

THE SENIOR CONNECTION

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

KRISTINA TORRES, ACTING DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG

**MAY
2018**





OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

UPDATE I.D. CARDS FOR 2018

All Senior Center participants are asked to update their Senior Center ID cards. **Updates started on April 9th. The deadline for updates is November 2nd.** We ask that all registered Senior Center participants, who want to maintain their active status, to update their files with us. Updating ID cards keeps records accurate and benefits you in case of an emergency.

- Updates are done **9:30-11:30am or 2-3:30pm Monday – Friday.**
- Please bring ID cards when updating.
- Please come prepared with any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency and emergency contact info. 
- The Center now issues photo ID cards. If you do not have our photo ID, bring your ID card so it can be replaced with a photo ID.
- Lost cards can be replaced once – then a \$1.00 donation per card is requested for any additional lost cards. 
- We're sorry but, updates are **not** done on days when big events are scheduled, please check our calendar before coming.

INSIDE THIS ISSUE

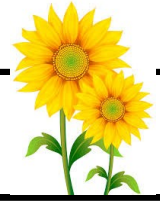
Special Notices
Pages 2-3

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.



SPECIAL NOTICES

LEGAL HELP OFFERED AT THE CENTER

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. If you have a legal issue and want to discuss the matter with our attorney, please call Kris or Ryan at the Senior Center to schedule your appointment. Complex matters or lawsuits may need to be referred elsewhere.



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

PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE" DEADLINE FRIDAY, JUNE 1

This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you think you may be eligible or need further info, call 1-800-882-6597 or call Ryan at the Center.



THE SEARCH IS ON!

We are searching to find the **oldest people in Neptune!** Are you that person? Do you know that person? We would also like to find the **man and woman who have lived in Neptune the longest.** We will be honoring these people this month for Older Americans Month! Please contact the Senior Center or contact Committeeman Robert Lane at rlane@neptunetownship.org for further info.

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Shannon Cleary, Joan Keleigh, and The Mah Jongg Group In Memory of Louise Bellucci.

♥ **THANK YOU FOR THE SUPPLIES AND**

GOODIES: Carol Bennett, Catholic Men for Jesus Christ, Gemma Cofone & Santo Digerlando, Madge Cooper, Lita Del Carmen, Regina & Thomas Donohue, Helen Haugabrook, Janice Holterhoff, Ray & Beverly Jones, Beatrice O'Neill, Joy Perillo, Jean Ridner, Arthur Schenck, ShopRite, Dawn Thompson, Peg Vanneman, and Wegmans.

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



**FREE RABIES CLINIC FOR DOGS AND CATS
SATURDAY, MAY 5 FROM 9AM-11AM**

PUBLIC WORKS DEPARTMENT AT 2201 HECK AVE, NEPTUNE.

Pets must be leashed. Dog license renewals accepted. Please bring renewal letter and payment. For information, call 732-988-5200 x220.

**ANNUAL POLICE MEMORIAL AT THE GREAT
AUDITORIUM IN OCEAN GROVE
TUESDAY, MAY 22 AT 11AM**

This emotional and moving ceremony pays tribute to law enforcement officers who made the ultimate sacrifice in the line of duty over the past year as well as all of the heroes who have been lost over the years.



4 **CENTER CLOSED MONDAY, MAY 28 - MEMORIAL DAY**



SPECIAL PROGRAM NOTICES



***MEDICARE OPEN ENROLLMENT INFORMATION SESSION
PRESENTED BY FAMILY & CHILDREN'S SERVICES
THURSDAY, MAY 10 AT 10:30AM***

Come learn about your Medicare benefits and how to compare health and drug plans to get the best coverage and programs that will help you save money. Find out about programs that help cover out-of-pocket Medicare costs and preventative benefits covered by Medicare plans. Don't miss this very informative program. Bring your questions and get your answers.



***MASON JAR PAINT
WORKSHOP WITH THE
MAYOR'S YOUTH
ADVISORY CABINET
WEDNESDAY, MAY 23
1PM - 3PM***

For information or to sign up,
call Kris or Carina.
Seating limited.

***"DISASTER PREPAREDNESS
FOR THE AGING"
PRESENTED BY
GLADYS HARRIS,
Ph.D. CANDIDATE
AT WALDEN UNIVERSITY
FRIDAY, MAY 18 AT 11:00AM***



***DANCE RECITAL
AND CHORUS CONCERT
PERFORMED BY
NEPTUNE MIDDLE SCHOOL
AT THE CENTER
WEDNESDAY, MAY 23
AT 10:30AM***

Don't miss this wonderful patriotic performance by the band and chorus. Show our Neptune Middle School students your support.



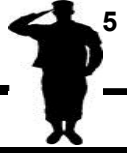
***NEPTUNE TOWNSHIP
HIGH SCHOOL ROTC PROGRAM
DEMONSTRATION
AT THE CENTER
THURSDAY, MAY 31
AT 11:00AM***

Come out and show your support for our Neptune High School students.





MEMORIAL DAY PARADE - MAY, 27 AT 10AM IN FRONT OF NEPTUNE TOWNSHIP HIGH SCHOOL



SAVE THE DATE!

MAYOR NICHOLAS WILLIAMS

HOSTS

THE 25TH SILVER ANNIVERSARY

MAYOR'S BALL

FRIDAY, JUNE 22ND

7PM

AT

JUMPING BROOK

COUNTRY CLUB



BREAKFAST LECTURE SERIES

WITH SENATOR, VIN GOPAL

THURSDAY, MAY 24 AT 10:00AM

Senator Vin Gopal will be here to discuss some of the different happenings throughout New Jersey. Come with your friends or come to meet new friends at 10am for breakfast followed by our speaker at 11am. Call Gigi or Carina for reservations.

Seating is limited.

Reservation deadline is 11:30am on Monday, May 21.

FOREVER YOUNG CLUB NEEDS YOUR HELP!

Come and join Forever Young! New members are always welcome. We need your help in planning our next eight months of activities. The Club meets the second Thursday of every month at 1:00pm at the Senior Center and on the fourth Thursday of the month, the group enjoys an "Out to Lunch" gathering. For more information about this wonderful women's group, contact Gigi.



SOCIAL MEDIA CLASSES

WITH BEVERLY JONES



Beverly Jones, Senior Center Computer Instructor, will guide you thru Social Media classes in our computer lab. Classes will be held on Thursday mornings from 10:00am-12noon. Learn how to communicate with people using the Internet, how to set up your profile and manage your personal Facebook page, Instagram, Skype etc. Reservations are required for these classes and must be made with Gigi. Seating is limited.



PAINT THE TOWN PINK FOR



MAY AWARENESS STROKE • ARTHRITIS • CYSTIC FIBROSIS

"THE NURSE IS IN"

THURSDAY, MAY 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.



NEPTUNE BECOMES "PINKTUNE" FOR MAY PAINT THE TOWN PINK WITH US RAISE AWARENESS ABOUT BREAST CANCER

To promote breast cancer awareness, Meridian is encouraging everyone to "Go Pink" for May.

Neptune Township will become "Pinktune".



"FUNCTIONAL MOVEMENT" WITH DR. NEWTON KLEIN, DC AND

***ANNETTE SCOTT, RN
WEDNESDAY, MAY 9 AT 11AM***

Dr. Klein will be discussing the functional movements of our different muscles, range of motion, and causes of muscle tightness. There will also be a discussion on daily safety measures and a question and answer period. Don't miss this vital program!





FITNESS CLASSES LISTING FOR ALL LEVELS

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



7

PUMP IT UP WITH SUZANNE 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 9:30am 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!

TOTAL BODY SOLUTIONS 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 SUZANNE

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.

YOGA WITH MARIA

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

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





**MAY
2018**



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.**

Kristina Torres, Acting Director

Programming

Gigi Johnson - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas -Driver

Linda Dietz- Driver

Robert White - Driver

Custodial Services

Ralph Parkman

Doug Johnson

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

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607