

THE SENIOR CONNECTION



A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND
SENIOR CENTER

1607 CORLIES AVENUE
NEPTUNE, NJ 07753



RANDY BISHOP, DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG

**DECEMBER
2019**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Poet Sarah Kay mused, "It is December, and nobody asked if I was ready."
AMEN! Where did the year go? So many plans, so much I was going to do. Sure, I made resolutions but who wants to work at anything during January? Then before I knew it, it was tax time! Spring looked like a great time to tackle my list but, I got side tracked as days got longer and the mercury began to inch up.

Then – summer – time to have some fun! My list waited this long, what's a few more weeks? September already? No worries, over a quarter of the year left. Oops, time to buy Halloween candy and start preparing for winter. It's okay, shorter days, colder temps, more time indoors. I will tear through that list!

November has come and gone. Who has time to look at that stupid list? The Holidays have started! Maybe I can still knock out the big items.

Sarah is right; I am so not ready. But you know, it's okay. Plans seem to be made to fill in moments when life isn't happening. Don't beat yourself up over what didn't happen; celebrate what did!

A new friend, an old friend, a hobby, a new memory. That's what life is about, isn't it? It's December, enjoy all the lights, sights, sounds and smells. Reflect on memories and capture new ones.

From all of us at the Neptune Senior Center, enjoy the Holidays and please keep us in your thoughts and plans. Actually, we want you to keep us a part of your life just as you are a part of ours!



Randy



INSIDE THIS ISSUE

Special Notices
Pages 2-3

Program Notices
Pages 4-5

Health/Wellness
Pages 6-7

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.



All Municipal Offices and Senior Center will be closed on Wednesday, December 25 for the Christmas Holiday



From the Desk of Deputy Mayor Robert Lane, Senior Center Liaison

It is hard to believe the Holiday Season is here! I hope everyone has a Happy, Healthy and Merry Christmas, Hanukkah Sameach and Happy Kwanzaa!

Though the holiday season is very hectic sometimes, I hope you take time to enjoy Holiday events going on throughout our town.

December 7 from 10:30AM to 12PM, enjoy Donuts and Dancing with Santa at the Summerfield school cafeteria.

Also on December 7 from 10AM to 4PM is the Victorian Holiday House Tour in the historical Ocean Grove section of Neptune. Contact the Ocean Grove Area Chamber of Commerce at 732-774-1391 for tickets.



There are several tree lightings throughout the Township. First is December 2 from 6 to 9PM at the Jersey Shore Performing Arts Center; then on December 5 at 7PM in Volunteer Park in Shark River Hills. Join the Ocean Grove Camp Meeting Association on December 7 at 5 PM for a live nativity followed by a tree lighting and sing-along. Finally, on December 7 at 7PM MURC and SouthPaw Gym team-up to light the tree on West Lake Ave at Midtown Commons Park. To bring us into the "home stretch," Ocean Grove Chamber of Commerce presents Christmas trolley tours on December 21 from 3 to 7PM, tickets are available.

Finally, I want to say what an honor it has been for Carol Rizzo and I to work on behalf of Neptune's over 28,000 residents since 2016. We are humbled that the majority of the residents chose us to continue our work for the next three years. We have served and will continue to serve all residents to the best of our ability as members of the Neptune Township Committee.

TOWNSHIP ELECTION CONGRATULATIONS

Congratulations to our re-elected Township Committeepersons, Robert Lane and Carol Rizzo. The public is invited to attend the Township Committee's Annual Reorganization meeting at the Municipal Complex on January 1 at 12noon.

For info, call 732-988-5200.





WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!!
STOP BY THE CENTER NEAR YOUR BIRTHDAY AND
LET US HELP YOU CELEBRATE!



3

MANY THANKS TO OUR DONORS
♥ **THANKS TO EVERYONE FOR THE**
MONETARY DONATIONS, SUPPLIES, AND
GOODIES: Affordable Housing
Alliance, Ralph Burdge, Patricia
Connelly, Nancy Fowler, Andrea
Frazier, Angela Germann, Ed
Halpin, Helen Haugabrook, Geri
Huber, Jeannie LeRoy, Leslie
Lucy, Helen McCahill, Eileen
Michaels, Beverly Moran, Eileen
Newmier & Marcia Robinson,
RuthAnn Rinaldi, ShopRite, Sue
Solakian, Marilyn Shotwell, Cathy
Stornelli, and Maxine Zea.



WOMEN'S AND MEN'S
BREAKFAST LECTURES
CANCELLED FOR
NOVEMBER AND DECEMBER
WE WILL RESUME IN
JANUARY

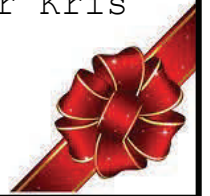


LINE DANCING CLASS
NOTICE!

Our Wednesday class is such
a hit that we've added
another class. Join us Fri-
days at 1:30pm. Come to one
class or come to both. Eve-
ryone must pre-register.

SOCIAL WORKER AND LEGAL SERVICES OFFERED

If you are in need of assistance, please call Ryan or Kris
at the Center for further info. or to
schedule your appointment.



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are 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, 2019 to August 31, 2020. For applications
or info, contact Ryan at the Center. The monthly income limit
for 2019-2020 is: Single - \$2,024.00 and Married - \$2,744.00

⁴ Hanukkah begins at Sundown on Sunday, December 22



"HOME FOR THE HOLIDAYS"

What's better than the warmth of a fire, lights on the tree, hot chocolate, popcorn and a good movie on the television? Getting to watch it in the living room with your friends! This holiday season join us as we gather around the tree in our Senior Center's living room. Movie dates and times are listed below. Come join us as we celebrate the holidays at home!

Thursday, December 5 at 1pm: Beyond Tomorrow

Friday, December 13 at 1pm: The Bishop's Wife

Wednesday December 18 1pm: The Last Holiday

Thursday, December 19 at 10am: Miracle on 34th St.

Monday, December 23 at 1pm: Remember the Night

Tuesday, December 31 at 10am: Four Rooms (Movie and Pizza Day)

HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 10

AT 12:00PM

THURSDAY, DECEMBER 12

AT 12:00PM

DOORS TO THE CENTER WILL OPEN

AT 11:00AM

Please remember that if you arrive early, we will not be able to admit anyone into the dining room before 11:00AM.

Reservations are required and can be made between **9:30-11:30 or 2:00-3:30**. You may reserve for yourself and one other person. Choose one date only. **All classes and programs will be cancelled both days.**

HOLIDAY ORNAMENT MAKING

WORKSHOP WITH MEG

FRIDAY, DECEMBER 13

AND

FRIDAY, DECEMBER 20

AT 10:30AM

Get in the holiday spirit and join us for a 2-part ornament making workshop filled with holiday cheer. Ornaments will be handmade from start to finish using homemade dough. The first class will consist of making the dough and ornaments while the second class will consist of painting the ornaments. Reservations required. Sign up with Lindsay.



Kwanzaa begins on Thursday, December 26



5

COMMUNITY HEALTH AND WELL-BEING FAIR

FRIDAY, DECEMBER 6 FROM 10:00AM – 2:00PM

The Senior Center invites you to attend our Community Health and Well-Being Fair at the Senior Center. This health fair will offer free health screenings, information sessions, presentations from community partners and more. Everyone is welcome.

Join us for a day of information and fun.



"A CHRISTMAS CAROL"

AT THE ALGONQUIN ARTS THEATRE

AND LUNCH AT APPLEBEE'S

WEDNESDAY, DECEMBER 18 AT 10:00AM

BUS LEAVES CENTER AT 9:30AM

Dickens' classic story comes to life in this touching musical performance featuring carols and fresh comedic dialogue. After the show, enjoy lunch on your own at Applebee's. Donation for tickets to the show is \$10.00pp due at time of registration.

Strict refund policy. Seating limited. Reservations must be made in person with Lindsay starting on Monday, December 2 from **9:30-11:30 or 2:00-3:30**. Participants must be registered to Senior Center and up to date prior to making reservations.



HOLIDAY CHORAL CONCERTS

Our Senior Center Chorus will be performing holiday concerts on the following dates. Everyone is welcome to attend both shows.



THURSDAY, DECEMBER 19 AT 1:30PM

ALLEGRIA AT OCEAN GROVE



FRIDAY, DECEMBER 20 AT 11:00AM

THE SENIOR CENTER



⁶ **HEALTH, WELLNESS AND FITNESS FOR ALL
DON'T MISS THE ACTION!!**



"ASK THE NURSE"

WITH

**LAUREN KRANISH,
MPA, CPC, RYT, CPT
CERTIFIED HOLISTIC
HEALTH COUNSELOR**

AND

**ANNETTE SCOTT, RN
WEDNESDAY, DECEMBER 11
AT 11:00AM**

Lauren will be discussing everything you need to know about holistic wellness and healthy eating. Bring your questions. Get your answers.

"FOOD SAFETY"

PRESENTED BY

**DIANE WEST, R.D.
TUESDAY, DECEMBER 17
AT 11:00AM**

Diane will be discussing the importance of food safety during the holidays and also in emergencies that result in power outages. Learn how long foods last in the refrigerator or freezer and how to keep leftovers safe. Don't miss this very important program.



**"THE NURSE IS IN"
IS CANCELLED FOR
DECEMBER.
WE WILL RESUME IN
JANUARY**



FREE FITNESS

CLASSES IN JANUARY

We are offering FREE fitness classes during the month of **January**. We are encouraging you to take one of our wonderful classes. We have excellent instructors. Contact Lindsay for further information.

**ALL CLASSES REQUIRE
PRE-REGISTRATION AND
FITNESS WAIVERS.**

**REFER TO OUR CALENDAR PAGES FOR
CLASS SCHEDULES.**





FITNESS CLASSES LISTING FOR ALL LEVELS

Participants must pre-register, sign fitness waivers and wear proper attire and shoes.



7

PUMP IT UP WITH KATHY, MARIA OR MEG

Mondays, Wednesdays & Fridays at 9:00am

Donation - \$4.00 (per class)

Dance, exercise and tone with repetitive movements. Get your heart rate up and burn calories with training techniques that include light weights to improve bone mass/strengthening muscles.

SHAPING UP – SITTING DOWN WITH KATHY

Mondays & 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 looking to increase fitness.

BALANCE AND FLEXIBILITY WITH NICOLE

Tuesdays at 11:00am - Donation - \$4.00 (per class)

Gentle body stretching in a chair, followed by standing balance postures with support of the chair, ending with walking steps to improve balance & coordination.

T'AI CHI CHIH WITH DAN

Tuesdays at 9:30am & Thursdays at 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.



ZUMBA GOLD WITH MEG

Tuesdays at 1:00pm - 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.

LINE DANCING WITH SONDRA

Wednesdays at 10:30am & Fridays at 1:30pm

Donation - \$2.00 (per class)

Move to the music with different set dance moves. Balance, strength, endurance, and memory building and are just some of the many benefits of dance.

TOTAL BODY SOLUTIONS WITH KATHY

Wednesdays at 1:00pm - Donation - \$4.00 (per class)

This class is an educational, active, enjoyable approach to living with arthritis.

YOGA WITH MARIA

Thursdays at 9:00am - Donation - \$4.00 (per class)

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



**DECEMBER
2019**



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.**

Randy Bishop, Director

Kristina Torres, Deputy Director

Recreation/Programming

Lindsay Okuszki - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas - Driver

David Pyle - Driver

Robert White - Driver

Custodial Services

Ralph Parkman

Doug Johnson

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

Carol McDonald - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Sondra Attridge - Senior Programs Representative

And an Army of Dedicated Volunteers!

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