



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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WWW.NEPTUNETOWNSHIP.ORG

*Happy
Holidays*

8:30am - 4:30pm
Office Hours

DECEMBER 2015

9:00am - 3:30pm
Program Hours

CONGRATULATIONS

ASSEMBLYMAN-ELECT ERIC HOUGHTALING

We will all miss working with you and wish you the best of luck in Trenton working on our behalf as our Assemblyman.

TOWNSHIP ELECTION CONGRATULATIONS

Congratulations to Dr. Michael Brantley on his re-election to our Township Committee and newly elected Township Committeeman Nick Williams. The public is invited to attend the Township Committee's annual New Year's Day reorganization meeting at the Municipal Complex. For info, call 732-988-5200.

"DOWN HOME COUNTRY HOLIDAY CELEBRATIONS"

TUESDAY, DECEMBER 15 AND THURSDAY, DECEMBER 17
CHOOSE ONE DATE ONLY, PLEASE

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.

A great band, music, food, guests, gifts, and holiday cheer. An event not to be missed. Reservations required and can be made in person, or by phone, starting December 1. You may reserve for yourself and one other person. If you want to reserve a table, please make sure that your tablemates make their reservations. Then choose a spokesperson and the week before the parties, have the spokesperson bring your table list of names to Gigi. There is a limit of 8 seats per table and we will do our best to accommodate your request. Table reservations must be made between December 4 - 11.

HAPPY HOLIDAYS FROM OUR FAMILY TO YOURS

HAPPY HANUKKAH
STARTS DECEMBER 6

MERRY CHRISTMAS
DECEMBER 25

HAPPY KWANZAA
DECEMBER 26

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

THANKS FOR THE MEMORIES BOB!!!

Bob Hodges, Volunteer Computer Instructor, is retiring from teaching our classes so he can enjoy more personal time with his family and for himself. Bob has been teaching our classes for almost 15 years and although he is leaving his classes in the hands of 2 great instructors...we will miss his guidance, support and help very much.

BEWARE OF SCAMS – PROTECT YOURSELF!

Scammers target anyone regardless of age, gender, or income level. They use many tactics to show they are "genuine". Scams cost people a lot of money along with a great deal of stress. Recent scams have included people claiming to be from JCP&L or the IRS; or, the caller, or recording, will say it is urgent to speak to you about your credit card or account. There are scams by phone and on-line so never give out personal info, do not return calls to strange numbers and do not open emails that you do not know. Protect yourself.

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 volunteer to help Seniors prepare their 2015 tax returns at our Center. Training is provided by AARP tax trainers for volunteers to become certified IRS tax counselors. Call Kris for further information.

FREE LEGAL ASSISTANCE AVAILABLE AT SENIOR 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 Center for an appointment. Complex matters or lawsuits may need to be referred elsewhere.

SOCIAL WORKER AVAILABLE MONTHLY AT OUR 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 by appointment on the 2nd Tuesday of each month from 10-12noon. Call Kris for info.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Home Energy Assistance Program (HEAP) is designed to help low-income households and/or individuals, 60 years of age or older, meet heating and medically necessary cooling costs. Application period is October 1, 2015 until April 30, 2016. For info, contact Kris or Ryan. Monthly income for 2015-2016 is:
Single - \$1,962.00 and Married - \$2,655.00

THANKS TO OUR DONORS FOR THEIR SUPPORT:

► **MANY THANKS TO JOAN AND ANTHONY CRUZ WHO SO GENEROUSLY DONATED TO OUR SENIOR CENTER TRUST FUND.**

► **THANKS TO THOSE WHO DONATED SUPPLIES AND "GOODIES":**

Evelyn Bedell, Louise Bellucci, Catholic Men of Jesus Christ, Diane Curley and Susan Waters, Forever Young Group, Edgar Halpin, Helen Haugabrook, Michel Kritsky, Jeanne Leroy, Stuart Monk, Dee Reinhold, Alice Singer, Barbara Tatulis, and Wegmans.

CELEBRATE YOUR BIRTHDAY WITH US

**STOP AT THE CENTER ON YOUR BIRTHDAY
(OR A DAY CLOSE TO YOUR BIRTHDAY)**

AND WE WILL

**HAVE A BIRTHDAY SURPRISE FOR YOU
AT THE FRONT DESK!!**



HOLIDAY CRAFT AND BAKE SALE

**MONDAY, DECEMBER 7 THRU FRIDAY, DECEMBER 11
FROM 9:00AM-3:30PM EACH DAY**

DO YOUR HOLIDAY SHOPPING WITH US!!

We are currently preparing for our annual Holiday Craft and Bake sale at the Center. This sale benefits our Senior Center Trust Fund and all of YOU. We hope that you will stop by and shop for the holidays with us and support your Center and this wonderful holiday tradition.

Please help – We need homemade baked goods for our sale.

Please speak with Gigi if you can help by baking.

If you want to donate handmade craft items please understand that we can only accept new unused handmade craft items.

Thank you.

HOLIDAY LUNCH OUTINGS

CULINARY SCHOOL IN ASBURY PARK

**THURSDAY, DECEMBER 3 AND TUESDAY, DECEMBER 8
BUS LEAVES CENTER AT 11AM**

Enjoy a sumptuous holiday meal at the Culinary School in Asbury Park. Seating limited. Bus and lunch reservations must be made in person with Gigi. Donation is \$10.00 per person at the time of reservation to hold your seat. Strict refund policy. **Bring exact change, please.** Due to limited parking at the School, everyone must ride with our bus.

**SAVE THE FOLLOWING DATES
FOR OUR DECEMBER SPECIAL EVENTS**

"THE NURSE IS IN"

WEDNESDAY, DECEMBER 9 FROM 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...CANCELLED FOR THE HOLIDAYS

MOVIE MATINEE...CANCELLED FOR THE HOLIDAYS

**HOLIDAY DANCE RECITAL
NEPTUNE HIGH SCHOOL DANCE TEAM**

FRIDAY, DECEMBER 4 AT 11AM

Don't miss this annual holiday tradition. Show our Neptune High School students your support. Come out and enjoy their holiday dance recital.

HOLIDAY CHORAL CONCERTS

THURSDAY, DECEMBER 24 AT 11AM AT OUR CENTER

*******Please note that our chorus has been invited to perform a holiday recital at Francis Asbury Manor in Ocean Grove on Monday December 21 at 1:30pm.**

Everyone is welcome to attend.*****

COMMUNITY-WIDE HOLIDAY CELEBRATIONS

COMMUNITY HOLIDAY TREE LIGHTING

**VOLUNTEERS PARK – S. RIVERSIDE DR. SHARK RIVER HILLS
WEDNESDAY, DECEMBER 2 AT 6PM**

HOLIDAY TREE LIGHTING

**MIDTOWN COMMONS PARK – WEST LAKE AVE NEPTUNE
DATE AND TIME TO BE DETERMINED**

OCEAN GROVE ANNUAL TREE LIGHTING

AUDITORIUM SQUARE PARK

OCEAN GROVE

SATURDAY, DECEMBER 12 AT 6PM

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 – \$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 tunes from the 40's, 50's, 60's....etc.

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. 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 – \$4.00(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 – \$4.00(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)

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. 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 – \$4.00(per class)

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