

A MONTHLY PUBLICATION OF NEPTUNE TOWNSHIP DEPARTMENT OF SENIOR SERVICES AND SENIOR CENTER 1607 CORLIES AVENUE NEPTUNE, NJ 07753

ROSEMARY GRAY, DIRECTOR KRISTINA TORRES, ACTING DIRECTOR 732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

## JUNE 2016

OFFICE HOURS 8:00am-4:00pm

PROGRAM HOURS 9:00am-3:00pm

## EADLINE NE

**An Italian Buffet Benefiting St. Jude** 

> \$20 ADMISSION "Tricky-Tray" Gift Baskets **DJ: Country Thunder**

Thursday, June 9th, 2016 from 5-8pm **Neptune Township Senior Center** 

For more information, please contact Carol Ayoub at (732)774-2202 or via email at cayoub1@verizon.net

You can purchase tickets in advance at:

- Neptune Library
  - Senior Center





Finding cures. Saving children.



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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.

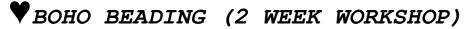




## **SPECIAL NOTICES**

#### UPCOMING SUMMER WORKSHOPS WITH ALI AND TENA

SEATING LIMITED - CALL GIGI TO RESERVE



WEDNESDAY, JUNE 22 FROM 1:00-3:00PM WEDNESDAY, JUNE 29 FROM 1:00-3:00PM

DONATION - \$5.00 PER PERSON FOR SUPPLIES

Learn how to make beads using alternative materials such as paper and fabric. Once the beads are made, learn how to incorporate them into a piece of unique jewelry such as necklaces, bracelets and earrings.

#### ♥BUILD A WREATH (2 WEEK WORKSHOP)

WEDNESDAY, JULY 6 FROM 1:00-3:00PM WEDNESDAY, JULY 13 FROM 1:00-3:00PM DONATION - \$5.00 PER PERSON FOR SUPPLIES

Design and create your own personal wreath for your door or hearth. Create a wreath that expresses your personality.

#### **▼** TAPESTRY WEAVING (4 WEEK WORKSHOP)

WEDNESDAY, JULY 27 FROM 1:00-3:00PM
WEDNESDAY, AUGUST 3 FROM 1:00-3:00PM
WEDNESDAY, AUGUST 10 FROM 1:00-3:00PM
WEDNESDAY, AUGUST 17 FROM 1:00-3:00PM
DONATION - \$10.00 PER PERSON FOR SUPPLIES

Learn the basics of tapestry loom weaving, designs, composition, and various weaving techniques.



#### SPECIAL NOTE



PLEASE REGISTER FOR ONE WORKSHOP ONLY. IF YOU WANT A SECOND WORKSHOP, WE'LL PUT YOUR NAME ON A WAITING LIST.

SEATING IS LIMITED.



#### SUMMER BEGINS ON MONDAY, JUNE 20



#### MANY THANKS TO OUR DONORS

♥ THANK YOU FOR THE MONETARY DONATIONS:

Irene Brew, Elizabeth Chbosky, Regina and Tom Donohue, BettyLu Johnson, and Tammy and George Reid.

#### ♥ THANK YOU FOR THE SUPPLIES AND GOODIES:

Don Bartlett, Catholic Men for Jesus Christ, Diane Curley and Susan Waters, Terry Dahill, Victor D'Anna, Regina & Tom Donohue, Virginia Ferrante, Ed Finlay, Forever Young Group, Ed Halpin, Helen Haugabrook, Joan Hunziker, Helen McCahill, Carol McDonald, Liz Mustillo, ShopRite, Barbara Tatulis, Rosemary and Dan Topar, Stella Young, 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!!!



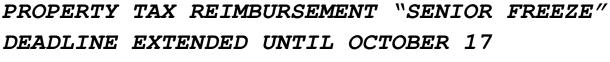




#### FOREVER YOUNG CLUB OPEN FOR NEW MEMBERS

Our women's "Forever Young" club is now open to anyone interested in joining. The women meet on the second and fourth Thursday of each month. For further information about this club, please contact Gigi at the Center.

## DEADLINE EXTENDED UNTIL OCTOBER 17



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 eligibility requirements. The deadline for the Property Tax Reimbursement "Senior Tax Freeze" program is June 1. If you think you may be eligible for the "Senior Freeze" or need further info, call 1-800-882-6597 or call Ryan at the Center.

4 VISIT US ON THE WEB AT WWW.NEPTUNETOWNSHIP.ORG



### **SPECIAL PROGRAM NOTICES**



## MOVIE MATINEE - "CREED" (RATED PG-13) WEDNESDAY, JUNE 22 AT 1:00PM

Adonis Johnson, the son of world heavy weight champion Apollo Creed, heads to Philadelphia in search of Rocky Balboa (Sylvester Stallone), Apollo's fierce rival who became Rocky's closest friend. Once Adonis finds Rocky, he tries to convince him to become his trainer. Despite Rocky's insistence that he has given up boxing for good, Rocky sees the same strength and determination that he saw in Apollo and agrees to train Adonis even though he is battling something deadlier than anything he has ever faced in the ring. Will Adonis develop the drive and the heart of a true fighter, in time to get into the ring?

Deadline for transportation is 11:30am Tuesday, June 21.

DANCE RECITAL

PRESENTED BY

THE ROBIN McGILL

SCHOOL OF DANCE

FRIDAY, JULY 8 AT 11AM

Robin McGill and 50 of her dance students from her dance studio will present a summer recital entitled, "School Days" at our Center. The recital will feature dance routines that will amaze you. Join us for a fabulous show.



"GENEOLOGY 101"

PRESENTED BY

BEVERLY YACKEL,

MONMOUTH COUNTY

GENEOLOGY SOCIETY

TUESDAY, JULY 12 AT 10AM

Looking for information about your relatives? Beverly will show you how to find your answers. During this 2-hour workshop, you will learn how to begin your family research, record your findings, collect vital records, and how to use online databases to trace your family tree.

Register with Gigi.





#### PRIMARY ELECTION - TUESDAY, JUNE 7 DON'T FORGET TO VOTE!



SHARK RIVER HILLS COMMUNITY GARAGE SALE JUNE 3 - JUNE 5 9AM-3PMCALL 732-988-5200 FOR FURTHER INFO.



MONMOUTH COUNTY **OFFERS** PAPER SHREDDING SATURDAY, JUNE 18 9AM-1PMNEPTUNE TOWNSHIP DEPARTMENT OF PUBLIC WORKS 2201 HECK AVE.

#### DEFENSIVE DRIVING WORKSHOP PRESENTED BY AARP



WEDNESDAY, JUNE 15 & WEDNESDAY, JUNE 22 FROM 9AM-12PM Become eligible for a reduction in your car insurance by completing the full 2-day training. Following the completion of the course, participants can apply to their insurance companies for a 5% or more discount and have 2 points removed from their license. Participants must have a valid New Jersey drivers license. The fee for this workshop is \$15.00 for AARP members and \$20 for non members. Fee for the workshop is due at the time of reservation. Payments must be cash only and exact change is requested. Seating is limited to 20 people. Deadline for reservations is Friday, June 10.

#### SUMMER CHORAL CONCERT

Our Senior Center chorus will be performing a summer recital at Francis Asbury in Ocean Grove Thursday, July 14 at 1:30pm.

\*\*EVERYONE IS WELCOME TO ATTEND



#### JUNE IS MEN'S HEALTH AWARENESS MONTH



## HEALTH, WELLNESS AND FITNESS FOR ALL DON'T MISS THE ACTION!!

## "THE NURSE IS IN" WEDNESDAY, JUNE 8 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 "PROSTATE HEALTH" PRESENTED BY SPEAKERS, RICH GUILFOYLE AND DONALD BLUE THURSDAY, JUNE 16 AT 10AM Prostate cancer is the most

Prostate cancer is the most common cancer among men (after skin cancer) but, it can often be treated successfully.

Whether you're worried about developing prostate cancer, making a decision about treatment or trying to stay well after treatment, Rich and Don can help you. Enjoy a great breakfast and get all the info you need about this very important topic. Call Gigi to reserve your seat.

## FITNESS VIDEOS NOW AVAILABLE

When a fitness class is cancelled due to the instructor's need to cancel the class, the Center will now offer a fitness video that you can exercise to while the instructor is out. Each video will pertain to the particular class that has been cancelled. A pre-registration is still required and a fitness waiver must be signed by any new participant. Members who are transported for classes, are asked to inform the staff if you do not wish to attend the video class so that your transportation reservation can be cancelled.



#### FITNESS CLASSES LISTING FOR ALL LEVELS

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



#### 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 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 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. TRY IT NOW!

#### "EXERCISE THROUGH ARTHRITIS" 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 PATTY

#### 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.

#### FEELING GREAT VIDEO - Wednesdays at 10:30am

Great fun, good chair exercises...give it a try.

#### YOGA WITH MARIA

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

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



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.

#### Rosemary Gray, Director Kristina Torres, Acting Director

<u>Programming</u> Gigi Johnson - Coordinator

<u>Transportation Services</u>

John Lalanas - Coordinator/Driver

Linda Dietz- Driver

Robert White - Driver

Custodial Services
Ralph Parkman
Constant Saraison

<u>Dining Services</u>

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

**Outreach Services** 

Ryan Ugrovics, CSW

Administrative Office

Michelle Bivens, Administrative Assistant
Carina Santos, Departmental Secretary

#### RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855

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