



SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
ROSEMARY GRAY, DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG



8:30am - 4:30pm
Office Hours

JANUARY
2014

9:00am - 3:30pm
Program Hours

HAPPY NEW YEAR 2014

We wish all of our readers a wonderful, warm and very happy New Year. Thank you for all that you have done to make our second year in our new building such a successful year. We look forward to continuing to serve our community with love, compassion, professionalism and energy as we address the increasing needs of our growing Senior population. May the New Year be a healthy, happy and peaceful year for everyone.

CONGRATULATIONS AND GOOD LUCK

Congratulations to our Township Committee on their reorganization on New Year's Day. We wish all of the members of the Township Committee good luck and continued success in the new year. Many thanks to our Township Committee for their continued support of our Senior Center and for their support of our programming, our services and our mission and goals.

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

DON'T FORGET TO VISIT US ON THE WEB

Go to www.neptunetownship.org. and go to the Senior Center page to enjoy many memorable moments from 2013.

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.

CRAFT AND "SOUP-ER" SALE A TREMENDOUS SUCCESS

The support of our "Open House, Craft and Homemade Soup sale" was wonderful. Thank you to everyone for the support of our fundraising efforts for our Senior Center Trust Fund. In response to everyone's requests – we will continue to offer Teresa's "Soup" Sale through the winter months. There is nothing better than a great bowl of hot homemade delicious soup on a cold winter's day especially knowing that all proceeds from the soup sales benefit our Senior Center Trust Fund and YOU!! Please ask our staff for information.

HEARTFELT THANKS AND SINCERE APPRECIATION FOR THE OVERWHELMING SUPPORT AND GENEROSITY!! THE HOLIDAYS WERE GOOD TO OUR CENTER!!

► **MANY THANKS to the following for their monetary donations:** Angelina and Victor D'Anna, Dolly and Dick Driscoll, Ellen and Ben Famiglietti, Joan and Alfred Keleigh, Rita Munn and Barbara Neuman, Fran Pettit, Louise Robinson, Valerie Sabia, and Joan Whritenour.

► **MANY THANKS to the following for donations of supplies and "holiday goodies":**

Shirley and Wayne T. Bell, Louise Bellucci, Catholic Men for Jesus Christ, Joan and Anthony Cruz, Tom Donohue, Dolly and Dick Driscoll, Ed Halpin, Jill Imperial, Donna Jernee, Neala Mandel and Sally Neal, Beatrice O'Neill, Dr. and Mrs. Milford Panzer, Susan Redford, and Theresa Repetti.

► **MANY THANKS to everyone who helped to support our Craft Sale either by donating items or by purchasing crafts and goodies. We truly appreciate the generosity of our community.**

► **SPECIAL THANKS to Neptune Police Department Superior Officers Fraternal Order of Police Lodge #19 for donating \$500.00 to our Center to help support Senior Center holiday programming and services.**

► **SPECIAL THANKS to Neptune High School students for their holiday performances.**

► **HAPPY MEMORIES – MANY THANKS to our Senior Center Choral Group for their wonderful performances. We are all so proud of our singers!!!**

FOOD SHOPPING AND MEDICAL TRANSPORTATION AVAILABLE BY RESERVATION

Our Center provides transportation 5 days per week for Township residents 60 years of age and older. Transportation is available for medical appointments, special personal needs and more. For food shopping and personal needs shopping days and store schedules, please refer to the menu/food shopping page. All transportation reservations must be made no later than 11:30am the preceding day. Reservations can also be made up to 2 weeks in advance. For reservations or information, call us. There is no charge for the transportation; however, a free will donation is appreciated to benefit our Senior Center Trust Funds. Don't miss out on appointments that you need to make because you do not have transportation. Call the Center and let us help you.

FOR YOUR INFORMATION

To assist you in getting the services you need from our center, and to assist our staff in helping you, please note the following guidelines:

- **Reservations for programs, classes, transportation, etc.** can be made by phone or in person, unless otherwise indicated in our newsletter.
- **Reservations for programs, transportation or activities** can be made by calling the office, or stopping by the office, between the hours of 9:30-11:30am, or 2-3:30pm, unless otherwise indicated.
- **We provide transportation to doctors from 10-2:30pm.** Make reservations in advance, by calling from 9:30-11:30am or 2-3:30pm but no later than 11:30am the day before. No same day rides can be scheduled unless in extreme circumstances.
- **Food Shopping and Special Transportation is available.** Reservations can be made between the hours of 9:30-11:30am or 2-3:30pm. Deadline is 11:30am the day before.
- **Lunch is served at 12noon.** Requested donation is \$2.50. Reservations required (no later than 11:30am the day before, please).
- **Continental breakfast bar is open from 9-11am daily.** No reservations needed. Stop in any morning for coffee and...! Free will donation requested.
- **Assistance with forms, or paperwork is available.** Call our Social Worker or Case Manager for an appointment. Please call 9:30-11:30am or 2-3:30pm to make appointments.
- **Inclement weather notices for cancellations or delays.** Tune to 94.3 The Point, 92.7 WOBF FM or 1160 WOBF AM. To check cancellations on your computer, log on to **943thepoint.com**. Go to Storm Watch.

"SNOWFEST 2014"

A WARM AND HAPPY BIRTHDAY CELEBRATION

HONORING DECEMBER AND JANUARY BIRTHDAYS

ENTERTAINMENT PROVIDED BY LARRY CAMPANELLA

THURSDAY, JANUARY 16 AT 11AM

Come in and get warm by the fire while enjoying entertainment provided by Larry Campanella. There will be a great lunch provided by our wonderful kitchen staff. Reservations are required for lunch. Lunch donation is \$4.00. Transportation reservations must be made by 11:30am the day before. If you need transportation, let Gigi know when you make your reservation. Reminder – you do not have to be celebrating a birthday to attend. Everyone is welcome!!

**JANUARY MOVIE MATINEE – "THE GUILT TRIP" (PG13)
WEDNESDAY, JANUARY 22 AT 1:30PM**

Joyce Brewster (Barbara Streisand) is a sixty something year old widow who has given up on men and spends most of her free time hassling her son Andrew (Seth Rogen). Andy has to go on a road trip for work and he is "guilt-tripped" into allowing his feisty mother to come along for the ride. Will her aggravation and antics be just what he needs to help get his life together? Get out of the cold and come enjoy this family comedy with us. Transportation arrangements must be made no later than 11:30am Tuesday, January 21. **No exceptions will be made.**

**AFRICAN AMERICAN HISTORY MONTH PLANNING
CAN YOU HELP?**

We are in the planning stages for Black History Month in February. If you have any ideas for programs or classes, we welcome your input. Please give Gigi a call.

IMPORTANT FITNESS CLASS NOTICES

In December, we said farewell to our Fitness Instructor, Carol Thornley, who accepted a full time position in Princeton. We wish Carol well with her new venture. As of the time of the printing of this newsletter, we were in the planning and interviewing stages for new instructors and hope to make this transition an easy one for all of you. We look forward to our full line-up of classes in January and we hope you will join us.

**FREE FITNESS THIS MONTH AT THE SENIOR CENTER!!!
GET FIT FOR THE NEW YEAR**

ALL FITNESS CLASSES ARE FREE DURING JANUARY

A very important part of our Center is keeping everyone healthy, active and connected. This month, in an effort to get everyone moving and healthy following the holidays, we will feature our fitness classes for free for Township Seniors. If you are currently participating in our fitness classes try a new class or stay with what you like – just stay connected and enjoy all of our classes for free as a "thank you" from us. If you are new to our center and are considering adding exercise to your life or if you have never tried our classes before...now is the time to try them for free. Once you try it – we know you will like it. Meet the instructors and discuss your own objectives and goals for your own level of ability. Try out all of the classes for free this January and get "connected" to a healthy lifestyle. If you are not currently registered for the fitness class of your choosing, you must register before participating. Call Gigi for information. Make a New Year's resolution now to let 2014 be the year of change for you – get in shape now. Refer to page 5 for a full description of all of our fitness programs.

FREE EXERCISE CLASSES IN JANUARY
GET YOUR NEW YEAR'S RESOLUTIONS OFF TO A GOOD
START WITH OUR GREAT FITNESS CLASSES

Join us for free for the month of January. Try out a new class or just enjoy your current classes – compliments of Neptune Senior Center. Get back in the groove of good fitness. All new participants must register with Gigi before attending classes. Proper shoes and attire required. Call for info.

PUMP IT UP WITH PATTY OR MARIA

Mondays, Wednesdays and Fridays at 9:00am

Donation \$3.00 per class (Free for January)

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) (Free for January)

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 (INSTRUCTOR PENDING) – 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 (Free for January)

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

ZUMBA GOLD WITH PATTY – Thursdays at 12n

Donation \$3.00 per class (Free for January)

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 (Free for January)

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