

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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**FEBRUARY
2017**



OFFICE HOURS
8:00am-4:00pm


PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Dear Seniors,

The month of February often brings chilly nights and snowfalls. There are days when one debates whether it is better to go out or stay home with a cup of steamy hot chocolate. In the middle of the cold comes Valentine's Day, a day for celebrating those we love. This year we are offering all of you a chance to hang a heart on the tree. We will provide hearts and you may write the name or names of people you love. We can remember those who are no longer with us as well as those who are living. If you want to attach a copy of a photo, you may do so.

During the month of February we celebrate Black History Month. We will have Rosa Lee McNair and friends' African dance and drumming on Thursday February 9th at 11am. We will be offering a luncheon trip to At The Table Restaurant in Asbury Park on Thursday, February 23rd. They have a menu with Southern food and some "Soul Food" dishes. They are known for their delicious food!

*A special thank you to Mike Bascom who helped us get a new piano for the Choral Group!
We appreciate his constant support of the Senior Center!*

We are honored to welcome Lesly Perez, a Social Work Intern from Monmouth University. She will be with us on Tuesday's until May. She will be running some discussion groups as well as meeting with seniors to conduct interviews. We are trying to provide her with a great experience and giving her the chance to be involved in the day to day life of the Senior Center.

We are looking at the possibility of doing some programs one or two nights in the early evening during the week and possibly on Saturday mornings. We will give people an opportunity to fill out a survey. Our goal is to reach as many seniors as possible. Please feel free to make suggestions. The Senior Center is here for you!

I continue to have an open door for those who wish to stop by the Senior Center. We are here to serve you, if we can be of help please contact us!



Sincerely,

Brian



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



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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**NEPTUNE TOWNSHIP CELEBRATES
BLACK HISTORY MONTH**

"BEFORE WE WERE SLAVES"

SATURDAY, FEBRUARY 11

11:30AM — 3:00PM

MICHAEL T. LAKE

PERFORMING ARTS CENTER

For more information go to
www.neptunetownship.org



BOARD OF FIRE

COMMISSIONERS ELECTION

SATURDAY, FEBRUARY 18, 2-9PM

Polling locations are Olin St.
Firehouse in Ocean Grove and the
Neptune Municipal Complex.

SAVE THE DATE!

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

**FRIDAY, JUNE 23RD
7PM**

**AT
JUMPING BROOK
COUNTRY CLUB**



ATTENTION SENIOR HOMEOWNERS!

PROPERTY TAX DEDUCTION RENEWAL DUE BY MARCH 1

Seniors receiving the \$250.00 Senior Citizen Property Tax Deduction, must submit a post-annual tax statement to Neptune's Tax Office by March 1. Forms will be mailed soon and failure to return the form will cancel your discount. If you are not receiving the \$250.00 deduction, and would like info, or if you need assistance with the form, call Kris or Ryan at the Center.

NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

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.



Celebrating Black History Month



SPECIAL PROGRAM NOTICES

"THE HISTORY OF NEGRO LEAGUE BASEBALL" PRESENTED BY

**TONY RICHARDSON, FBI
(RETIRED)**

**LL INTERNATIONAL BOD
NJ STATE DIRECTOR LBB/SB
TUESDAY, FEBRUARY 7
AT 11:00AM**

Don't miss Tony's fascinating program about the history of the Negro Baseball League. He will discuss how and why the league was formed and the struggles that the NLBB pioneers (both men and women) endured which eventually broke down barriers to make history. Tony will also have displays and memorabilia from this time.

AFRICAN DANCE AND DRUMMING PRESENTED BY

**ROSALEE AND FRIENDS
THURSDAY, FEBRUARY 9
AT 11:00AM**

Enjoy music, dancing, and fun as this group of "Friends" performs traditional African Drumming and demonstrates traditional African Dances.

MOBILE OUTREACH SITE PRESENTED BY ASSEMBLY DISTRICT 11 THURSDAY, FEBRUARY 14 11AM-2PM

A representative will be at the Center to assist anyone in need of outreach services.

MOVIE MATINEE — "MR. CHURCH" (PG-13) WEDNESDAY, FEBRUARY 22 AT 1:00PM

It's 1965 in Los Angeles, when a stranger, Mr. Church (Eddie Murphy), arrives on the doorstep of a young girl and her mother who's battling cancer. They soon learn that the quiet man, Henry Church, was hired by someone to cook for them and help maintain their house. As Mr. Church's time with the Brodys extends from months into years, he becomes a father figure for Charlie and makes a lasting impact on her life. Join us to see how this very unique friendship develops into a lifetime bond. **Deadline for transportation is 11:30am on Tuesday, February 21.**





All Municipal Offices and Senior Center will be closed on
Monday, February 20 in Observance of Presidents' Day

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MEN'S BREAKFAST
"WE ARE FAMILY"



PRESENTED BY

REVEREND DOCTOR
GILBERT H. CALDWELL
THURSDAY, FEBRUARY 16
AT 10:00AM

Rev. Dr. Caldwell, a Civil Rights pioneer and icon who marched with Martin Luther King, will share his captivating stories about marching on Washington, in Mississippi Freedom Summer, the Selma to Montgomery March, and the Poor People's Campaign. Don't miss this captivating program. Please call Gigi for reservations.

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Anne Alling, Mary & Ron Carr, Robert Clark, Pat Coffey, Regina & Tom Donohue, Dick Driscoll, Angela & George Germann, George Heyson, and Heinz Weck.

♥ **THANK YOU FOR THE SUPPLIES**

AND GOODIES: Evelyn Bedell, Irene Brew, Margaret Campanile, Mary & Ron Carr, Catholic Men for Jesus Christ, Lydia Diel, Regina & Tom Donohue, Terry Halifko, Ed Halpin, Tom Faust, April Kaprelian, Anita Meeks, Ocean Grove First Aid, Betty Palermo, ShopRite, Alice Singer, Barbara Tatulis, and Wegmans.

LUNCH OUTING TO "AT THE TABLE" RESTAURANT
IN ASBURY PARK

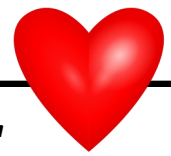
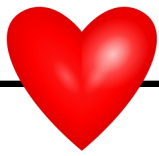
THURSDAY, FEBRUARY 23 AT 12NOON

Enjoy a delicious Southern "soul food" lunch at "At the Table". There will be a choice of a beef, chicken or fish meal with a side dish and dessert. Seating is limited. Reservations must be made in person with Gigi starting Monday, February 6 after 9:30. Donation is \$12.00 pp at the time of reservation. **Bring exact change, please.** Strict refund policy. Deadline to reserve is 11:30am Tuesday, February 21. **Bus leaves Center at 11:15am.**



For inclement weather notices, cancellations and closings, tune to radio stations 94.3FM The Point, 92.7 WOBN FM, 1160 WOBN AM or 101.5FM or you can go online to 943thepoint.com and go to Storm Watch.

February is American Heart Month



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

"THE NURSE IS IN" WEDNESDAY, FEBRUARY 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.



"FIGHTING THE WINTER BLUES, ISOLATION AND LONELINESS" PRESENTED BY CAROL PALMER, BA MONMOUTH MEDICAL CENTER TUESDAY, FEBRUARY 21 AT 11:00AM

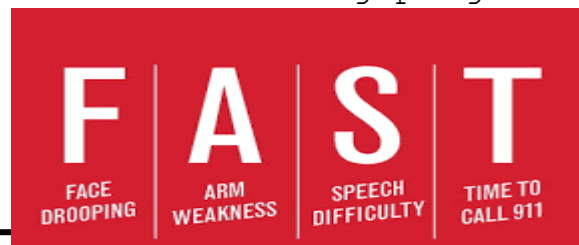
Winter can be a depressing time filled with loneliness and sadness. Learn steps you can take to help prevent the winter blues from affecting your life.

American



"ACT IN TIME FOR HEART ATTACK SIGNS" PRESENTED BY ERIN WINKELS, RN, BSN STROKE COORDINATOR MONMOUTH MEDICAL CENTER WEDNESDAY, FEBRUARY 15 AT 11:00AM

Erin will discuss the warning signs and risk factors for strokes and heart attacks. Learn the importance of knowing your risk and how to improve your heart health. Don't miss this life-saving program.





FITNESS CLASSES LISTING FOR ALL LEVELS

All participants must pre-register, sign fitness Waivers, and wear proper attire and shoes.



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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.





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
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