



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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8:30am - 4:30pm
Office Hours

OCTOBER 2015

9:00am - 3:30pm
Program Hours

FLU VACCINES AT CENTER — NO APPOINTMENTS NEEDED **WEDNESDAY, OCTOBER 28 FROM 9AM-12NOON**

The Monmouth County Health Department will offer free flu vaccines for those over 65 with Medicare. For those who are not 65, or who do not have Medicare, the cost is \$25.00. Please bring your Medicare Card.

CONGRATULATIONS SENIOR CENTER ARTISTS

We are so proud of the many Senior Center artists who participated in the Monmouth County Senior Art Show and the Monmouth County Fair Art Show. Congrats to the following:

Monmouth County Senior Art Show:

Crafts Non-Pro 1st Place — Christine Wheeler
Drawings Non-Pro 1st Place — Jerry Corvo
Water Colors Non-Pro 2nd Place — Patricia Supplee
Acrylics Pro 3rd Place — Edwin Ahlstrom
Oils Non-Pro Honorable Mention — Marilyn Shotwell

Monmouth County Fair Art Show:

Ceramics 1st Place — Perla Patricio
Ceramics 1st Place — Christine Wheeler
Ceramics 2nd Place — Marie Wortman
Ceramics 2nd Place — Ruby Wright
Ceramics 2nd Place — Angela Germann
Ceramics 3rd Place — Joan Sunnerville
Ceramics 3rd Place — RosaLee McNair
Ceramics 3rd Place — Marion Dobrowolski
Ceramics Honorable Mention — Patricia Normington

FREE LEGAL ASSISTANCE AVAILABLE AT SENIOR CENTER

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

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

TAX COUNSELORS NEEDED FOR SENIOR TAX PREPARATION

If you have ever completed your own tax return and/or have basic accounting and computer skills, why not consider volunteering to help Seniors prepare their 2015 tax returns at our Center. Training is provided by AARP tax trainers so that you can become a certified IRS tax counselor for seniors. We invite any interested volunteers to join us for a "meet and greet" with our current volunteers at the Center and then join us for lunch afterwards. Call Kris for further information.

DIVISION OF SOCIAL SERVICES

SOCIAL WORKER AVAILABLE MONTHLY AT OUR CENTER

If you need the assistance of a Licensed Social Worker, Prem Singh, a Social Worker from the Monmouth County Division of Social Services, is available at our Center monthly. Prem has her masters degree in Social Work and is available to provide counseling services in addition to assisting with information about Medicaid, financial assistance, food stamps, homecare and more. With our current staffing shortage, we are so lucky to have Prem helping our community. Prem is available by appointment on the 2nd Tuesday of each month from 10-12noon. Give Kris a call for more information or for an appointment.

THE "KNITWITS" NEED YOUR HELP!!!

Our "Knitwits" need yarn for their knitting efforts on behalf of JSUMC Oncology, NICU, Pediatrics, etc. These wonderful knitters make hats, blankets, lap covers and more and are in need of yarn, "Pounders" or "Pounds of Love" in pastel baby colors, for their projects. Yarn must be new and in original wrapper please.

UPDATE I.D. CARDS FOR 2015 – DEADLINE OCTOBER 23

All participants are asked to update their Senior Center identification cards for 2015. Updates are done from 9:30-11:30am and 2-3:30pm. The absolute deadline is 3:30pm on October 23. Bring your card and current proof of residency or we will not be able to update you. Updating of ID cards keeps records accurate and can benefit you in case of an emergency. Lost cards can be replaced once – then a \$1.00 donation per card is requested for additional lost cards. Updates must be done in person. Please come prepared with doctor's name and any medication or medical information that you want us to have on file in case of emergency. We're sorry but, updates **cannot** be done on days when big events are scheduled. Please check the calendar before you come in.

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!!***



THANKS TO OUR DONORS FOR THEIR SUPPORT:

► **MANY THANKS TO EVERYONE WHO SO GENEROUSLY DONATED TO OUR SENIOR CENTER TRUST FUND:**

Joan and Anthony Cruz, Roberta Grace, George Heyson, and Anne Sibole.

► **THANKS TO THOSE WHO DONATED SUPPLIES AND "GOODIES":**

Don Bartlett, Evelyn Bedell, Barbara and Bob Boesch, Loretta Burns, Margaret Campanile, Mary Carr, Diane Curley, Victor D'Anna, Edna Durk, Virginia and Tom Faust, Forever Young Group, Garden Club at Jumping Brook Villas, Ed Halpin, Helen Haugabrook, Joan Hunziker, Stuart Monk, Christine Paulin, ShopRite, Anita Stevenson, and Wegmans.

OCTOBER PROGRAM LINE-UP

► **"THE NURSE IS IN"**

WEDNESDAY, OCTOBER 7, 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.

► **MEN'S BREAKFAST**

THURSDAY, OCTOBER 15 AT 10:00AM

Back by popular request is Leonard Thomas, a health educator from Meridian who spoke at our men's breakfast last year to rave reviews. Men's health is a very important topic for today's active man. Don't miss a great breakfast and a wonderful practitioner who will discuss the latest issues in men's health and wellness. Call Gigi to reserve your seat.

► **MEDICARE OPEN ENROLLMENT INFORMATION SESSION
PRESENTED BY FAMILY & CHILDREN'S SERVICES**

MONDAY, OCTOBER 19 AT 10:30AM

Learn what you need to know about your Medicare benefits for 2016. Find out how to compare health and drug plans to get the best coverage and programs that help you save money on your drug costs. This year's open enrollment period begins October 15 and ends December 7. Don't miss this very informative program. Bring your questions and get your answers.

► **MOVIE MATINEE – "LITTLE BOY" (RATED PG-13)**

WEDNESDAY, OCTOBER 21 AT 1:30PM

An eight-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father. This heart-warming story is not to be missed. **Transportation deadline – 11:30am the day before.**

► **"WINTER HOLIDAY SAFETY"**

**PRESENTED BY DOUG ROWELL, NEPTUNE FIRE OFFICIAL
THURSDAY, OCTOBER 22 AT 11AM**

Winter holidays are a time for families and friends to get together but, that also means a greater risk for fire. Doug will discuss a few simple ways to ensure a happy and fire-safe holiday season. Important life-saving information for everyone.

► **"THE INFLAMMATION DIET"**

**PRESENTED BY DIANE WEST, REGISTERED DIETICIAN
TUESDAY, OCTOBER 27 AT 11AM**

What does inflammation mean to us, what diet is associated with inflammation, and how can we incorporate "anti-inflammatory" foods into our diet and lives? Diane can answer your questions.

► **HALLOWEEN BINGO AND MASQUERADE CONTEST WITH
THE NTEA PRIDE COMMITTEE**

FRIDAY, OCTOBER 30 AT 11AM

Bingo, prizes, fun, laughs and costumes with the Neptune Education Association Pride Committee. A great way to spend Halloween Eve Day. Wear a costume and you may go home with 1st place prize. (Prizes for 2nd and 3rd place also.) Join us. Call Gigi for reservations. **Reservation deadline is Friday, October 23.**

SHOP 'TIL YOU DROP!!!

"HOBBY LOBBY" AND CHINESE BUFFET FOR LUNCH

WEDNESDAY, OCTOBER 14 BUS LEAVES CENTER AT 9:30AM

Shop til you drop!!! It's the latest in the craft shopping experience. With over 67,000 craft items and a holiday area, "Hobby Lobby" is not to be missed. Have fun and get creative. Be prepared for a lot of walking in the store. After Hobby Lobby, enjoy lunch at the Freehold Grand Chinese Buffet. Lunch is \$10.00 per person. **Must have exact change please.** Seating is limited.

**SAVE THE FOLLOWING DATES
FOR OUR ANNUAL
HOLIDAY FESTIVITIES!**

THANKSGIVING DINNER

TUESDAY, NOVEMBER 24 AT 12NOON

Our Thanksgiving feast is not to be missed

Reservations will be taken starting Tuesday, November 3 after 9:30am. Reservations can be made in person or by phone.

HOLIDAY CRAFT SALE

DECEMBER 7-11 FROM 9:00AM-3:30PM

We are currently preparing for our annual Holiday Craft sale at the Center. This sale benefits our Senior Trust Fund and YOU.

We hope that you will stop by and shop for the holidays with us. Please help support your Center and this wonderful holiday tradition.

HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 15 AT 12NOON

THURSDAY, DECEMBER 17 AT 12NOON

Reservations for parties are required and can be made in person or by telephone starting Tuesday, December 1 after 9:30.

Please choose one date only.

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 WITH LISA – 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. For best results, participants should try to attend twice weekly. Books and bands will be provided.

ZUMBA GOLD WITH PATTY

Tuesdays at 1pm and Thursdays at 12pm

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.