



SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
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732-988-8855
WWW.NEPTUNETOWNSHIP.ORG

*Happy
Thanksgiving*



8:30am - 4:30pm
Office Hours

NOVEMBER 2014

9:00am - 3:30pm
Program Hours

HOLIDAY PARTIES 2014

We are so happy to announce that, this year, we will bring back our annual "holiday celebration parties".

If you are not familiar with these annual events, they were always a favorite for all who attended in the past.

Unfortunately, in the aftermath of "Super Storm Sandy" and the budgetary restrictions, we had to cancel the parties for the last 2 years.

This year they are back and bigger than ever!!!!

Tuesday, December 16 And Thursday, December 18.

Parties will include a band, great food, special guests, gifts, and wonderful holiday cheer. Reservations are required and can be made in person or by telephone starting Tuesday, December 2. You may reserve for yourself and one other person.

If you wish to sit with friends, and want to have us hold a table for you, please make sure that your tablemates make reservations. Then choose a table spokesperson and the week before the party, have the table spokesperson bring a table list to Gigi. There is a limit of 8 seats per table and we will do our best to accommodate your request.

You can make reservations for one date and one table only. Parties are free and usually fill up quickly...make a reservation and don't miss the holiday social event of the year.

HEALTH AND EDUCATION EXPO 2014 AT OUR CENTER WEDNESDAY, NOVEMBER 5 from 11AM-2PM

New Jersey City University registered nurses (pursuing their BSN) invite you to a "Health and Education Expo". Attendees will benefit from early detection screenings including blood pressure, hearing, vision, blood glucose, balance, fitness demos, preventative health, nutrition and educational information, legal info, giveaways, community info, healthy snacks and more. Bring a list of your meds and have them reviewed for interactions. As of the printing of this newsletter, there were 25 booths ready to provide the most up-to-date info.

Join us - Your health and wellness are our primary concern!!!

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

ELECTION DAY — DON'T FORGET TO VOTE TUESDAY, NOVEMBER 4

Transportation to the polls for Township Seniors is available for the General Election. Deadline for reservations for transportation thru the Center is Monday, November 3 at 11:30am. Call us for reservations. Don't miss the opportunity to exercise your right to vote.

NEPTUNE POLICE CHIEF JAMES HUNT WARNS COMMUNITY "BEWARE OF A UTILITY SCAM"

A nationwide utility scam has now surfaced in our community causing some area residents to lose money. Telephone callers pose as utility company employees and threaten to turn off utilities unless a payment is made by debit card or credit card. JCP&L states, "a company rep may call if a bill is in arrears to remind someone that a payment is due, but they will explain how a payment can be made by establishing payment options." Residents should never give bank account, social security or billing info over the phone. If you get a call from someone demanding payment by Green Dot or American Express Vanilla card, it is a scam and should be reported to the police. Any resident receiving a call from someone claiming to be a utility employee and especially demanding immediate payment, should immediately contact the appropriate service and notify the police. This information was made possible by JCP&L via their website and by Police Chief James Hunt.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

The Home Energy Assistance Program (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 from October 1, 2014 until April 30, 2015. For applications or further info, contact Ellen or Kris at the Center. The monthly income limit is:
Single - \$1,945.00 and Married - \$2,621.00

THANKS TO OUR MANY DONORS

► MANY THANKS TO THE FOLLOWING FOR THEIR monetary donations:

Joan and Anthony Cruz, Georgian Ferrell, George Heyson, Ruth Kuzava, Susan Mead and Valerie and Michael Toms.

► MANY THANKS to the following for their donations of supplies and "goodies":

Donald Bartlett, Evelyn Bedell, Arlene Carlson, Catholic Men for Jesus Christ, Ann Ciccone, Jerry Corvo, Joan and Anthony Cruz, Celeste DeCapua, Nancy and Charlie DiNicola, Linda Ely, Tom Faust, Forever Young Group, Pereira Gomes, Edgar Halpin, George McCormick, Louise Mohlenhoff and Robert Jenkins, Jonathan Mendes, Stuart Monk, Mary Moore, Joanne Muccillo, Dee Reinhold, Barbara Roe, Valerie Sabia, ShopRite, Shore Time Bagel Talk, Anita Stevenson, Denise Summer and Wegmans.

CENTER SPECIAL EVENT NOTICES

JOIN US FOR THANKSGIVING DINNER

TUESDAY, NOVEMBER 25 AT 12NOON

Our Thanksgiving feast is not to be missed

Reservations will be taken starting Tuesday, November 4 after 9:30am. Reservations can be made in person or by phone. Please let us know if you need transportation or want to volunteer when you call in. Seating is limited – so don't miss out.

This year, we are happy to announce that the Poseidon Early College Students will assist us with dinner.

Free will donation requested.

DON'T MISS OUR HOLIDAY LINE UP OF PROGRAMS

A list of holiday programs and special events will be published in December's newsletter. We don't want anyone to miss out, so if you have any questions, give Gigi a call. We will be holding our annual craft fair in December which is our fundraising event of the year. We will need new unused handmade crafts and baked goods. Call Gigi for info.

"TOTAL BODY SOLUTION – EXERCISING THRU ARTHRITIS" PRESENTED BY SUZANNE PARCHMENT, CERTIFIED TRAINER WEDNESDAYS AND FRIDAYS FROM 1-2PM

This vital fitness class is a fun-filled, interactive, educational program for seniors with arthritis. Classes include educational segments, "joint-checks", warm-ups, range of motion, strengthening, balance, endurance and relaxation exercises. Experience stronger muscles, better sleep, more energy and improved outlook. Participants must be able to attend both sessions weekly. Reservations are required. There is a free will donation for the class.

"MEXICAN DOMINOES" ALL THE RAGE

FRIDAYS AT 1:30PM

Join us now...it's a new game...a new twist on an old favorite and attendance has tripled...but there is always room for more! It's Mexican Dominoes. Beginners welcome. Call Gigi to sign up.

MOVIE MATINEE – "CAPTAIN PHILLIPS" (RATED PG-13) WEDNESDAY, NOVEMBER 19 AT 1:30PM

This is the true story of Captain Richard Phillips (Tom Hanks) and the 2009 hijacking by Somali pirates of the US-flagged Maersk Alabama, the first American cargo ship to be hijacked in 200 years. After the ship is taken over, Captain Phillips saves his crew but, is then taken hostage and held for ransom. When the pirates attempt to take Captain Phillips back to Somalia, the US Navy arrives to stop them even if they have to lose Phillips. This dramatic thriller is not to be missed.

Deadline for transportation is 11:30am Tuesday, November 18.

POSEIDON EARLY COLLEGE HIGH SCHOOL STUDENTS PRESENT

► INTRO TO SOCIAL MEDIA — NOVEMBER 3, 1:30-2:30PM

Facebook, Twitter, Instagram and more - Learn about social media. Communicate with grandkids, enjoy photography in a new way, "tweet with others" and "like" your family members. Sound intriguing? Just bring in any media device (laptop, smart phone or Ipad) and learn all about using social media sites. Reservations are required - seating limited. Participants will learn in a classroom setting then explore social media even further one-on-one with a student. Call Gigi to reserve your seat.

KESSLER INSTITUTE AND RON ARTZ PRESENT

"LIVING WITH LOW BACK PAIN"

NOVEMBER 12 AT 11AM

Ron will review basic anatomy of the spine and it's relationship with back pain. He will also discuss back pain prevention and demonstrate several simple back stretches. Get the latest information from Ron on what can help with these problems.

"BUON COMPLEANNO" CELEBRATE OCTOBER AND NOVEMBER BIRTHDAYS THE ITALIAN WAY!!

THURSDAY, NOVEMBER 13 AT 11AM

A celebration with an Italian flair featuring Dennis and Marnie Carmella. Great music, Italian favorites, singing, dancing and eating! Everyone is welcome. If you have a birthday in October or November, let us know when you make your lunch reservation. **Donation \$4.00. Seating is limited.**

MEN'S DAY OUT - INCLUDES BREAKFAST AND MORE!

NEXT BREAKFAST — THURSDAY, NOVEMBER 20 AT 10AM

MEET DOUG ROWELL, NEPTUNE'S FIRE OFFICIAL

Doug will present fire safety for your home. He will discuss extinguishers, CO2 alarms, fire hazards, smoke alarms and general safety. Our "Men's Breakfast" meeting is a time to get together, exchange thoughts, share concerns, get information or just enjoy spending time eating and/or talking with other men. Call Gigi to reserve so we can plan accordingly.

HOLIDAY LUNCH BUFFET AT CULINARY SCHOOL

GREAT HOLIDAY TRIPS (PLEASE CHOOSE ONE DATE ONLY)

TUESDAY, DECEMBER 2 OR TUESDAY, DECEMBER 9

Enjoy a wonderful holiday tour of the Culinary School in Asbury Park followed by a sumptuous holiday brunch and buffet prepared by the school. Bakery will also be open to buy holiday goodies to take home. Lunch is \$10.00 per person and must be paid on the bus the day of the trip. **EXACT CHANGE IS REQUIRED. Reservations are required. All participants are asked to travel with our bus due to limited parking at the school. Everyone must be at the Center by 11am. Seating is limited. Deadline for reservations is November 21.**

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 \$3.00 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 LISA

Mondays and Fridays at 10:30am

Free will donation (30 minute 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 WITH LISA – Tuesdays at 11:00am

Donation \$3.00 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 \$3.00 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)

Free will donation

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 \$3.00 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 \$3.00 per class

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

November 2014

MENU AND SHOPPING SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE) REMEMBER OUR VETERANS HAPPY THANKSGIVING

November 2014							December 2014						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	1	7	1	2	3	4	5	6
9	10	11	12	13	14	8	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

Monday		Tuesday		Wednesday		Thursday		Friday	
Nov 3	4	5	6	7	8	9	10	11	12
	Today's Menu - Meatball Parm 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Election Day - Lunch Cancelled	Today's Menu - Fish 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Stop & Shop	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)
Nov 10 - 14	11	12	13	14	15	16	17	18	19
	Today's Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Center Closed - Veterans Day	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Nov 17 - 21	18	19	20	21	22	23	24	25	26
	Today's Menu - Eggplant Parm 9:30am Middlebrook Plaza (Kohl's OR FoodTown-Senior Discount Day) Dean's Natural Food Market	Today's menu - BBQ Chicken Middlebrook Plaza (Kohl's OR FoodTown-Senior Discount Day) Dean's Natural Food Market	Today's menu - Ham & Cheese 9:30am TODAY'S SHOPPING TRIP Stop & Shop	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	Today's Menu - Chicken Salad 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)
Nov 24 - 28	25	26	27	28	29	30	31	1	2
	Today's Menu - Teresa's Hoagies 9:30am TODAY'S SHOPPING TRIP Shop-Rite	*Thanksgiving Dinner* For lunch reservations call Gigi Free Will Donation	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)

November 2014

ADULT ENRICHMENT PROGRAMS
(SUBJECT TO CHANGE WITHOUT NOTICE)
REMEMBER OUR VETERANS
HAPPY THANKSGIVING

December 2014

November 2014

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

Su	Mo	Tu	We	Th	Fr	Sa
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						

Monday		Tuesday	Wednesday	Thursday	Friday
Nov 3	4	5	6	7	
10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm "Intro to Social Media" (seating limited) 1:30pm Choral Group/Knitwits	Afternoon Programs Cancelled Election Day Lunch Cancelled Set Up for Health Fair 9:30am Bowling 9:30am Thanksgiving Dinner Reservations 10:00am Creative Expressions	11:00am 2:00pm Health and Education Expo	10:00am Advanced Fine Art/Ceramics 1:30pm Forever Young Club - Bus. Mtg./Gift Auction 1:30pm Beginner's Fine Art/Ceramics 1:30pm Bridge	10:00am Beginner Computers 10:00am Ceramics 1:30pm His Club 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble	
10	11	12	13	14	
10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Legal Services 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	Center Closed Veteran's Day 9:30am Bowling	Afternoon Programs Cancelled Party Set Up 9:00am Health Screenings 10:00am Ceramics/Computers 11:00am "Living with Low Back Pain"	10:00am Advanced Fine Art/Ceramics 11:00am "Italian Birthday Party" w/Dennis and Marnie Carmella (reservations required) 1:30pm Beginner's Fine Art/Ceramics	10:00am Beginner Computers 10:00am Ceramics 12:00pm Friday is Sundae 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg/Scrabble	
17	18	19	20	21	
10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	10:00am 1 on 1 Computers 10:00am Ceramics 10:00am Internet Basics 1:30pm Movie Matinee - "Captain Phillips"	10:00am Advanced Fine Art 10:00am Ceramics 10:00am Men's Breakfast Group 1:30pm Ceramics 1:30pm Beginner's Fine Art 1:30pm Bridge	Afternoon Programs Cancelled Thanksgiving Dinner Set Up 10:00am Beginner Computers 10:00am Ceramics 1:30pm HIS Club	
24	25	26	27	28	
All Classes and Programs Cancelled Thanksgiving Dinner Set Up	9:30am Bowling 12:00pm Thanksgiving Dinner (reservations required) (free will donation)	Holiday Decorating Programs Cancelled	Center Closed Thanksgiving Day	Center Closed	

Nov 3 - 7

Nov 10 - 14

Nov 17 - 21

Nov 24 - 28

