



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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8:30am - 4:30pm
Office Hours

JANUARY 2015

9:00am - 3:30pm
Program Hours

HAPPY NEW YEAR 2015

It is so hard to believe that another year has come and gone and that a New Year is upon us. A new year always brings the promise of new things to come, the hope of peace and love for all, and the challenges of a new tomorrow.

As we look ahead to 2015, the Senior Center will be experiencing some new changes and challenges of its own. After 25 years as our Departmental Secretary, Irene Paternostro will be retiring in January and after almost 20 years as our Deputy Director and Social Worker, Ellen Sanderson will be retiring and relocating to California. Their presence at our Center has been one of dedication, hard work, and untiring advocacy for our senior community.

We will miss them very much and we wish them well in their future endeavors.

From our Senior Center family to all of you, may you have a safe, healthy and happy new year and may good cheer and good health be yours throughout the coming days.

We invite you to join us for lunch at the Senior Center, and to help us celebrate their well-earned retirements on Thursday January 15 at 12noon. On the menu will be our staff's favorite "comfort" food - chicken salad - along with celebration refreshments and dessert. Lunch will be \$2.50 and reservations will be required in advance.

Please call Gigi to reserve.

If you cannot join us for lunch, please stop in for refreshments and wish our Senior Center "family" members well on their new adventures!

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

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

VOLUNTEERS NEEDED FOR READING BUDDIES PROGRAM

Neptune Township School district is in need of volunteers for their "Reading Buddies" program. This program is sponsored by Family and Children's Services and requires no previous experience. If you have a joy of reading and a willingness to read to small groups of children in a Neptune School, this volunteer experience is perfect for you. If you are interested, call Lisa at 732-222-9111 ext. 153 for more information.

WORLD CHANGERS APPLICATIONS NOW AVAILABLE

World Changers will return to Neptune July 11-18, 2015. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or for further information, contact Ellen or Kris at the Center. Applications are also available online at neptunetownship.org.

SCAT REQUIRES RESERVATIONS IN ADVANCE

Because of regulations and time constraints imposed on us by SCAT, we will not be able to transport anyone to the Center (via SCAT) without advance reservations. Your name must appear on the SCAT list that is submitted by our office the day before or the SCAT drivers cannot permit you to ride the bus. SCAT drivers are also not permitted to wait more than 5 minutes at any pick-up location. Riders must be ready for the bus or will be at risk for having SCAT transportation privileges suspended. SCAT also has a very strict "no show" policy so please make any cancellations to SCAT as soon as possible.

***Please note – the Senior Center provides daily transportation to the center for programs, on-demand for medical or special needs transportation and for food shopping. We require transportation reservations in advance no later than 11:30am the day before. We also have a "no show" policy. However, due to SCAT's computerized transportation routing system, their drivers cannot deviate from their schedules. Our routing is not computerized and we have a little more flexibility with our buses, drivers and riders. Please call our office if you have any questions or need transportation. We can help.

FOR INCLEMENT WEATHER NOTICES AND CLOSINGS

For cancellations tune to radio stations 94.3FM The Point, 92.7 WOBM FM, 1160 WOBM AM or 101.5FM or go online, log on to **943thepoint.com** and go to Storm Watch.

CENTER SPECIAL NOTICES

**HEARTFELT THANKS AND SINCERE APPRECIATION FOR
THE OVERWHELMING SUPPORT AND GENEROSITY!!
THE HOLIDAYS WERE GOOD TO OUR CENTER!!**

► **MANY THANKS to the following for their monetary donations:**

Joan and Anthony Cruz, Elizabeth Cummings, Victor D'Anna, Ingrid Farrell, Phyllis Marinaccio, Diane Panzer, Margaret Ruding, George Saba, Barbara Schaer, and Betty Wolny.

► **SPECIAL THANKS** to everyone who donated hand made items for our holiday craft sale; and, thanks to everyone for the cards, goodies and holiday treats and supplies that were donated to our Center during the holidays. There are far too many of you to name individually so from all of us to all of you we send a great big collective thank you "HUG".

► **MANY THANKS** to those of you who supported our Craft Sale by purchasing crafts and goodies. We truly appreciate the generosity of our community.

► **A BIG HUG AND THANK YOU** to the volunteers who helped with the sales and made it "happen".

► **SPECIAL THANKS** to the students of Neptune Township Schools students for their holiday performances and programs.

► **HAPPY MEMORIES – MANY THANKS** to our Senior Center Choral Group for their wonderful performances. We are all so proud of all of you. Thank you Dan Pienciak and Dave Shotwell for your leadership and commitment.

CRAFT AND "SOUP-ER" SALE A TREMENDOUS SUCCESS

The support of our "Craft, Bake Sale and Homemade Soup Sale" was wonderful. Thank you to everyone for the support of our fundraising efforts for our Senior Center Trust Fund. In response to everyone's requests – we will continue to offer Teresa's "Soup" Sale through the winter months. There is nothing better than a great bowl of hot homemade delicious soup on a cold winter day especially knowing that all proceeds from the soup sales benefit our Senior Center Trust Fund and **YOU!!** Please ask our staff for information.

FOR THE "HEALTH" OF IT

"THE NURSE IS IN THE HOUSE"

WEDNESDAY, JANUARY 14 FROM 9AM – 12NOON

Our Board of Health nurse will be here to check blood pressures, discuss medications, and chat with anyone who would like to meet with her about particular medical concerns. Stop by and introduce yourself to her – you will be glad you did.

SPECIAL NOTICE — Due to some changes that will be occurring within our Department, and the uncertainty of the weather, we are limiting new programs and special large events this month but, all regular programs will continue as usual. Please stay "tuned" to our next newsletter for further details.

COMPUTER CLASSES — SIGN UP NOW

Computer classes are offered Wednesdays and Fridays. Call Gigi for info on the appropriate class for you. Seniors who have laptops, smart phones and/or tablets are welcome to bring them to the Center. We are equipped with WIFI and our instructors will assist with connecting and the use of WIFI. Call in January to sign up. We will be booking for spring classes.

**FREE FITNESS THIS MONTH AT THE SENIOR CENTER!!!
GET FIT FOR THE NEW YEAR**

ALL FITNESS CLASSES ARE FREE DURING JANUARY

A very important part of our Center is keeping everyone healthy, active and connected. This month, in an effort to get everyone moving after the holidays, we will feature our fitness classes for free for Township Seniors. If you are currently participating in any one of our fitness classes or if you want to try a new class — all classes are free. If you are new to our Center and are considering adding exercise to your life...now is the time to try a class. Once you try it — we know you will like it. Meet the instructors and discuss your own objectives and goals for your level of ability. Get "connected" now to a healthy lifestyle. If you need further information, call Gigi. Make a New Year's resolution to let 2015 be the year of change for you — get in shape now. Refer to page 5 for a full description of all of our fitness programs.

**MEN'S DAY OUT AND "NEW YEARS" BREAKFAST
THURSDAY, JANUARY 8 AT 10AM**

Our "Men's Breakfast" meeting is a great time for men to get together to exchange resolutions, thoughts, share concerns, get information or just enjoy an opportunity to spend time talking with other men and making new friends. Call Gigi for reservations.

**MOVIE MATINEE — "AND SO IT GOES"
RATED PG-13 — DUE TO STRONG LANGUAGE
WEDNESDAY, JANUARY 21 AT 1:00PM
(PLEASE NOTE EARLY START TIME)**

Realtor, Oren Little (Michael Douglas), is hated by many and prefers it that way. He is deliberately mean to everyone and wants nothing more than to sell his final house and retire. Oren's life turns upside down when his estranged son drops off a granddaughter who he didn't know existed. Not knowing how to take care of a child, he pawns the girl off to his neighbor, Leah (Diane Keaton) but, eventually learns how to open his heart. Get that warm cozy feeling on a cold January afternoon with this feel good movie. Lunch will be served at 11:30am. **Deadline for transportation is 11:30am Tuesday, January 20.**

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 – Free for January

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

Donation – Free for January

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 – Free for January

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 – Free for January

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 – Free for January

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 – Free for January

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 – Free for January

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