 - THURSDAY, OCTOBER 12 AT 11AM

Gary will discuss the changes brought about by the railroad coming to town in 1876, turning a handful of crossroad villages into the Neptune that we know today.



"THE ZOOKEEPER'S WIFE"

(RATED PG-13)

**WEDNESDAY, SEPTEMBER 20
AT 1:00PM**

The Zookeeper's Wife tells the story about the keepers of the Warsaw Zoo in Warsaw, Poland who helped save hundreds of people and animals at the onset of WWII. Don't miss this emotional true story.

Transportation reservation deadline is 11:30am on Tuesday, September 19.



MEN'S BREAKFAST

"THE VINTAGE AUTOMOBILE TRAVELING MUSEUM OF NJ"

PRESENTED BY

EXPERIENCED ANTIQUE CAR COLLECTOR, DAVE DiEUGENIO

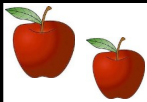
THURSDAY, SEPTEMBER 28 AT 10AM

Dave will present two slide show presentations titled, "Where We Are and Where We Want To Go" and "History on Wheels". Learn about the history of how these beautiful and classic automobiles were developed. Before the presentations begin, enjoy a great breakfast made by Teresa and her kitchen staff. Call Gigi to reserve your seat.

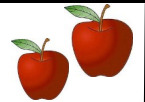
Deadline for reservations is Thursday, September 21.



*Happy Labor Day - Monday, September 4
All Municipal Offices and Senior Center will be closed*



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 Friday, 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.

"OKTOBERFEST" TRIP



**TUESDAY, OCTOBER 17 AT 12NOON
(BUS WILL LEAVE CENTER AT 11AM)**

We will have a trip to Sebastian's Schnitzelhaus in Wrightstown. We will have authentic German food. There will be a choice of soup or salad, a nice German entrée, family style sides including potatoes, spaetzle, vegetables, a beverage and dessert. Cost will be \$25 per person all inclusive.

NEPTUNE DAY 2017

**SATURDAY, SEPTEMBER 16
FROM 12N-4PM**

RAIN DATE

SUNDAY, SEPTEMBER 17

Mayor Doctor Michael Brantley, and the Township Committee invite you to join this annual celebration of our Community behind the Municipal Building.





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

Mary Moore
Maureen Mahoney
Charlotte Gratton
Yuriko Anderson
Sandra Fiorenzo
Florence Manning
Jackie Catley
Barbara Boesch

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

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY
DONATIONS:** Anne Alling, Eleanor
Boyce & Gail Vasilenko, Janet &
Richard Davis, Dick Driscoll,
Kathy Henry & Sandra Soltau, Joan
Keleigh in Memory of Sally Krum,
Barbara Schaer, and Carol Wilson.

♥ **THANK YOU FOR THE SUPPLIES
AND GOODIES:** David Benjamin Sr.,
Arlene Broza, Catholic Men for Je-
sus Christ, Barbara Dixon, Regina
& Thomas Donohue, Tom Faust, For-
ever Young Group, Edgar Halpin,
Helen Haugabrook, Julie Henderson,
Geri Huber, Patricia Mahoney, Be-
atrice O'Neil, Poseidon School,
Jane & George Ross, Sue Solakian,
Anita Stevenson, Pat & Al Ward
and Cathleen Zupa.



THANKS TO OUR DONORS IN MEMORY OF JACKIE CATLEY

Doris & Chip Bixler, Phyllis Bixler, Jean & Scott Breininger,
Josephine Catley, Rita Goldstein, Carol Matarese, and Christine
and Richard Pearce.



HURRICANE SEASON IS UNDERWAY

BE PREPARED-PROTECT YOURSELF WITH REGISTER READY

It is now hurricane season and we want to remind everyone that 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. Anyone with special needs can register. Register online at www.registerready.nj.gov. Registrations expire so always check your status. Those without computers can call Ryan at the Center for assistance.

6 *Happy Grandparent's Day - Sunday, September 10*



SENIOR CENTER CRAFT SALE
SHOP WITH US FOR THE HOLIDAYS
OCTOBER 30 – NOVEMBER 3
9:00AM – 3:00PM

Join us for our annual Holiday Craft sale at the Center. This sale benefits our Senior Trust Funds and YOU. Shop for the holidays with us. We will have creative work from our art classes, crocheted and knitted items from our knitters, ceramic pieces from our ceramics classes, handmade baskets, original wood carvings, and so much more. Please help support your Center and this wonderful holiday tradition.



"THE NURSE IS IN"
THURSDAY, SEPTEMBER 14
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.



VOLUNTEERS NEEDED FOR FRIDAY, SEPTEMBER 22

Would you be interested in volunteering to help with a dance for special needs teens?

The Poseidon students will be hosting a dance from 6pm-9pm on Friday, September 22 here at the Senior Center. The Elks will provide a meal for them and DJ Tommy Lynch will provide music. Would you be interested in volunteering to help chaperone or serve meals that evening? Please contact Carina at the Center.



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.



**SEPTEMBER
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

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

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