



SENIOR BEACON

A MONTHLY PUBLICATION OF
 NEPTUNE TOWNSHIP DEPARTMENT OF
 SENIOR SERVICES AND SENIOR CENTER
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8:30am - 4:30pm
Office Hours

NOVEMBER
2013

9:00am - 3:30pm
Program Hours

HOLIDAY EVENTS FOR EVERYONE

We will have a full line-up of great holiday events, including a week long open house with entertainment everyday, craft sale and surprise lunches and refreshments. It is advertised on page 4 in our newsletter. We hope everyone will take time during the holidays to take advantage of what we have planned. Dates, times and reservation info is listed for everyone's convenience. We look forward to spending the holidays with you.



ELECTION DAY – DON'T FORGET TO VOTE **TUESDAY, NOVEMBER 5**

Transportation to the polls is available for Township Seniors. Deadline for reservations for transportation thru the Center is Monday, November 4 at 11:30am. Call Kris for reservations. Don't miss the opportunity to exercise your right to vote.



HOLIDAY CRAFT SALE AND OPEN HOUSE

ALL PROCEEDS BENEFIT OUR SENIOR CENTER TRUST FUND
SALE STARTS MONDAY, DECEMBER 16 AFTER 9:30AM

SORRY NO PRE-SALES FOR ANYONE

CRAFT SALE WILL LAST THRU THE WEEK WHILE SUPPLIES LAST.

Please come out and support our annual fundraising effort for our Center. All proceeds go to our trust funds for your benefit. If you cannot come to the sale, maybe you can help by giving a monetary donation to our trust fund. The craft sale is our yearly fundraiser and will help us to be able to support our new and growing Center and the increasing needs for programs and supplies. In this time of limited funding and reduced budgets, donations are imperative for our programming. We ask that if you are looking to give a special "gift" this holiday season, our Center may be the place to start. Thank you for your support. **SALES START AT 9:30AM EACH DAY.**



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.

HOME ENERGY ASSISTANCE

APPLICATIONS NOW AVAILABLE

The Home Energy Assistance Program (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 from October 1, 2013 until April 30, 2014. For applications or further info, contact Ellen or Kris at the Center. The monthly income limit is: Single - \$1,915.00 and Married - \$2,585.00

FOOD SHOPPING AND SPECIAL REQUEST

TRANSPORTATION AVAILABLE BY RESERVATION

Our Center provides transportation 5 days per week for Township residents 60 years of age and older. For food shopping and personal needs shopping days and store schedules, please refer to the menu/food shopping page. For reservations or information, call us. There is no charge; however, a free will donation is appreciated to benefit our Building/Trust Funds.

THANKS FOR THE DONATIONS AND SUPPORT

► **Many thanks to the following for their monetary donations:** Celeste and Frank DeCapua, Ingrid Farrell, Betty Felton, Rita Goldstein, Ruth Kuzava, Nicholas Napolitano, and Diane Wran-Farris.

► **Many thanks to the following for donations of supplies:** Don Bartlett, Evelyn Bedell, Catholic Men for Jesus Christ, Joan and Anthony Cruz, Diane Curley, Thomas Donohue, Forever Young Group, Sandra Fornino, Margaret Jenssen, John Kritsky, Sally Krum, Diane Panzer, Dolores Reinhold, Betty Roach, ShopRite, Anne Sibole, Variety Growers, and Wegmans.

VOLUNTEERS NEEDED

Meal delivery volunteers are needed to deliver lunches to home-bound seniors in our community. Volunteers must drive and commit to one morning a week 11-12n. If you have spare time and can help us out, please contact Ellen or Kris for further info.

FALL IS A GREAT TIME FOR HOMEMADE SOUP

SOUP SALES TO BENEFIT SENIOR CENTER TRUST FUND

Many thanks to our Kitchen Manager, Teresa Richard, and her staff, Jennifer Nurse and Doreen Sturgeon, for the wonderful soups they create daily. Every day we offer delicious homemade soups for sale to help benefit our Senior Center Trust Fund. Take some home for dinner or put some in the freezer for another day. It will help support our Trust Fund and our Center.

PROGRAM NOTICES

OKTOBERFEST CELEBRATION

HONORING OCTOBER AND NOVEMBER BIRTHDAYS

FRIDAY, NOVEMBER 1 AT 11AM

Great Oktoberfest lunch with Oktoberfest music performed by Doug Alt. Dancing is optional...fun is a requirement. Brush up on your polka and bring your appetite. Great lunch provided by our wonderful kitchen staff. Reservations are required for lunch. Lunch donation is \$3.50. Transportation reservations must be made by 11:30am the day before. If you need transportation, let Gigi know when you make your reservation.

"LIVE WELL – STAY INFORMED" SENIOR INFORMATIONAL SERIES

► "LIVING WITH DIABETES" SERIES

PRESENTED BY MERIDIAN COMMUNITY EDUCATION

WEDNESDAY, NOVEMBER 6 AT 10-12NOON

Session participants will also be invited to participate in a special Diabetes Awareness Day at JSUMC on November 8.

► "SAFE PASSAGES"

PRESENTED BY MOLLY BERKOWITZ, RN AT JSUMC

TUESDAY, NOVEMBER 12 AT 11AM

Motor vehicle accidents are one of the leading causes of injury requiring trauma care. "Safe Passages" is a program designed to help adult drivers and passengers recognize some of the changes associated with aging that leads to unsafe driving conditions. Come get tips and advice to help keep everyone safe while maintaining you independence.

MOVIE MATINEE – THE QUARTET (RATED PG-13)

WEDNESDAY, NOVEMBER 20 AT 1:30PM

Actor, Dustin Hoffman makes his directorial debut with this comedy about the Beecham House, a home for retired musicians. The rumor at the Beecham House is that they are getting a famous new resident. For Reginald (Tom Courtenay), Wilfred (Billy Connolly) and Cecily (Pauline Collins) this sort of talk is par for the course at the gossipy home. But, they're in for quite a shock when the new arrival turns out to be their former singing partner, Jean (Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can time heal old wounds? Will the famous quartet be able to patch up their differences in time for the Beecham House's gala concert? Don't miss this delightfully funny comedy.

Transportation arrangements must be made by 11:30am on Tuesday, November 19. **No exceptions will be made.**

JOIN US FOR THE HOLIDAYS

JOIN US FOR THANKSGIVING DINNER

TUESDAY, NOVEMBER 26 – 12NOON

Our annual Thanksgiving Feast is one of our premier events of the year and everyone is invited to join in the festivities. Reservations for the dinner will be taken starting Tuesday, November 5 after 9:30am. Reservations can be made in person, or by phone, for yourself and one other person. Please let us know if you need transportation or want to volunteer to help at the dinner when you call in to make your reservation. Don't miss our annual Thanksgiving Feast. Great entertainment and a catered feast is a great way to kick off the holiday season. Free will donation requested.

LUNCH AT THE CULINARY SCHOOL IN ASBURY PARK

GREAT HOLIDAY TRIPS (PLEASE CHOOSE ONE DATE ONLY)

TUESDAY, DECEMBER 3 OR THURSDAY DECEMBER 5

Enjoy a wonderful holiday tour of the Culinary School in Asbury Park followed by a sumptuous holiday brunch and buffet prepared by the school. Bakery will also be open to buy holiday goodies to take home. Lunch is \$10.00 per person and must be paid on the bus. **EXACT CHANGE REQUIRED. Reservations are required. All participants are asked to travel with our bus. Everyone must be at the Center by 11am. Seating is limited. Reservations can be made starting... Deadline for reservations is November 22. Seating limited.**

WEEK-LONG HOLIDAY OPEN HOUSE

DECEMBER 16 – DECEMBER 20

Join us for a week-long open house. The days will be chock full of great entertainment, great food, raffles, craft sales and so much more. Plans are still in the works so please mark your calendar for a week of holiday celebrations. Dates were still pending for the following:

Senior Center Holiday Choral Recital

Neptune High School Band and Chorus Holiday Concert

Singer Wayne Hugley

Stage Performers Dennis and Marnie Carmella

AND MUCH MUCH MORE !!!

December's newsletter will include the final plans and dates.

FOR INCLEMENT WEATHER NOTICES AND CLOSINGS

Tune to 94.3 The Point, 92.7 WOBN FM or 1160 WOBN AM. To check cancellations on your computer, log on to **943thepoint.com**. Go to Storm Watch.

NOW IS THE TIME TO GET IN SHAPE
"FITNESS FOR EVERYONE" FALL CLASS SCHEDULE

All new participants must register with Gigi before attending classes. Proper shoes and attire required. Call for info.

PUMP IT UP WITH CAROL

Mondays, Wednesdays and Fridays at 9:30am

Donation \$3.00 per class

Join us for this great dance, exercise and toning class. The dance movements are easy and repetitive so you can get your heart rate up and burn calories. The class uses interval training including light weights for improving bone mass and strengthening muscles. Enjoy a wide variety of tunes from the 40's, 50's, 60's and up, even rock and roll and country.

SHAPING UP – SITTING DOWN WITH MARIA

Mondays and Fridays at 11:00AM

Free will donation (30 minute class)

This class is a gentle and fun way to improve strength and stamina. Maria will introduce you to a new approach to good health and wellness. Great for those who want some gentle exercise or those who are "on the mend" and looking to increase tolerance and fitness level. It's a "feel good time".

YOGA STRETCH WITH CAROL – Tuesdays at 10:30am

Donation \$3.00 per class

Yoga stretch incorporates breathing exercises, relaxation techniques, basic yoga postures and general stretching. The class can be done in a chair or on a mat. Straps and belts are available to increase flexibility. Bars and chairs are also available to work on balance. This class is also great for detoxing the body and relaxing the mind.

T'AI CHI CHIH WITH DAN – Tuesdays 9am and Thursdays 10:30am

Donation \$3.00 per class

The benefits of T'ai Chi Chih are proven...better blood pressure, better relaxation, less stress, better body mechanics.

ZUMBA GOLD WITH CAROL – Thursdays at 12n

Donation \$3.00 per class

It's all about having fun in a dance party atmosphere to music from around the world. Everyone is encouraged to make the dance their own by slowing down or speeding up their dance movements. Burn calories by shaking it up and having a good time.

FEELING GREAT VIDEO – Wednesdays at 11:00am

Great fun, good chair exercises...give it a try. No donation.

YOGA WITH MARIA – Thursdays at 9am

Donation \$3.00 per class

Proven benefits – stress reduction, relaxation, lower blood pressure, improved mobility and flexibility.