



SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
ROSEMARY GRAY, DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG

Happy
Holidays



8:30am - 4:30pm
Office Hours

DECEMBER 2014

9:00am - 3:30pm
Program Hours

HAPPY HOLIDAYS TO EVERYONE!!

JOIN US FOR OUR HOLIDAY CELEBRATIONS

TUESDAY, DECEMBER 16 AND THURSDAY, DECEMBER 18

PLEASE CHOOSE ONE DATE ONLY – DOORS OPEN AT 11AM

Our annual "holiday parties" are back and bigger than ever. If you're not familiar with these events, parties include a band, dancing, holiday music, great food, guests, gifts and holiday cheer. Reservations are required and can be made in person or by telephone starting Tuesday, December 2 after 9:30.

You may reserve for yourself and one other person.

If you wish to sit with friends at the party, and want us to reserve a table for you, please make sure that your tablemates make their own reservations. Then choose a spokesperson for your table, and the week before the party, have the spokesperson bring your table list to Gigi.

There is a limit of 8 seats per table and you may only reserve one table. We'll do our best to accommodate you.

Parties usually fill quickly – so if you make a reservation and need to cancel, please notify us immediately. Reservations are not transferable to others – we always have a waiting list.

FROM OUR FAMILY TO YOURS

WE HOPE THAT YOUR HOLIDAYS ARE HAPPY AND HEALTHY!

HAPPY HANUKKAH – BEGINS DECEMBER 16

MERRY CHRISTMAS – DECEMBER 25

HAPPY KWANZAA – BEGINS DECEMBER 26

HAPPY NEW YEAR – JANUARY 1, 2015

SPECIAL NOTICE!!

**TOWNSHIP OFFICES CLOSED FOR THE HOLIDAYS ON
DECEMBER 25 AND 26 & JANUARY 1 AND 2.**

**TOWNSHIP REORGANIZATION MEETING AND RECEPTION
THURSDAY, JANUARY 1 AT 12NOON
CONGRATULATIONS AND GOOD LUCK TO
COMMITTEEMAN KEVIN MCMILLAN
ON HIS RE-ELECTION TO THE NEPTUNE TOWNSHIP COMMITTEE.**

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

COMMUNITY-WIDE HOLIDAY CELEBRATIONS

**HOLIDAY TREE LIGHTING AND CAROLING
JERSEY SHORE PERFORMING ARTS CENTER
OCEAN GROVE**

MONDAY, DECEMBER 1 AT 6:30PM

**COMMUNITY HOLIDAY TREE LIGHTING
VOLUNTEERS PARK – SOUTH RIVERSIDE DR.
SHARK RIVER HILLS**

WEDNESDAY, DECEMBER 3 AT 6PM

**HOLIDAY TREE LIGHTING
MIDTOWN COMMONS PARK – WEST LAKE AVE
NEPTUNE**

THURSDAY, DECEMBER 4 FROM 6-7:30PM

**OCEAN GROVE ANNUAL TREE LIGHTING
AUDITORIUM SQUARE PARK
OCEAN GROVE**

SATURDAY, DECEMBER 13 AT 6PM

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 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.

CENTER SPECIAL NOTICES

A WARM WELCOME TO TENA LAFFEY OUR CENTER'S NEW ART INSTRUCTOR

We are pleased to introduce you to our new Art and Creative Expressions Instructor, Tena Laffey. Tena will be introducing new projects, new techniques and new ways to help participants explore their creative talents in art. If you like to paint, draw, or just want to engage in a relaxing new hobby, then Tena's classes are for you. No experience is needed. Our classes are open to amateurs or professionals and are currently offered on Tuesday mornings and all day Thursday. Let Tena help you unleash your "inner-artist" or help you just improve your artistic abilities. Call Gigi and get further information for class reservations. Stop by and meet Tena anytime. You will be glad you did.

THANKS TO OUR MANY DONORS

► ***MANY THANKS to the following for their monetary donations:***
Shirley and Ted Bell, Joan and Anthony Cruz, Celeste and Frank DeCapua, Jr, Ruth and Michael Harrigan, Susan Mead, George Saba, and Delphine Whittaker.

► ***MANY THANKS to the following for their donations of supplies and "goodies":***
Lenora Alston, Jean Anderson, Don Bartlett, Evelyn Bedell, Louise Bellucci, Arlene Carlson, Catholic Men for Jesus Christ, Silvia and James Daniels, Lucille Donahue, Thomas Donohue, Linda Ely, Tom Faust, Virginia Ferrante, Forever Young Group, Howie Freeman, Dorothy and Robert Frost, Angela and George Germann, Toshie Gleason, Ed Halpin, Joan Hunziker, Michele Kritsky, Margrit Leonard, Stuart Monk, Mary Moore, Perla and Franco Patricio, Barbara Roe, Phil Salimony, Marilyn Shotwell, Alice Singer, Barbara Tatulis, and Maxine Zea.

FOR THE "HEALTH" OF IT "THE NURSE IS IN THE HOUSE"

WEDNESDAY, DECEMBER 10 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.

HOLIDAY REMINDERS

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

FOR INCLEMENT WEATHER NOTICES AND CLOSINGS

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

SPECIAL HOLIDAY PROGRAM NOTICES

HOLIDAY CRAFT AND BAKED GOODS SALE

SHOP WITH US FOR THE HOLIDAYS

DECEMBER 8-12 FROM 9AM – 3:30PM

We are busily preparing for our annual Holiday Craft and Baked Goods Sale at the Center. This sale benefits our Senior Trust Funds and ***YOU***. We hope that you will stop by and shop for the holidays with us. We will have Teresa's homemade soups available for sale, as well as new creative work from our art classes, handmade crocheted and knitted items from our "Knitwits", beautiful holiday trees and ceramic pieces from our ceramics classes, award winning handmade baskets, original wood carvings, homemade baked goods and so much more. Please help support your Center and this wonderful holiday tradition.

HOLIDAY LUNCH AT CULINARY SCHOOL

GREAT HOLIDAY TRIPS (PLEASE CHOOSE ONE DATE ONLY)

TUESDAY, DECEMBER 2 OR TUESDAY, DECEMBER 9

Bus leaves the Center at 11am. Lunch is \$10.00 per person and must be paid on the bus the day of the trip. ***EXACT CHANGE IS REQUIRED. Reservations are required. Seating is limited.***

HOLIDAY DANCE RECITAL

PERFORMED BY THE NEPTUNE HIGH SCHOOL DANCE TEAM

FRIDAY, DECEMBER 5 AT 11AM

We are very excited to bring to you the Neptune High School Dance Team and their holiday show. (A special dancer will perform - ***so do not miss the fun***).

MEN'S DAY OUT - CANCELLED FOR DECEMBER

NEXT BREAKFAST - JANUARY, 2015 (DATE TO BE DETERMINED)

Due to the busy holiday schedule that everyone keeps, our Men's Breakfast Group has decided to cancel the meeting for December. Our next meeting will be held in January. Meeting details will be in our January newsletter.

SENIOR CENTER CHORAL GROUP TO PERFORM

► ***FRANCIS ASBURY MANOR*** – Monday, December 22 at 1:30pm

► ***NEPTUNE SENIOR CENTER*** – Wednesday, December 24 at 11am.

(Special note – an early lunch will be served Christmas Eve Day at the conclusion of the program).

GABLES SCHOOL HOLIDAY RECITAL

FRIDAY, DECEMBER 12 AT 10:45AM

Join us for a morning of holiday music when the 4th and 5th grade students from the Gables School perform at our Center. There is nothing like the sound of childrens' voices, especially during the holidays. Don't miss the fun.

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)

Free will donation

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.