

**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](http://WWW.NEPTUNETOWNSHIP.ORG)



**FEBRUARY**

**2016**



**OFFICE HOURS**  
8:30am-4:30pm

**PROGRAM HOURS**  
9:00am-3:30pm

## HEADLINE NEWS

**NEPTUNE TOWNSHIP  
CELEBRATES  
BLACK HISTORY MONTH  
SATURDAY, FEBRUARY 27  
12:00 — 3PM**



**"THE RISE OF THE AFRICAN QUEEN"**  
For more information go to  
[www.neptunetownship.org](http://www.neptunetownship.org)

\*\*\*\*The Senior Center's Black History Month  
program information is listed on page 4.\*\*\*\*

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

**BOARD OF FIRE  
COMMISSIONERS  
ELECTION**  
**SATURDAY,**  
**FEBRUARY 20, 2-9PM**

Polling locations are  
Olin St. Firehouse in  
Ocean Grove and the  
Neptune Township  
Municipal Complex.



### WEATHER RELATED ANNOUNCEMENTS

For weather related  
cancellations tune to  
radio stations 94.3FM  
The Point, 92.7 WOBM  
FM, 1160 WOBM AM or  
101.5FM or go online,  
to [www.943thepoint.com](http://www.943thepoint.com)  
Storm Watch.



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.




# SPECIAL NOTICES

**ATTENTION SENIOR  
HOMEOWNERS PROPERTY  
TAX DEDUCTION RENEWAL  
DUE TUESDAY, MARCH 1**

Seniors receiving the \$250.00 Senior Citizen Property Tax Deduction, must submit a post-annual tax statement to Neptune's Tax Office by March 1. Forms are being mailed soon and failure to return the form will cancel your discount. If you are not receiving the \$250.00 deduction, and would like info, or if you need assistance with the renewal form, call Kristina or Ryan.

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



**CENTER SEEKS VOLUNTEER COMPUTER INSTRUCTOR**

Can you help us? Volunteers are needed to assist with our computer classes to help train Seniors in computer operation. Expertise in Microsoft Windows and Microsoft Word is needed. Must have good knowledge of internet and email operations. Wednesdays and Fridays from 10-12n. Volunteer will be working jointly with our 2 current volunteers. Call Gigi for info.



# HAPPY VALENTINE'S DAY





**CELEBRATING CHINESE NEW YEAR**  
**"THE YEAR OF THE MONKEY"**  
**MONDAY, FEBRUARY 8, 2016**



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**MANY THANKS TO OUR DONORS**

♥ **THANK YOU FOR THE MONETARY  
DONATIONS**

Joan & Anthony Cruz, Beverly & Ray  
Jones, Neptune Lions Club

♥ **THANK YOU FOR THE SUPPLIES AND  
GOODIES**

American Legion Post #346, Mary &  
Ron Carr, Catholic Men for Jesus  
Christ, Ann Ciccone, Diane Curley &  
Susan Waters, Tom Donohue, Sandra  
Fornino, Ed Halpin, Joan Hunziker,  
April Kaprelian, Rita Munn, Sharon  
Pastre, and Corliss Welch.



**WORLD CHANGERS  
RETURNING TO  
NEPTUNE  
JULY 11 - 16  
APPLICATIONS  
AVAILABLE NOW  
CALL KRIS OR RYAN  
FOR INFO**

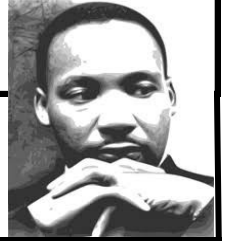
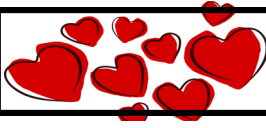


**CENTER OFFERS INCOME TAX COUNSELING**

Tax counseling is available, by appointment, for Township seniors needing help with State Income Tax Forms, and/or Federal Income Tax Forms. To get an appointment, please call on Mondays, Wednesdays, or Fridays, from 2-3:30pm. A staff member will be available on those days to schedule appointments. When you call for an appointment, please let us know if you need a Federal or State form so the correct time is scheduled for you.

When you come for your tax appointment, you **must** bring all of your current financial information and last year's tax forms. If you do not bring the info, the counselor will not be able to do your taxes. Due to the limited amount of appointments available, and the demand we have, if you do not come prepared, **we may not be able to reschedule your appointment.** Please remember that our tax counselors are all volunteers who are specifically trained in handling tax forms for Seniors **only**. If your tax forms are complex, counselors may need to refer you elsewhere.





## SPECIAL PROGRAM NOTICES

### *SENIOR CENTER CELEBRATES BLACK HISTORY MONTH*

#### ♥ **AFRICAN DANCE AND DRUMMING**

**PRESENTED BY ROSALEE MCNAIR AND FRIENDS**

**THURSDAY, FEBRUARY 25 AT 11:00AM**

Enjoy music, dancing, great fellowship and fun as this group of "Friends" performs traditional African Drumming and demonstrates traditional African Dance.

#### ♥ **MOVIE MATINEE "SELMA" (RATED PG-13)**

**WEDNESDAY, FEBRUARY 24 AT 1:30PM**

Although the civil rights act of 1964 legally desegregated the South, discrimination was still rampant, making it very difficult for black citizens to register to vote. In 1965, an Alabama city became the battle ground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King, Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon B. Johnson signing the voting rights act of 1965. An epic award winning movie not to be missed. Deadline for transportation reservations is 11:30 on Tuesday, February 23.

# Celebrating Black History Month

### **VOLUNTEERS NEEDED!!! PLEASE HELP US!!!**

Volunteers are needed one morning per week (or as substitutes) to deliver meals to homebound seniors. If you drive your own car and are interested in helping deliver meals to seniors in need, call Kris. Our homebound seniors need you and so do we.





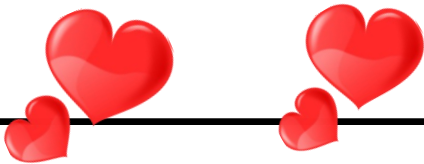
## CELEBRATING

**PRESIDENTS'  
DAY**



**MONDAY,  
FEBRUARY 15**

**MUNICIPAL OFFICES  
CLOSED.**



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

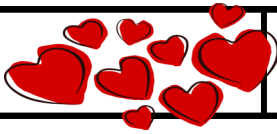


## ***MEN'S BREAKFAST – IT'S A PHENOMENON!!!***

It's unprecedented!! One hundred (100) men are registered for our Men's Breakfast and our group is still growing strong. The "Men's Monthly Breakfast" was the hit of 2015 and it continues to evolve. Varied topics, Teresa's great brunch menu, fellowship and sometimes just great conversation – leads to a great morning out for men. If you have not attended our men's breakfast before – it's time to give it a try. Call Gigi to register and reserve your seat. We hope to see you this month.

In continuing our theme of celebrating Black History Month we will present an amazing video of the true story of the "Congo Bush Pilots". Bush piloting in the Congo, a country crippled by 30 years of war and famine, may be one of the world's most hazardous professions. Brave men and women risk life and limb to transport cargo to this remote region of the world. Hear their harrowing accounts and witness first hand the courage and skill it takes to land planes on some of the world's most challenging terrain. Many thanks to Tab Baker for sharing this video with us.





# SENIOR BEACON



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

**"THE NURSE IS IN"  
WEDNESDAY, FEBRUARY 10  
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.



**JOIN US FOR OUR GREAT  
FITNESS CLASSES NOW**



**NEW YEAR NEW YOU!**

Winter time is upon us and, many of us may find ourselves struggling to stay motivated to exercise as the weather gets colder. Luckily, it's a great time for fresh starts and new goals! Sign up for great classes, meet new people, get healthy and stay fit!





## ***FITNESS CLASSES LISTING FOR ALL LEVELS***

***All participants must pre-register, sign fitness waivers and wear proper attire and shoes.***

### **PUMP IT UP WITH PATTY 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 PATTY**

***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.





# 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.**

**Rosemary Gray, Director  
Kristina Torres, Deputy Director, Case Manager**

**Programming**

**Gigi Johnson - Coordinator**

**Outreach /Transportation Services**

**Ryan Ugrovics, CSW — Coordinator**

**John Lalanias - Driver**

**Robert White - Driver**

**Linda Dietz - 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**

RETURN SERVICE REQUESTED

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

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