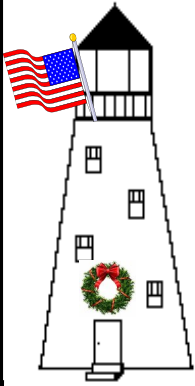


# SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND SENIOR CENTER



1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

BRIAN T. BUTCH, MDIV, MSW, MA, LCSW  
DIRECTOR

732-988-8855

WWW.NEPTUNETOWNSHIP.ORG



**OFFICE HOURS**  
8:00am-4:00pm

**PROGRAM HOURS**  
9:00am-3:00pm

## HEADLINE NEWS



### TOWNSHIP ELECTION CONGRATULATIONS

Congratulations to our newly elected Township Committee members, Carol Rizzo & Robert Lane, Jr.

The public is invited to attend the Township Committee's Annual Reorganization meeting at the Municipal Complex on January 1.

For info, call 732-988-5200.

### HAPPY HOLIDAYS FROM OUR FAMILY TO YOURS

 Brian T. Butch, Director  
 Kristina Torres, Deputy Director  
Michelle Bivens, Administrative Assistant  
Carina Santos, Departmental Secretary  
Gigi Johnson, Recreation Coordinator  
Ryan Ugrovics, Outreach Coordinator  
John Lalanas, Transportation Coordinator  
Robert White, Bus Driver  
Linda Dietz, Bus Driver  
Fred Kern, Bus Driver  
Teresa Richard, Kitchen Manager  
Jennifer Nurse, Kitchen Aide  
Deborah Carbone, Kitchen Aide  
Ralph Parkman, Maintenance  
Constant Saraisson, Kitchen Aide/Custodian  
Greg LaFrance, Kitchen Aide/Custodian  
Alison Bowie, Ceramics Instructor  
Lisa Hall, Yoga Stretch Instructor  
Tena Laffey, Art Instructor  
Maria McKeon, Yoga Instructor  
Suzanne Parchment, Fitness Instructor  
Dan Pienciak, Tai Chi Chih/Choral Instructor

PLEASE REFER TO  
INSERT PAGE  
FOR  
A  
SPECIAL MESSAGE  
FROM  
*Our New  
Senior Center  
Director*

*Brian T. Butch*



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Calendars for lunch menu, shopping, activities, programs and fitness classes are included as inserts.

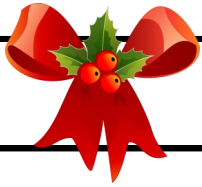


Neptune Township Department of Senior Services and Senior Center is funded in part by a grant from Monmouth County Division on Aging under Title III of the Older Americans Act and does not discriminate in violation of federal regulations.

### NEW NEWSLETTER LOGO AND TITLE CONTEST

The winning entry will be the new logo and title of our newsletter. Stop by the Center to submit your entry or to get further contest details. Contest deadline is December 16.

Visit us on the web at [www.neptunetownship.org](http://www.neptunetownship.org)



# SPECIAL NOTICES



## COMMUNITY-WIDE HOLIDAY CELEBRATIONS

### COMMUNITY HOLIDAY TREE LIGHTING

**VOLUNTEERS PARK — S. RIVERSIDE DR. SHARK RIVER HILLS**  
**THURSDAY, DECEMBER 1 AT 6PM**



### OCEAN GROVE ANNUAL TREE LIGHTING

**AUDITORIUM SQUARE PARK — OCEAN GROVE**  
**SATURDAY, DECEMBER 10 TIME TO BE DETERMINED**



### **SOCIAL WORKER AVAILABLE MONTHLY AT SENIOR CENTER**

If you need assistance from a Licensed Social Worker, Prem Singh, from the Monmouth County Division of Social Services, is available at our Center monthly. Prem has her masters degree and provides counseling in addition to assisting with information about Medicaid, financial assistance, food stamps, homecare, etc. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Ryan for an appointment.



### **LEGAL HELP OFFERED AT THE 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 Senior Center to schedule your appointment. Complex matters or lawsuits may need to be





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!



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***MEN'S BREAKFAST  
CANCELLED  
FOR THE HOLIDAYS***



***MOVIE MATINEE  
CANCELLED  
FOR THE HOLIDAYS***

***WORLD CHANGERS  
APPLICATIONS  
NOW AVAILABLE***

The World Changers will return to Neptune in July, 2017. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or for further information, contact Ryan or Kris at the Center. Applications are also available online at:

[www.neptunetownship.org](http://www.neptunetownship.org).



***"THE LATE EDITION" BOOK CLUB***

The Senior Center has partnered with Neptune Library and formed a monthly book club conducted by Kathy, Book Club Moderator from Neptune Library. Each month features a different topic based on suggestions of members. Call Gigi for info or to reserve your spot in the club. **Please note meeting date change for December: Our meeting will be Wednesday, December 7 at 1pm.**

***LOW INCOME HOME ENERGY ASSISTANCE PROGRAM***

Applications are now being accepted for the Home Energy Assistance Program (HEAP). 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 October 1, 2016 to April 30, 2017.

For applications or info, contact Ryan at the Center.

The monthly income limit for 2016-2017 is:

Single - \$1,952.00 and Married - \$2,655.00



All Municipal Offices and Senior Center will be closed  
Monday, December 26 for the holiday



## SPECIAL PROGRAM NOTICES

### **"NEWARK BOYS CHORUS"**

**AT THE  
ALGONQUIN ARTS THEATRE  
AND LUNCH AT THE  
PRINCESS MARIA DINER  
WEDNESDAY, DECEMBER 7  
AT 10AM**

**BUS LEAVES CENTER AT 9:00AM**

The "Newark Boys Chorus" is not to be missed. After the show, enjoy lunch on your own at the Princess Maria Diner. Donation for tickets to the show is \$9.00pp due at time of registration. **Strict refund policy.**



Seating is limited. Reservations must be made in person with Gigi.

### **HOLIDAY CHORAL CONCERTS**

Our Senior Center Chorus will be performing holiday concerts on the following dates. Everyone is welcome to attend both concerts.

**THURSDAY, DECEMBER 8  
1:30PM**

**AT  
FRANCIS ASBURY  
IN OCEAN GROVE**



**FRIDAY,  
DECEMBER 23  
10:45AM  
AT THE  
SENIOR CENTER**



### **HOLIDAY LUNCHEONS**

**TUESDAY, DECEMBER 13 AT 12NOON**

**THURSDAY, DECEMBER 15 AT 12NOON**

**DOORS TO THE CENTER WILL OPEN AT 11AM**

**Please remember that if you arrive early we will not be able to admit anyone into the building before 11AM.**

Join us for an afternoon of fun and holiday cheer. Reservations are required and can be made in person, or by phone, starting December 1 after 9:30. You may reserve for yourself and one other person. **Please choose one date only.**





**Hannukkah - Begins at sundown on Saturday, December 24**

**Christmas Day- Sunday, December 25**

**Kwanzaa - Begins on Monday, December 26**

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**ART WORKSHOP WITH  
POSEIDEN EARLY  
COLLEGE HIGH  
SCHOOL ART CLUB  
MEMBERS**

**FRIDAY, DECEMBER 16  
AT 1PM**

Join some of the Poseiden Art Club members and create different masterpieces using water colors, pastels, and more.

Reservations are required and seating is limited. Call Gigi to reserve your seat.



**MANY THANKS TO OUR DONORS**

♥ **THANK YOU FOR THE MONETARY**

**DONATIONS:** Ann Ciccone, Joan Hand, George Heyson, and Carol Wilson.

♥ **THANK YOU FOR THE SUPPLIES/GOODIES:**

Fran Barkey, Gemma Cofone, Dorothy Calandriello, Catholic Men for Jesus Christ, Diane Curley & Susan Waters, Vic D'Anna, Dick Driscoll, Tom & Regina Donohue, Tom & Ginny Faust, Forever Young, Green Grove Elementary School, Ed Halpin, Gerri Huber, Joan Keleigh, Harry Lynch & Joan Orsino, Stu Monk, Jean Ridner, Alice Singer, Barbara Tatulis, and Stella Young.

♥ **Many thanks to everyone who helped with, donated towards and supported our holiday craft sale. Your generosity and support was overwhelming.**

**MEAL DELIVERY VOLUNTEERS NEEDED AT THE CENTER**

Homebound Meal delivery volunteers are needed to help deliver lunches to homebound seniors in our community. Volunteers must drive their own vehicle and commit to one morning a week. Meals are delivered at 11am, Monday thru Friday. Call Ryan or Kris for further info.

**VOLUNTEER BASKET MAKING INSTRUCTOR NEEDED**

Can you help us? A volunteer instructor is needed to oversee and teach our basket making class the basic techniques of basket making. Our basket class meets every Monday of the month at 10am here at the Center. Contact Gigi for further info or if you are interested in helping us.







**"THE NURSE IS IN"  
WEDNESDAY, DECEMBER 7  
9:00AM – 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.



**SPECIAL CLASS AND PROGRAM NOTICES**



*For inclement weather notices, cancellations and closings, tune to radio stations 94.3FM The Point, 92.7 WOBN FM, 1160 WOBN AM or 101.5FM or go online to 943thepoint.com and go to Storm Watch.*

**★★★★★★**

*Due to our many holiday events, we ask that you please refer to our calendar pages for class cancellations and program changes.*

**ALL FITNESS CLASSES WILL  
BE FREE IN JANUARY**

Our fitness classes will be offered for free for Township Seniors for January. If you are currently participating in any one of our fitness classes or if you want to try a new class – all classes will be free. Contact Gigi for further info.

**ALL CLASSES REQUIRE REGISTRATION AND FITNESS WAIVERS.**

**REFER TO CALENDAR PAGES FOR  
CLASS SCHEDULES AND INSTRUCTORS.**





## ***FITNESS CLASSES LISTING FOR ALL LEVELS***



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

### **PUMP IT UP WITH SUZANNE 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 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 a gentle exercise or for those who are looking for increased 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***

***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 SUZANNE**

***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.





# Neptune

Township - NJ

*Where Community, Business & Tourism Prosper*

**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.**

**Brian T. Butch, MDIV, MSW, MA, LCSW**

**Director**

**Kristina Torres, Deputy Director**

**Programming**

**Gigi Johnson - Coordinator**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**John Lalanas - Coordinator/Driver**

**Linda Dietz- Driver**

**Robert White - Driver**

**Fred Kern - Driver**

**Custodial Services**

**Ralph Parkman**

**Constant Saraison**

**Dining Services**

**Teresa Richard - Manager**

**Jennifer Nurse - Aide**

**Deborah Carbone - Aide**

**Administrative Office**

**Michelle Bivens, Administrative Assistant**

**Carina Santos, Departmental Secretary**

RETURN SERVICE REQUESTED

PRST STD  
U.S. POSTAGE  
PAID  
RED BANK, NJ  
PERMIT #607

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