



# SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND SENIOR CENTER  
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**8:30am - 4:30pm**  
**Office Hours**

**JULY 2014**

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

## "CHRISTMAS IN JULY"

### "HOLIDAY BAZAAR AND FESTIVITIES" JULY 14-18

We are going to keep everyone "cool" this summer with our frosty programs including a "Frozen" matinee, a holiday movie, frosty desserts, and our first-ever "Christmas in July" craft sale July 14-18. Our "holiday bazaar" includes gifts for early holiday shopping (knitted items, ceramics, holiday trees and decorative pieces), baked goods, homemade soups and more. If you would like to donate homemade baked goods, call Gigi. All proceeds from the sale benefit our Senior Trust Fund, so please help support our, "Christmas in July".

## 2014 HURRICANE SEASON HERE

With recovery efforts still ongoing from "Super Storm Sandy", we now face the 2014 Hurricane Season and want to remind everyone that the key to safety is **AWARENESS** and **PREPAREDNESS**.

- ▶ **Know Your Risk** – Be informed of the hazards of hurricanes including winds, tides, storm surges, flooding, etc.
- ▶ **Make A Plan** – Develop a family emergency plan including communication in cases of power and telecommunication disruptions.
- ▶ **Build A Kit** – Create or update your family's emergency supply kit and keep important papers safe and handy.
- ▶ **Get Involved** – Volunteer in your community if you are able.

## CELEBRATE OUR COUNTRY'S INDEPENDENCE

**4TH OF JULY PARADE IN OCEAN GROVE – 10:30AM ON JULY 4**  
**ALL TOWNSHIP OFFICES WILL BE CLOSED JULY 4.**

## CONGRATULATIONS CYNTHIA JEFFREY – 105TH BIRTHDAY

Neptune resident Cynthia Jeffrey, who is now a resident of Neptune Rehabilitation and Care Center, celebrated her 105th birthday on June 5. Congratulations and Happy Birthday to this wonderfully wise centenarian.

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 COMMUNITY NOTICES

## ***WORLD CHANGERS RETURN TO OUR COMMUNITY***

Starting July 5, young volunteers from all over the United States will arrive in Neptune to help make improvements to homes and properties. Applications for home improvements were previously taken and approved. If you see the World Changers at work...please give them a warm Neptune Township welcome.

## ***"SENIOR FREEZE" DEADLINE SEPTEMBER 15***

The deadline for the Property Tax Reimbursement Senior Tax Freeze Program has been extended to September 15. The Division of Taxation mailed applications to current participants and others who may be eligible for the "Senior Freeze". If you did not receive a "PTR" application, call 1-800-882-6597 or call Kris or Ellen at the Center if you think you may be eligible.

## ***ATTENTION ALL VETERANS***

The Governor has authorized NJ counties to provide Veteran's ID photo cards for veterans who register their DD214 with the County Clerk's office. The ID card proves the person is a U.S. Veteran and can be used for discounts from businesses. Cards are available at the "County Connection" on Route 66. Call 732-303-2828 for info. Our bus travels to that shopping center if you need transportation. Call the Center for reservations.

## ***NATIONAL NIGHT OUT – TUESDAY, AUGUST 5 5-8PM***

Take a stand against crime. Leave your lights on and join us at the Mid-town Community School. Music and food!!

# SPECIAL CENTER NOTICES

## ***THANKS TO OUR MANY SUPPORTERS WHO SO GENEROUSLY DONATED TO OUR CENTER THIS PAST MONTH:***

- ▶ ***MANY THANKS to the following for their monetary donations:***  
Mary & Ron Carr, Joan & Anthony Cruz, Helen DeSarno, Susan Mead, Edith Reid, Arlene Weingartner.
- ▶ ***THANKS to the following individuals and organizations for donations of supplies and "goodies":***  
American Legion Post #346, Burt Beam, Maria Grace & Peter Bravman, Catholic Men for Jesus Christ, Michele D'Amato, Antoinette Ensenat, Virginia Faust, Forever Young Group, Ed Halpin, Joan Hunziker, Sally Neal & Neala Mandel, Louise Mohlenhoff, Mary Moore, Sue Radford, Tinton Falls Pastry Chef, Wegmans.
- ▶ ***SPECIAL THANKS to the NTEA Pride Committee, Neptune High School and the Gables school for the wonderful programs.***

## ***YARN DONATIONS NEEDED***

We are very proud of the volunteer efforts of our knitting/crocheting group, "The Knitwits". Our group has made and donated hats, blankets and slippers to many patients and babies in the hospital. They now need new baby yarn. We hope you can help. We need new, unused "Baby Yarn – Pounds of Love" - in full skeins with labels intact. If you can help, see Gigi.

# CENTER SPECIAL EVENT NOTICES

## **BY POPULAR DEMAND – 2ND ZUMBA CLASS TO START**

In response to your requests, our wonderful Fitness Instructor Patty Roslonski will be starting a 2nd zumba class for our center in September. Tentative plans call for class to be held Tuesdays 1-2pm. We will need at least 10 people in class regularly and ask that you sign up with Gigi. Registrations are required for this class. Donation is \$3.00 per class.

## **NEW IDEA – NEW GAME – IT'S "MEXICAN DOMINOES" LESSONS WILL BE OFFERED ON FRIDAYS AT 1:30PM**

Interested players wanted. Learn the newest craze in card playing. Call Gigi to sign up.

## **T'AI CHI CHIH – JOY THRU MOVEMENT!**

You're invited – **try T'ai Chi Chih for free this summer (July and August)** and learn the relaxing and therapeutic effects it can have on your body. The slow, smooth, gentle and rejuvenating body movements of T'ai Chi Chih can be done sitting or standing. Studies show that those who practice T'ai Chi Chih experience better health, improved balance, lower blood pressure, less stress, improved circulation, less arthritic pain, improvement in sleep, digestion and bone density. Give it a try for free!

## **"TOTAL BODY SOLUTION – EXERCISING THRU ARTHRITIS" PRESENTED BY SUZANNE PARCHMENT, CERTIFIED TRAINER WEDNESDAYS AND FRIDAYS FROM 1-2PM (INTERMEDIATE) ON WEDNESDAYS AND FRIDAYS FROM 2:30-3:30PM (BEGINNERS)**

Through an Arthritis Foundation grant, in conjunction with Neptune Recreation, we're offering 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.

## **WILD AND WACKY WEDNESDAY WORKSHOP WITH ALI GOING TO "POT" – HAND BUILDING POTTERY WORKSHOP WEDNESDAYS STARTING JULY 9 FROM 1:30-3:30PM**

Learn the basics of hand building pottery including pinching, coiling and slab work, while making functional decorative pieces. Topics taught will include composition, construction, finishing techniques, glazing and firing.

Donation is \$10.00 per person – payable when reservation is made. Reservations must be made in person with Gigi. Please bring exact change. Seating is limited. Strict refund policy – please check with Gigi when registering.

**ALL AMERICAN BIRTHDAY CELEBRATION**  
**CELEBRATE JUNE/JULY BIRTHDAYS**  
**FEATURING BILL TURNER AND BLUE SMOKE**  
**THURSDAY, JULY 10 AT 11AM**

Don your country western garb and mosey on down to the center for a fun-filled afternoon of music, great food and fun. Reservations required for lunch – call Gigi. Donation \$4.00. **Transportation reservation deadline is 11:30am the day before.**

**CHRISTMAS IN JULY CELEBRATION – HOLD THE DATES**

► **CHRISTMAS IN JULY CRAFT SALE AND BAZAAR**  
**MONDAY, JULY 14 – FRIDAY JULY 18 FROM 9AM-3:30PM**

► **A LITTLE BIT AMERICANA – A LITTLE BIT HOLIDAY!**  
**SENIOR CENTER CHORAL RECITAL**  
**MONDAY, JULY 14 AT 11AM**

Enjoy our Senior Center chorus as they help us kick off our Christmas in July celebration week. Their recital will include "A Little Americana and A Little Holiday" fun! Our chorus has been rehearsing weekly so please come out and see what they have to offer.

► **"CHRISTMAS IN JULY" MOVIE – "ANNIE CLAUS"**  
**WEDNESDAY, JULY 16 AT 1:30PM**

As part of our "Christmas in July" celebration, we will present a great family holiday movie for everyone. This enchanting movie follows Santa Claus's daughter as she embarks on her first trip away from the North Pole in hopes of finding love and adventure in California. Adventure she sure does find. Join the fun and enjoy special holiday refreshments during the movie.

**\*\*\*Coming in August** – The Academy award winning movie "Frozen".

**MEN'S DAY OUT**

**THURSDAY, JULY 17 AT 10AM**

Since our first "men's day" was such a tremendous success, we will now be holding a monthly "men's day" at the Center with various topics and speakers. This month, we will have an officer from Neptune Township Police Department discussing community policing efforts in our town. Come with your friends or come to meet new friends at 10am for breakfast followed by our speaker at 11am. Call Gigi for reservations.

**THE DANGERS OF SUGAR AND HEART DISEASE**  
**PRESENTED BY DIANE WEST, REGISTERED DIETICIAN**  
**TUESDAY, JULY 29 AT 11AM**

A very important and timely program for everyone. With diabetes on the rise, everyone can benefit from Diane's information. Learn about the dangers of sugar as it pertains to your heart.

## ***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 (Classes are free for June and July)***

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 or 2:30pm (Call Gigi for info)***

***Classes free for 1st 6 weeks***

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 – 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.