



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

Happy
Father's
Day

8:30am - 4:30pm
Office Hours

JUNE 2015

9:00am - 3:30pm
Program Hours

MONMOUTH COUNTY OFFICE ON AGING AREA PLAN CONTRACT PUBLIC HEARING

The Monmouth County Office on Aging and its Advisory Council will hold a public hearing for the purposes of affording customers the opportunity to obtain information and provide comments on the services provided to seniors under the Monmouth County Area Plan Contract with the New Jersey Department of Human Services, Division on Aging Services. The hearing will be held on Wednesday, June 17 at 2pm at the Monmouth County Agricultural Building conference room, 4000 Kozloski Road Freehold, NJ 07728. Information gathered during the public hearing will provide data and insight to the Office on Aging on those issues most in need of advocacy and funding. Written testimony can be submitted at the hearing or can be mailed to: Michael T. Ruane, Executive Director Division On Aging, Disabilities and Veterans Services, 3000 Kozloski Rd., Freehold, NJ 07728. Testimony may also be sent by email to Michael.Ruane@co.monmouth.nj.us.

BE "REGISTER READY" ENROLL NOW

We are aware that we have included this message in our newsletters before, but with this being the start of hurricane season, we want to make sure everyone is aware of this important program. If you use a wheelchair, need help leaving home, use oxygen or have special needs that make it difficult to leave your home and need to get to an evacuation site in case of an emergency, you should register with the "NJ Register Ready Program". "Register Ready" is a state-wide registry that allows emergency responders to know where you are in the event that an evacuation is necessary. You can register online at www.registerready.nj.gov or you can call Kris or Ryan at our Center for information and assistance.

FLAG DAY JUNE 14



FATHER'S DAY JUNE 21

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

PLEASE CALL US FOR APPOINTMENTS!

If you are in need of personal and/or private assistance (from one of our employees) with paperwork, applications, new registrations to our Center or for programs, caregiving info, housing info etc., please call us for an appointment. Appointments insure that you are taken in a timely manner and get the assistance that you need. We receive in excess of 150-200 visitors thru our building daily and we want to make sure that anyone who needs assistance from our office staff is able to get the help they need – when they need it. We are always here and always available for you, but if you need an appointment and can call ahead – please do so. We want to be able to serve you effectively and efficiently as our Center continues to grow and evolve; and, as our staff faces the challenges of meeting the needs of our rapidly growing senior population. Thank you for your understanding and help.

DIVISION OF SOCIAL SERVICES "TO THE RESCUE"

We are pleased to announce that Prem Singh, a Social Worker from the Monmouth County Division of Social Services, will be at our Center monthly to assist with the many diversified needs of our senior constituents. Prem has her masters degree in Social Work and she will be available to provide counseling services in addition to assisting with Medicaid information, financial assistance information, food stamp information, homecare information and more. With our current staffing shortage, we welcome Prem and we are very thankful to the Division of Social Services for recognizing the needs of our Center; and, providing us with this very important service. Prem will be available by appointment on the 2nd Tuesday of every month from 10-12noon. Give Kris a call for more info.

UPDATE I.D. CARDS FOR 2015

All Senior Center participants are asked to update their Senior Center identification cards for 2015. ID updates can be done until October 23. 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 will benefit you in case of an emergency. Updating is done yearly.

- Updates are done **9:30-11:30am or 2-3:30pm Monday thru Friday.**
- Please bring current ID cards when updating.
- Lost cards can be replaced once – then a \$1.00 donation per card is requested for any additional lost cards.
- Updates must be done in person and require current proof of residency and emergency contact or cards cannot be updated.
- Please come prepared with doctor's name, medications and any medical info **you want us to have on file.**
- We're sorry but, updates can't be done on days when big events are scheduled. Please check calendar before coming.

**CELEBRATE YOUR BIRTHDAY WITH US
STOP AT THE CENTER ON YOUR BIRTHDAY
(OR A DAY CLOSE TO YOUR BIRTHDAY)
AND WE WILL
HAVE A BIRTHDAY SURPRISE FOR YOU
AT THE FRONT DESK!!
HAPPY BIRTHDAY TO YOU!!**



THANKS TO OUR SUPPORTERS FOR THEIR DONATIONS:

► THANKS TO THE FOLLOWING FOR THEIR MONETARY SUPPORT:

Anne Alling, Joan and Anthony Cruz, Regina and Thomas Donohue, Eleonore and Harry Merriman and Fran Pettit.

► THANKS TO THOSE WHO DONATED SUPPLIES AND "GOODIES"

Ed Ahlstrom, Lena Grace Alston, Don Bartlett, Joan Bauter, Louise Bellucci, Darrell Bozarth, Rosie Bruno, Catholic Men for Jesus Christ, Marilyn Cole, William Crowell, Joan and Anthony Cruz, Victor D'Anna, Tom Donohue, Walter Drummond, Edgar Halpin, Michele Kritsky, Stu Monk, Rita Munn, Alfred Shaw and Celestine Overby, Betty Palermo, Estella Robinson, Barbara Schaer, Anne Sibole, Alice Singer, Barbara Tatulis, and Lorraine Wilkins.

► SPECIAL THANKS TO THE MAYORS YOUTH ADVISORY CABINET FOR THE SUCCESSFUL SPAGHETTI DINNER THAT RAISED FUNDS TO PUT TOWARDS A DANCE FOR OUR SENIORS.

GUIDELINES FOR CENTER PARTICIPANTS

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) by calling the office, or stopping by the office, between the hours of 9:30-11:30am, or 2-3:30pm.
- **Special Request Transportation is available 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 unless it is an extenuating circumstance.
- **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.** Reservations required (no later than 11:30am the day before, please).
- **Continental breakfast bar is open from 9-11am daily.** Stop in any morning for coffee and...Free will donation requested.
- **Assistance with forms or paperwork is available.** Call us

JUNE'S PROGRAM LINE-UP

► SUMMER HEALTH SERIES PRESENTED BY KESSLER INSTITUTE

ALL SESSIONS ARE FROM 11AM-12NOON

WEDNESDAY, JUNE 10 - "The Healthy Heart"

WEDNESDAY, JULY 15 - "Vertigo and Balance"

► "THE NURSE IS IN"

WEDNESDAY, JUNE 10 FROM 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.

► MOVIE MADNESS - "JERSEY BOYS" (Rated R - Language)

WEDNESDAY, JUNE 17 AT 1:30PM

Frankie Valle and the Four Seasons - You know their music, you know their name, now see the story of their lives and rise to fame. It's the "Jersey Boys". **Deadline for transportation reservations is 11:30am on Tuesday, June 16.**

► MEN'S BREAKFAST...THURSDAY, JUNE 18 at 10:00AM

GUEST SPEAKER - CARL JABLONSKI,

PRESIDENT - NAVY LAKEHURST HISTORICAL SOCIETY

TOPIC - "THE HINDENBERG DISASTER"

Carl will speak about the disaster, show images from the ship, display artifacts that survived the disaster and share stories of the survivors. **SPECIAL NOTICE - LUNCH CANCELLED FOR THE DAY.**

► NEPTUNE TOWNSHIP EDUCATION ASSOCIATION

PRIDE COMMITTEE PRESENTS - "NAME THAT TUNE"

THURSDAY, JUNE 25 AT 11AM

Join us for the fun - reminisce about the great old tunes. Win some fun prizes. It's **"NAME THAT TUNE"**.

WILD AND WACKY WEDNESDAYS WITH ALI

SEATING LIMITED - CALL GIGI TO RESERVE

► GLASS MOSAICS "GET THE KNACK - MAKE A PLAQUE"

FOR 4 WEEKS STARTING WEDNESDAY, JULY 1 FROM 1:30-3:30PM

DONATION - \$10.00 PER PERSON FOR SUPPLIES

Learn the basics of the art of mosaics including design, composition, glass cutting, and more.

► ALI'S "TIE-DYE DELIGHT"

WEDNESDAY, AUGUST 12 FROM 1:30-3:30PM

DONATION - \$5.00 PER PERSON FOR SUPPLIES

It's a blast from the past with Ali. Learn the various techniques of tie-dyeing including knotting, rubber-banding, "clothespinning" and combining colors. Students will receive a white t-shirt and can bring their own fabrics and yarns to dye.

SPECIAL NOTE

SEATING LIMITED - PLEASE REGISTER FOR ONE WORKSHOP ONLY. IF YOU WANT A SECOND WORKSHOP, WE'LL PUT YOUR NAME ON A WAITING LIST.

FITNESS CLASSES FOR ALL LEVELS

Make good fitness your routine for a healthy life. Start your exercise programs with us. All new attendees must pre-register with Gigi before attending. Proper shoes and attire required.

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 tunes from the 40's, 50's, 60's....etc.

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. Try a new approach to good health, exercise 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.

YOGA STRETCH (INSTRUCTOR TBA) – Tuesdays at 11:00am

Donation – \$4.00(per class)

Learn breathing exercises, relaxation, yoga postures and stretching. The class can be done in a chair or on a mat. Bands and balls are incorporated to increase flexibility with bars and chairs to work on balance. Detox and relax your body/mind.

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.

TOTAL BODY SOLUTION WITH SUZANNE

"EXERCISING THROUGH ARTHRITIS"

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

Donation – \$3.00(per class)

An educational, active, enjoyable approach to living with arthritis. Participants should attend both sessions weekly. Books and bands will be provided.

ZUMBA GOLD WITH PATTY

Tuesdays at 1pm and Thursdays at 12n

Donation - \$4.00(per class)

Have fun in a dance party atmosphere. 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 10:30am

Great fun, good chair exercises...give it a try. No donation.

YOGA WITH MARIA – Thursdays at 9am

Donation – \$4.00(per class)

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

June 2015

HAPPY FATHER'S DAY MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2015						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2015						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Monday	Tuesday	Wednesday	Thursday	Friday
Jun 1 - 5	Jun 1 Soup & Dessert (bring a sandwich)	2 Soup & Dessert (bring a sandwich) 9:30am TODAY'S SHOPPING TRIP Shop-Rite	3 Soup & Dessert (bring a sandwich) 9:30am TODAY'S SHOPPING TRIP Asbury Park Boardwalk	4 Soup & Dessert (bring a sandwich) 9:30am TODAY'S SHOPPING TRIP Shop-Rite	5 Soup & Dessert (bring a sandwich) 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store & Stop & Shop
	8 Today's Menu - Chef Salad	9 Today's Menu - Stuffed Shells 9:30am TODAY'S SHOPPING TRIP Middlebrook Plaza (Kohl's OR FoodTown-Senior Discount Day) Dean's Natural Food Market	10 Lunch Cancelled Employee Training 9:30am TODAY'S SHOPPING TRIP Shop-Rite	11 Today's Menu - Baked Pork Chop 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	12 "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Jun 8 - 12					
Jun 15 - 19	15 Today's Menu - Turkey Dinner	16 Today's Menu - Chicken Parm 9:30am TODAY'S SHOPPING TRIP Shop-Rite	17 Today's Menu - Baked Tilapia 9:30am Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	18 Lunch Cancelled Men's Breakfast 10:00am	19 "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Jun 22 - 26	22 Today's Menu - California Chicken "Burger"	23 Today's Menu - Teresas' "Famous" Hoagies 9:30am TODAY'S SHOPPING TRIP Shop-Rite	24 Today's Menu - Kielbasa & Sauerkraut 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store & Stop & Shop	25 Today's Menu - Turkey Salad 9:30am TODAY'S SHOPPING TRIP Shop-Rite	26 "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)
Jun 29 - Jul 3	29 Today's Menu - Baked Tilapia	30 Today's Menu - Chicken & Broccoli Alfredo 9:30am Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Jul 1	2 FLAG DAY JUNE 14	3

June 2015

HAPPY FATHER'S DAY ADULT ENRICHMENT PROGRAMS (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2015						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30				

July 2015						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

	Monday	Tuesday	Wednesday	Thursday	Friday
Jun 1 - 5	Jun 1 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	2 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	3 10:00am 1 on 1 Computers 10:00am Ceramics 10:00am Internet Basics 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble	4 10:00am Advanced Fine Art 10:00am Ceramics 1:30pm Ceramics 1:30pm Beginner's Fine Art 1:30pm Bridge	5 10:00am Beginner Computers 10:00am Ceramics 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Jun 8 - 12	8 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	9 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	10 Employee Training Lunch & Afternoon Programs Cancelled 9:00am Health Screenings 10:00am Computers/Ceramics 11:00am "Healthy Heart"	11 10:00am Advanced Fine Art 10:00am Ceramics 1:30pm Ceramics 1:30pm Beginner's Fine Art 1:30pm Bridge 1:30pm Forever Young Club - Bus. Mtg./Bingo	12 10:00am Ceramics 12:00pm Friday is Sundae 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Jun 15 - 19	15 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	16 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	17 10:00am 1 on 1 Computers 10:00am Ceramics 10:00am Internet Basics 1:30pm Movie Matinee - "Jersey Boys"	18 Lunch Cancelled 10:00am "Men's Breakfast " 10:00am Advanced Fine Art/Ceramics 1:30pm Beginner's Fine Art/Ceramics 1:30pm Bridge	19 10:00am Ceramics 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Jun 22 - 26	22 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	23 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	24 10:00am 1 on 1 Computers 10:00am Ceramics 10:00am Internet Basics 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble	25 10:00am Advanced Fine Art/Ceramics 11:00am "Name That Tune" 1:30pm Beginner's Fine Art/Ceramics 1:30pm Bridge 1:30pm Forever Young Club - Out to Lunch - Delvetto's	26 10:00am Ceramics 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Jun 29 - Jul 3	29 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	30 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	Jul 1	2 FLAG DAY JUNE 14	3

June 2015

HAPPY FATHER'S DAY
FITNESS, DANCE, AND EXERCISE SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

June 2015							July 2015						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6	5	6	7	1	2	3	4
14	8	9	10	11	12	13	12	13	14	8	9	10	11
21	15	16	17	18	19	20	19	20	21	15	16	17	18
28	22	23	24	25	26	27	26	27	28	22	23	24	25

Monday		Tuesday		Wednesday		Thursday		Friday	
Jun 1 - 5	Jun 1	2	3	4	5				
	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch 1:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne				
Jun 8 - 12	8	9	10	11	12				
	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch 1:00pm Zumba Gold w/Patty	Employee Training Lunch & Afternoon Programs Cancelled 9:00am Pump it Up w/Maria 11:00am "Healthy Heart"	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne				
Jun 15 - 19	15	16	17	18	19				
	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch 1:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	Lunch Cancelled 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne				
Jun 22 - 26	22	23	24	25	26				
	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch 1:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne				
Jun 29 - Jul 3	29	30	Jul 1	2	3				
	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch 1:00pm Zumba Gold w/Patty		FLAG DAY JUNE 14					