



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

SEPTEMBER
2011

9:00am - 3:30pm
Program Hours

A MESSAGE FROM THE DIRECTOR

It has happened....we have begun our move to our new Center at 1607 Corlies Ave and are setting up our offices, classrooms, closets, and storage. We are anxious for everyone to see the new Center, but need to wait until all inspections are completed. As of the time of the printing of this newsletter, the contractor was completing the architects closing "punchlist" for the final "touches" to the building. We are still waiting for kitchen equipment and furniture deliveries (which should be in by early September) and the work on the parking lot has been delayed slightly but should start soon. Our fire alarm needs the complete phone system installed which has been delayed by Verizon's strike. We cannot get our final certificate of occupancy until some of those items are complete. So as you can see things are still progressing and cannot happen fast enough for any of us. We anticipate starting programs sometime in September and will make sure everyone is notified. We will then plan our grand opening and a new beautiful Senior Center will be dedicated to all of you. We miss all of you and look forward to great programs, parties, lunches and great times again very soon. We want to say a very special thank you to David Mooij, Superintendent of Schools, Peter Bartlett, Assistant Business Administrator/Assistant Board Secretary, and the entire staff of the Midtown Community School for their warm and gracious hospitality in hosting our lunch program, and most of all their great food. See you soon.

Rosemary

MAYOR'S BALL 2011

FRIDAY, OCTOBER 21

Proceeds to benefit Neptune Recreation.

Theme - "Recreation: The Benefits are Endless"

Location - Jumping Brook Country Club.

Tickets - \$85.00 pp

Neptune Township Department of Senior Services and Senior Center is funded in part by a grant from Monmouth County Division on Aging, Disabilities and Veterans' Interment under Title III of the Older Americans Act and does not discriminate in violation of federal regulations.

NEPTUNE'S RIVERFEST 2011

SATURDAY, OCTOBER 1 (RAINDATE - OCTOBER 2)

TIME - 11AM-6PM

This year, Neptune Day will take on a whole new name, new look and new location. Neptune's first annual "Riverfest" will be held on South Concourse and will be coordinated by the "Passion Group". The Passion Group has organized many recent successful events in local towns including the Lobsterfest in Bradley Beach. Neptune's "Riverfest" will feature local restaurant booths, food, music, vendors, and fun for everyone. Hold the date for a great Community day.

HURRICANE SEASON IS UPON US

BE "REGISTER READY" NOW

If you use a wheelchair, need assistance leaving your home, use oxygen, have special needs, or would have difficulty getting to an evacuation site in an emergency, you should register with "NJ Register Ready" Program. This statewide registry is designed to help emergency responders locate and evacuate people with "special needs" in times of emergency. Registration can be done on-line at www.registerready.nj.gov; or, by calling Ellen or Kris at the Center for assistance with registration forms.

PROTECT YOURSELF NOW WITH TELEPHONE REASSURANCE

Thanks to the dedicated efforts of our volunteers we have been able to keep our Telephone Reassurance Program going during our move. Our volunteers have been operating the program from their homes. If you don't know about our program, "Telephone Reassurance" is designed for **any senior who lives alone, not just homebound or disabled Seniors**. Participants are given a number to call at the Center, Monday-Friday, between 9am and 11am. Volunteers monitor the "Hotline" and, if they do not hear from you, the information is immediately relayed to our staff and we immediately follow-up to ensure your well-being. We have been involved in many life/death situations and have seen the benefits of being part of this program. Protect yourself now. Call Ellen or Kris to enroll.

BOARD OF HEALTH OFFERS FLU SHOTS AT THE CENTER

TUESDAY, OCTOBER 26 FROM 9AM-12N

(FIRST COME-FIRST SERVED)

If you need a flu shot this year, we are offering them in conjunction with the Monmouth County Department of Health. No appointments needed. Just bring your Medicare card and proof of residency showing that you live in a town served by the Board of Health. No charge for Medicare B recipients. All others will be charged \$20.00. HMO'S are not accepted. You must be symptom free from colds or any acute illness. Call us if you have any questions.

SPECIAL NOTICES

FREE LEGAL ASSISTANCE AVAILABLE

Ocean Monmouth Legal Services provides legal assistance for Seniors who are eligible. Eligibility is based on household income and assets; however, any senior is entitled to advice from the attorney. If you need assistance with family matters, consumer cases, etc., call Ellen or Kris for an appt.

PLEASE HELP US - VOLUNTEERS NEEDED!!

- Volunteers needed for our monthly "Friday is Sundae" dessert bar. Volunteers must be available on the 2nd Friday of the month from 11:30am-1pm and must enjoy helping others and working with food. Call Gigi if you can help.
- We are looking for volunteers who enjoy helping, talking with people, and working with food, to help at our morning breakfast bar. We ask for a commitment of one morning per week or as a substitute when needed. Call Gigi.
- Volunteers willing to work in the kitchen at our new facility are asked to call Ellen. Our new kitchen will be "state-of-the-art" and we definitely need more volunteers to help.

THANKS FOR THE DONATIONS

THANKS FOR THE SUPPORT

We truly appreciate the outpouring of support for our new Center. Your much needed donations continue to come in and have helped to purchase many things for the Center. Please continue to help if you can and many, many thanks for your love and continued support.

- ▶ *Special acknowledgements go to David Mooij, Superintendent of Schools, Peter Bartlett, Assistant Business Administrator/ Assistant Board Secretary, for donating brand new state-of-the-art computer desks for our senior computer lab.*
- ▶ *Special recognition must go to the following individuals for their very generous donations:* Betty Albrizio, Virginia Brown, Nilda & Jerry Corvo, Ron Ennis & Ann Callaghan, Barbara Dixon, Dolly & Dick Driscoll, Matilda Hayes, Nel & James Noddings, Carol Wilson, Elizabeth Wolny, and Pearl Wombough.
- ▶ *Special thanks to everyone who donated supplies and goodies:* Yuriko Anderson, Carol Moliff, Rita Munn, Barbara Neuman, The Pastry Chef in Tinton Falls, Ronald Rocco, and Paul Springfield.

Please know that we still need many items for our classrooms and dining room, and we ask that if you are interested in sponsoring something in particular, please talk to Rosemary or Ellen, and we can help guide you with your donation purchase. Anyone interested in making donations directly to our Building Fund for the overall good of the new Center, should make checks payable to Neptune Senior Center Building Fund or Neptune Senior Center Trust Fund.

FOOD SHOPPING AND SPECIAL REQUEST

TRANSPORTATION AVAILABLE BY RESERVATION

As we make our move, our Center continues to provide transportation for residents 60 years of age and older. For food and personal needs shopping days and for store schedules, please refer to the menu/food shopping page. For reservations or information, call Anna. There is no charge; however, a free will donation is appreciated to benefit our Building/Trust Funds.

TAP DANCING "WANNA-BE'S" WANTED

Our tap dancing class, taught by local dance instructor, Robin McGill, is looking for new members. Beginner or experienced – all "wanna-be's" wanted. Anyone can learn. It's great mind and body exercise. Just say, "Yes, I can", and call Gigi for info. Classes will be on Thursday afternoons at 1:30pm in our beautiful new fitness studio.

WATCH FOR THE FOLLOWING NEW PROGRAMS

COMING TO OUR "NEW CENTER"

(DATES STILL PENDING THE OPENING OF OUR NEW CENTER)

- ▶ **AARP – DEFENSIVE DRIVING CLASSES**
- ▶ **AMERICAN LEGION "GRAND BINGO" WITH TOM AND THE GANG**
- ▶ **OCEAN GROVE HISTORICAL BUS TOUR
WITH NOTED AREA HISTORIAN AND AUTHOR TED BELL**
- ▶ **ALISON BOWIE'S NEW CREATIVE ARTS AND CRAFTS CLASSES
STARTING WITH "SILK SCREEN HOLIDAY CARDS"**
- ▶ **NEW FITNESS AND EXERCISE CLASSES INCLUDE
"MOVE2LOVE" WITH ELAINE O'BRIEN
ZUMBA GOLD WITH CAROL THORNLEY
PILATES WITH MARIA MCKEON
COUNTRY "DANCING" WITH CAROL THORNLEY
OSTEOPOROSIS SHAPE UP – INSTRUCTOR TBD**
- ▶ **SIGN LANGUAGE BASICS WITH DIANA MEADE (PART 2)**
- ▶ **"SENIOR CHORUS"**
- ▶ **TWO PART SERIES WITH DAN PIENCIAK
THE PHYSICAL/EMOTIONAL BENEFITS OF T'AI CHI CHIH**
- ▶ **GEORGE ZARZYCKI AND THE VIETNAM WAR**
- ▶ **QUILTING**

FITNESS FOR EVERYONE

The following is a list of our current fitness classes and we hope to keep this schedule once we resume classes in our new facility. However, we are also planning additional classes when we get into our new building – so stay “tuned”, we will keep you posted. Please remember all participants must sign fitness waivers.

♥ ***Stretch and Tone with Elaine (For Men and Women)***

Mondays @ 9am (Donation \$3.00 per class.)

♥ ***Feeling Great Video (For Men and Women)***

Mondays and Wednesdays @ 10:30am (No donation requested.)
Refer to calendar page for this month's class dates.

♥ ***Line Dancing with Leslie (For Men and Women)***

Mondays @ 1:30pm (Donation \$3.00 per class.)

♥ ***T'ai Chi Chih with Dan (For Men and Women)***

Tuesdays @ 9am For beginners or experienced students.
(Donation \$3.00 per class.)

♥ ***Yoga Stretch with Elaine (For Men and Women)***

Tuesdays @ 10:30am No experience necessary. Classes can be done on a floor mat or in a chair. (Donation \$3.00 per class.)

♥ ***Hooked On Fitness with Elaine (For Men and Women)***

Wednesdays @ 9am (Donation \$3.00 per class.)

♥ ***Senior Yoga with Maria (For Men and Women)***

Thursdays @ 9am No experience necessary. Classes can be done in a chair or on a floor mat. (Donation \$3.00 per class.)

♥ ***T'ai Chi Chih with Dan (For Men and Women)***

Thursdays @ 10:30am For beginners or experienced students.
(Donation \$3.00 per class.)

♥ ***Tap Dancing with Robin (For Men and Women)***

Thursdays @ 1:30pm No experience necessary. Tap shoes needed.
(Donation \$3.00 per class.)

♥ ***Hooked On Fitness with Elaine (For Men and Women)***

Fridays @ 10:30am (Donation \$3.00 per class.)

CLUB NEWS

HOLY INNOCENTS SENIOR CLUB

Meetings held at the Church
1st and 3rd Fridays at 1:30pm.

FOREVER YOUNG

Meetings for September TBD.

NEPTUNE BOWLERS

Bowling Tuesdays at Shore Lanes
at 9:30am.

NEPTUNE SENIOR CLUB

Meetings for September TBD.

"RED/PURPLE SOCIAL CLUB"

Meetings for September TBD.