



# SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND SENIOR CENTER  
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*Happy  
Grandparent's  
Day  
September 7<sup>th</sup>*

**8:30am - 4:30pm  
Office Hours**

**SEPTEMBER 2014**

**9:00am - 3:30pm  
Program Hours**

## **NEPTUNE COMMUNITY DAY SATURDAY, SEPTEMBER 20 FROM 12-4PM**

Mayor Dr. Michael Brantley and the Neptune Township Committee, invite you to join the celebration of our Community on September 20 when Neptune Recreation presents the biggest **Neptune Community Day Celebration** ever. The celebration will be held behind town hall with attractions near the library and front lawn. Food, crafts, petting zoo, music, information booths, fun and more. Bring the family! Don't forget to visit our Senior Center display booth. *Hope to see you then.*



# *Happy Labor Day!*



## **IMPORTANT HEALTH ALERT FOR BABY BOOMERS AND ALL ACTIVE AGING ADULTS**

The CDC, Rutgers, and professionals at NJ AIDS/HIV/STD hotline have released the following information. Please read on!

### **NEWS HEADLINE — THE SILENT EPIDEMIC WHY BABY BOOMERS SHOULD GET TESTED FOR HEPATITIS C**

Hepatitis C is a silent epidemic affecting the "baby boomers". While anyone can contract it, more than 75% of adults infected with Hep C were people born from 1945-1965. Many do not realize they have the disease and live for decades without symptoms. This is a serious liver disease, a leading cause of liver cancer, and is spread primarily thru blood to blood contact. For info, go to [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) or call 1-800-624-2377.

### **NEWS HEADLINE — UNPROTECTED SEX AND THE SINGLE SENIOR STD RATES SOAR IN AGING POPULATION**

"Today's retirement communities and assisted living facilities are more like college campuses than one may think." Older adults live longer and stay sexually active in later years; and maturing in age, does not lessen one's risk of contracting sexually transmitted diseases (STD's) including HIV. Many feel they do not have to worry about "protection", but that is a myth. STD rates are soaring among sexually active seniors. Go to [www.njhivstdline.org](http://www.njhivstdline.org) or call 1-800-624-2377 for info.

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

## **NEPTUNE PARTICIPATES IN AMERICA'S "PREPARE-A-THON" TUESDAY, SEPTEMBER 30 FROM 5-8PM**

### **THE LOCATION WILL BE ON "THE CONCOURSE" NEAR THE RIVER**

FEMA has invited all towns to participate in a "Day of Preparedness". Neptune OEM and it's local partners (including us) will offer demonstrations, food, displays, giveaways, safety information and much more in an effort to spread the message, "be informed, be prepared, stay safe". This special event is part of a first ever nation-wide effort. Don't miss the opportunity to learn more about our Township's "preparedness". Join us.

## **FLU VACCINES AT CENTER – NO APPOINTMENTS NEEDED WEDNESDAY, OCTOBER 29 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.

## **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 2014 tax returns at our Center. Training is provided by AARP tax trainers so that you can become a certified IRS tax counselor for seniors. To become part of our tax team you must be able to volunteer 4 hours, 2 times/week, February – April 15. Interested? Call the Center.

## **CONGRATULATIONS SENIOR CENTER ART SHOW WINNERS**

The winners are as follows:

► **Monmouth County Fair Art Show** – 1st Place Ceramics, Perla Patricio, 2nd Place Ceramics, Ann Marie Catania, 2nd Place Glass Mosaics, Perla Patricio. Rosa Lee McNair and Lorrie Mileham received Honorable Mention Ribbons.

► **Monmouth County Division on Aging Art Show** – 1st Place Acrylic Pro, Ed Ahlstrom, 1st Place NonPro Crafts, Jerry Corvo, 2nd Place, NonPro Crafts, Lorrie Mileham, 2nd Place NonPro Oil, Marilyn Shotwell, 2nd Place NonPro Watercolor, Patricia Supplee, Acrylic Non-Pro 3rd Place, Erika Hogan, 3rd Place Photography Pro, John Lallanas, Honorable Mention Mixed Media, Perla Patricio.

## **THANKS TO OUR MANY DONORS**

### **► MANY THANKS for the monetary donations:**

Anne Alling, Joan & George Alpert, Evelyn Bedell, Joan & Anthony Cruz, Celeste DeCapua, Dolly & Richard Driscoll, George Heyson, Susan Mead, and Areatha Sims.

### **► MANY THANKS for the donations of supplies and "goodies":**

Evelyn Bedell, Barbara & Bob Boesch, Mary & Ron Carr, Catholic Men for Jesus Christ, Ann Ciccone, Joan & Anthony Cruz, Tom Donohue, Virginia & Tom Faust, Alice Fiorillo, Forever Young Group, Toshie Gleason, Ed Halpin, Joan & Jim Keleigh, Neville Largie, Susan Mead, Sally Neal & Neala Mandel, Hyancinth McGuinness, Stuart Monk, Shannon Nelson, Debra Paster, Dee Reinhold, Theresa Repetti, Theresa Scalcione, Barbara Schaer, ShopRite, Anne Sibole, Sue Solakian, Wegmans, and Marie Wortman.

# CENTER SPECIAL EVENT NOTICES

**2ND ZUMBA CLASS TO START SEPTEMBER 9 FROM 1-2PM**  
In response to your requests, our wonderful Fitness Instructor Patty Roslonski will be starting a 2nd Zumba class for our center. We will need at least 10 people in class regularly. Please signup with Gigi. Registration is required for this class. Donation is \$3.00 per class.

**"TOTAL BODY SOLUTION – EXERCISING THRU ARTHRITIS" PRESENTED BY SUZANNE PARCHMENT, CERTIFIED TRAINER WEDNESDAYS AND FRIDAYS FROM 1-2PM**  
A fun-filled, interactive, educational/fitness 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. Seating limited. Reservations required.

**BEGINNERS BRIDGE LESSONS STARTING MONDAY, SEPT. 8 FROM 1:30PM-3:30PM FOR 6 WEEKS**  
Learn the basics of beginners bridge and join our bridge group for weekly games. Reservations are required for the class and must be made with Gigi. Open to Township Seniors only.

**"MEXICAN DOMINOES" PREMIER AT CENTER LESSONS WILL BE OFFERED ON FRIDAYS AT 1:30PM**  
A new game – a new twist on an old favorite. It's Mexican Dominoes. Interested players wanted. Learn the newest craze in game playing. Call Gigi to sign up.

**HAVE YOU HEARD OF "SPITE AND MALICE"?**  
"Spite and Malice" is a fun-filled card game. The main object is to WIN! We have had an offer from someone who is interested in playing and teaching. If you are familiar with the game, call Gigi to sign up. If you do not know the game, call Gigi and let her know you are interested in learning. Card games are usually Friday afternoons and some Wednesdays. Join the fun – It's "Spite and Malice".

**BOWLERS WANTED FOR OUR SENIOR BOWLING LEAGUE TUESDAYS 9:30-11:30AM AT SHORE LANES**  
Join the fun – it's great exercise. Just \$7.00 per week allows you to play 3 games, receive bowling shoes, receive a senior center bowling shirt and be included in a great holiday party and spring luncheon. Seasonal attendance is okay. Members' ages range from 60-93 years old. No experience – not to worry! Beginners welcome. Call Gigi for info.

**CELEBRATE AUGUST AND SEPTEMBER BIRTHDAYS**  
**"ISLAND LUAU" WITH SPECIAL GUEST KAREN EMSLIE**  
**DANCE MUSIC BY DJ TOMMY LYNCH**  
**WEDNESDAY, SEPTEMBER 17 AT 11AM**

Celebrate August/September birthdays - join us for an island luau. Great music with a performance that will have everyone "moving". Everyone is welcome to come even if you are not celebrating a birthday. If you have a birthday in August or September, let us know when you make a reservation. Reservations required for lunch. **Donation is \$4.00. Seating limited.**

**MOVIE MATINEE — "PHILOMENA" (RATED PG)**  
**WEDNESDAY, SEPTEMBER 24 AT 1:30PM**

Academy Award Winner Dame Judi Dench, stars in this academy award winning movie. A world weary political journalist discovers the story of a woman's search for the long lost son that was taken away from her decades ago when she was an teenager in a catholic woman's convent. This incredibly moving true story takes them on a journey of discovery that leads to America and her son's fate. A riveting beautiful movie not to be missed.

**MEN'S DAY OUT - INCLUDES BREAKFAST AND MORE!**  
**NEXT MEETING — THURSDAY, SEPTEMBER 25 AT 10AM**

Our monthly "Men's Breakfast" meeting is a time for men to get together to exchange thoughts, share concerns, get information or just enjoy an opportunity to spend time talking with other men. Come with your friends or meet new friends over breakfast. Call Gigi for reservations.

**HOLD THE DATES — OCTOBER 27 OR NOVEMBER 3**  
**POSEIDON EARLY COLLEGE HIGH SCHOOL STUDENTS**  
**WILL PRESENT THE FOLLOWING WORKSHOPS FOR OUR SENIORS**  
**BECOME A SAVVY SMARTPHONE USER — OCT.27, 1:30-2:30PM**  
**INTRO TO SOCIAL MEDIA — NOV.3, 1:30-2:30PM**

More information will follow in next newsletter or call Gigi. Reservations required — seating is limited.

**SIGN UP FOR THE "HEALTH OF IT"**  
**MERIDIAN HEALTH EDUCATION CENTER PRESENTS**  
**VASCULAR SCREENINGS FOR SENIORS**  
**WEDNESDAY, SEPTEMBER 10 FROM 9:00AM-4PM**

**Screenings held at the Center by appointment ONLY.**  
**Pre-registration required. Call Meridian at 1-800-560-9990 to register. Registration Fee: \$25.00 Payable to Meridian Health.**  
AngioScreen is a revolutionary new vascular screening designed to provide you with info about your circulation and risk for heart attack and stroke. Your 15 minute screening includes: Carotid Artery Ultrasound, Peak Systolic Velocity, Ankle Brachial Index, Blood Pressure, Abdominal Aortic Aneurysm, Body Mass Index, Heart Rhythm and a color report with results.

## ***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)***

***Classes free***

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.