

SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
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NEPTUNE, NJ 07753
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WWW.NEPTUNETOWNSHIP.ORG



8:30am - 4:30pm
Office Hours

JULY 2015

9:00am - 3:30pm
Program Hours



INDEPENDENCE DAY PARADE OCEAN GROVE SATURDAY, JULY 4 (RAIN OR SHINE)



PARADE KICKS OFF AT 10:30

FUN FOR ALL AGES!!!

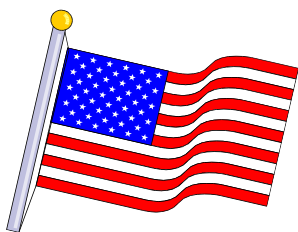
Don't miss the biggest parade at the Jersey Shore.
It's our hometown parade and everyone will be there.
Bands, marching groups, officials, bagpipers, local agencies
and organizations, antique cars, emergency vehicles,
and so much more await you.

WORLD CHANGERS RETURN TO OUR COMMUNITY

Starting July 11, young volunteers from all over the United States will arrive in Neptune to help make improvements to homes and properties. Applications for home improvements were previously taken and approved. If you see the World Changers at work...please give them a warm Neptune Township welcome.

PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE" DEADLINE EXTENDED UNTIL OCTOBER 15

This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. The deadline for the Property Tax Reimbursement Program has been extended until October 15. If you did not receive a "PTR" application and think you may be eligible, call 1-800-882-6597 or call Kris at the Center.



**INDEPENDENCE DAY
SATURDAY, JULY 4
ALL TOWNSHIP OFFICES
CLOSED FRIDAY, JULY 3**

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

MANY THANKS TO OUR VOLUNTEERS VOLUNTEERS ARE A "WORK OF HEART"

We love our volunteers! On Wednesday, August 5, 170 volunteers will be honored at our Annual Volunteer Recognition Luncheon at the Senior Center. The hard work and dedicated efforts of these volunteers, on behalf of our Center and our community, is overwhelming and each and every volunteer is to be commended. Our Center could not survive without our volunteers who have given over 10,000 hours of volunteer time during the last year...so when you see a volunteer at work, please take a moment and say thanks for all they do. Luncheon is by invitation only. If you have given at least 20 hours of volunteer time this year and did not receive an invitation, please call Gigi.

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. Deadline October 23.



**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:

► **THANKS TO THE FOLLOWING FOR THEIR MONETARY DONATIONS:**

Joan and Anthony Cruz, Mike and Ruth Harrigan, George Heyson, and Joan and Jim Keleigh.

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

American Legion Post #346, Don Bartlett, Louise Bellucci, Blue Star Mothers, Darrell Bozarth, Catholic Men for Jesus Christ, Victor D'Anna, Lydia Diel, Tom Donohue, Forever Young Group, Sandra Fornino, Ed Halpin, Peter Koch, Michele Kritsky, Joan and Harry Matthews, Eleonore Merriman, Stuart Monk, Liz Mustillo, Joe Sears, Barbara Tatulis, Ruby Wright and Maxine Zea.

CONGRATULATIONS RALPH LANZA

We extend a very big congrats to our Senior Center's own Ralph Lanza who was recently honored at a New York Yankees game for his service to our Country during the "7th inning stretch".

SUMMER FUN "DINING AND SHOPPING" TRIPS

This month, in addition to our regular shopping excursions listed on the calendar page, we are adding 3 additional destinations. Call Ryan to make your reservation. Seating limited. Please choose one trip. If you want additional trips, add your name to a wait list in case we do not fill the seats. Trips require walking and money for lunch.

► **SHOP AT DELICIOUS ORCHARDS**

LUNCH ON YOUR OWN AT THE ORCHARDS

TUESDAY, JULY 7 BUS LEAVES CENTER AT 11AM

Shop a wide variety of homemade baked goods and other gourmet items. Have lunch at the "Cider Café" where you can relax and enjoy your meal under one of their many apple trees.

► **STROLL THE HISTORIC ASBURY PARK BOARDWALK**

MONDAY, JULY 13 BUS LEAVES CENTER AT 11AM

Travel back in time (weather permitting) as you explore the new shops and restaurants from the Convention Hall to the Old Casino. Lunch is on your own. Enjoy the ocean breezes and the summer sights.

► **"EAT AND SHOP" FREEHOLD RACEWAY MALL**

**INCLUDES LUNCH ON YOUR OWN AT "CHEESECAKE FACTORY",
"P.F.CHANGS", OR "BRIO TUSCAN GRILLE"**

WEDNESDAY, JULY 22 BUS LEAVES CENTER AT 11AM

Enjoy lunch on your own then explore the outdoor shops or wander into the mall and browse the many stores.

JULY'S PROGRAM LINE-UP

► "VERTIGO AND BALANCE"

PRESENTED BY KESSLER INSTITUTE

WEDNESDAY, JULY 15 FROM 11AM-12NOON

► "THE NURSE IS IN"

WEDNESDAY, July 8 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 – "McFARLAND, USA" (Rated PG)

WEDNESDAY, JULY 15 AT 1:30PM

Based on a true story, track coach Jim White (Kevin Costner) is new to a predominantly Latino high-school in California. As a cross-country coach, he attempts to transform a team of athletes into championship contenders. Their strong family ties, incredible work ethic and commitment to their team all play a factor in turning these runners into champions. This is a "feel great" movie not to be missed.

► MEN'S BREAKFAST...THURSDAY, JULY 23 at 10:00AM

GUEST SPEAKER – DAVID SHOTWELL,

"THE HISTORY OF LIFEGUARDING IN OCEAN GROVE

AND THE SURROUNDING SHORE TOWNS"

SPECIAL NOTICE – LUNCH CANCELLED FOR THE DAY.

► SUMMER FUN CHORAL CONCERT

PRESENTED BY OUR SENIOR CENTER CHORAL GROUP

WITH DIRECTOR DAN PIENCIAK AND ASSISTANT DAVE SHOTWELL

MONDAY, JULY 27 AT 11AM

Join the fun and show your support for our chorus and their enthusiasm for music and singing.

► VITAMIN D: "BENEFITS TO YOUR HEALTH"

PRESENTED BY DIANE WEST, REGISTERED DIETICIAN

TUESDAY, JULY 28 AT 11AM

WILD AND WACKY WEDNESDAYS WITH ALI

► 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.

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 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

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.