



SENIOR BEACON

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

KRISTINA TORRES, ACTING DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG



**SEPTEMBER
2016**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

**PLEASE REFER TO THE INSERT PAGE FOR
A
SPECIAL THANK YOU
MESSAGE FROM**

Rosemary Gray
Director

INSIDE THIS ISSUE

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Pages 2-3

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Health/Wellness
Pages 6-7

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

MAYOR KEVIN MCMILLAN

HOSTS

**THE 23RD ANNUAL MAYOR'S BALL
BENEFITING**

THE NEPTUNE PUBLIC LIBRARY

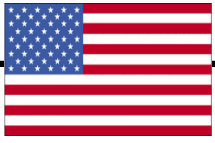
"THE LIBRARY: A BRAIN'S BEST FRIEND!"

**FRIDAY, SEPTEMBER 23 AT 7PM
JUMPING BROOK COUNTRY CLUB**

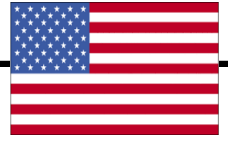
GET YOUR TICKETS NOW!!!
Call 732-988-5200 ext. 242
for info.



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.



Happy Labor Day - Monday, September 5
All Municipal Offices and Senior Center will be closed



SPECIAL NOTICES

NEPTUNE DAY 2016

SATURDAY, SEPTEMBER 17 FROM 12N-4PM

(RAIN DATE SUNDAY, SEPTEMBER 18)

Mayor Kevin McMillan, and the Township Committee invite you to join this annual celebration of our Community. The Neptune Day celebration will be held behind the Municipal building. Attractions will include food, crafts, music, games, children's activities, local organizations and so much more.

"PREPARE-A-THON" 2016

WEDNESDAY, SEPTEMBER 21 FROM 5PM-8PM

THE LOCATION WILL BE ON "THE CONCOURSE" NEAR THE RIVER

Local towns will participate in a community-based "campaign for action" to increase local awareness, preparedness and resilience for disaster. Neptune OEM and it's local partners (including us) will offer demonstrations, food, displays, giveaways, safety information and much more in an effort to spread the message, "be informed, be prepared, stay safe". Come learn more about our Township's "preparedness".

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. Prem provides free individual counseling, assists with Medicaid, food stamps, financial assistance, homecare info and more. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Kris or Ryan for further info.

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 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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MANY THANKS TO OUR DONORS

♥ THANK YOU FOR THE MONETARY

DONATIONS: Darrell Bozarth, Margaret Campanile, George Heyson, Anne Sibole (In Memory of Dolly Driscoll), Delphine Whittaker, & Carol Wilson.

♥ THANK YOU FOR THE SUPPLIES AND

GOODIES: Lenora Alston, American Legion Post #346, Don Bartlett, Mike Bascom, Evelyn Bedell, Darrell Bozarth, Jerry Corvo, Diane Curley & Susan Waters, Vic D'Anna, Diana Drayton, Tom Faust, Forever Young Group, Terry Halifko, Ed Halpin, Helen Haugabrook, Joan Hunziker, Carol Inbriaco, Rich Kuchen, Carol McDonald, Stu Monk, Dee Reinhold, Julia Smith, Caroline Vandervort, & Pat & Al Ward.

"BE REGISTER READY"

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 an evacuation were needed. Register online at www.registerready.nj.gov. Residents who are not seniors but, who have special needs can also register. Registrations expire so always check your registration status. Those without computers can call Ryan and he will make sure your status is current.

PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE EXTENDED UNTIL OCTOBER 17

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. The deadline for the Property Tax Reimbursement "Senior Tax Freeze" program is now October 17. If you think you may be eligible for the "Senior Freeze" or need further info, call 1-800-882-6597 or contact the Center.

VOLUNTEERS NEEDED AT THE CENTER

Homebound Meal delivery volunteers are needed to help deliver lunches to homebound seniors in our community. Volunteers must drive their own vehicle and commit to one morning a week. Meals are delivered at 11am. Call Ryan or Kris for further info.



SPECIAL PROGRAM NOTICES

MEN'S BREAKFAST "PROSTATE HEALTH"

**PRESENTED BY
SPEAKERS, RICH GUILFOYLE
AND DONALD BLUE
THURSDAY, SEPTEMBER 22 AT
10AM**

Prostate cancer is one of the most common cancers among men but, it can often be treated successfully. Whether you're worried about developing prostate cancer, making a decision about treatment or trying to stay well after treatment, Rich and Don can help you. Enjoy a great breakfast and get all the info you need. Call Gigi to reserve your seat.

MANASQUAN RESERVOIR BOAT RIDE

**WEDNESDAY, SEPTEMBER 28
10:30AM**

Enjoy the gorgeous scenery of the reservoir while on a boat tour learning about how it serves as a home for different types of beautiful creatures such as turtles, egrets, herons, ospreys, and bald eagles. Donation is \$9.25pp (the cost of trip and a boxed lunch to enjoy in the picnic area) and due at the time of reservation. Reservation deadline is 11:30am September 21. Bring exact change, please.

MOVIE MATINEE — "RACE" (RATED PG-13)

WEDNESDAY, SEPTEMBER 28 AT 1:00PM

"Race" is based on the incredible true story of Jesse Owens, the legendary superstar whose quest to become the greatest track and field athlete in history thrusting him onto the world stage of the 1936 Olympics. Overcoming racism at home and abroad, Owens seizes the opportunity to show Berlin and the world that he's the fastest man alive. Don't miss this captivating film about courage, determination, tolerance, friendship, and an inspiring drama about one man's fight to become an Olympic legend.

Deadline for transportation is 11:30am Tuesday, September 27.





Happy Grandparent's Day - Sunday, September 11

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BUILD A WREATH WORKSHOP WITH ALI AND TENA (2 WEEK WORKSHOP)

- **WEDNESDAY, OCTOBER 5
1:00-3:00PM**
- **WEDNESDAY, OCTOBER 12
1:00-3:00PM**

**DONATION — \$5.00 PER PERSON
FOR SUPPLIES**

Design and create your own personal wreath that expresses your personality. Seating is limited. Please see Gigi (in person) to reserve your seat.

FRENCH FOR BEGINNERS WITH PAUL MEGLATHERY FOR 6 WEEKS STARTING FRIDAY, OCTOBER 7 AT 10:30AM

Parlez-vous francais?

Learn about the French language and culture with Paul.

No previous experience or lessons required.

Seating is limited.

Reserve your spot with Gigi.

UPDATE I.D. CARDS FOR 2016

All Senior Center participants are asked to update their Senior Center identification cards for 2016. **Deadline for updating is October 21.** Guidelines are listed below. 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 accurate 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.**
- Please bring current I.D. cards when updating.
- Please bring any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency and emergency contact 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 are sorry but, updates are not done on days when big events are scheduled, please check our calendar before coming.

Atrial Fibrillation Awareness Month



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



"THE NURSE IS IN"

**WEDNESDAY, SEPTEMBER 14
9AM – 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.



"MINDFULNESS MEDITATION"

PRESENTED BY

CAROL PALMER, BA,

MONMOUTH MEDICAL CENTER

PROGRAM INSTRUCTOR

MONDAY, SEPTEMBER 19 AT 1PM

Racing thoughts, upsetting feelings and unpleasant events can disturb our inner peace, and increase anxiety and depression. New brain science has discovered how mindfulness meditation can help lower levels of stress, depression, anxiety, and even chronic and acute pain. Learn some simple techniques to balance the stress in your life with present moment awareness.

"RHYTHM OF OUR HEART"

PRESENTED BY

DR. MARK MASCARENHAS

MERIDIAN HEALTH

WEDNESDAY, OCTOBER 5

AT 11AM

Dr. Mark Mascarenhas will discuss the latest info regarding pacemakers and the causes and triggers of Atrial Fibrillation. You will also learn about the different heart rhythm disorders, signs and symptoms of heart problems, and the treatment options that are available to you.

Join us for this very important 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 wide 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 gentle exercise or those who are "on the mend" and looking to increase 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!

"EXERCISE THROUGH ARTHRITIS" WITH SUZANNE

Wednesdays and Fridays at 1:00pm (Call Gigi for info)

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
2016**



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.**

Kristina Torres, Acting 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

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607

RETURN SERVICE REQUESTED

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