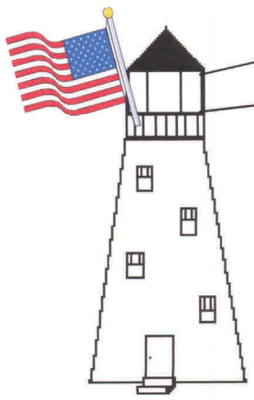

SENIOR BEACON

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

St. Patrick's Day
2015

8:30am - 4:30pm Office Hours	MARCH 2015	9:00am - 3:30pm Program Hours

MAYOR MARYBETH JAHN HOSTS MAYOR'S BALL 2015

HOLD THE DATE — FRIDAY, APRIL 17 AT 7PM

TO BENEFIT THE MADONNA HOUSE

Mayor MaryBeth Jahn has announced that she will host the 2015 Mayor's Ball at Jumping Brook Country Club in April. Call 732-988-5200 ext. 272 for information and please hold the date.

VETERAN'S MEMORIAL PARK FUNDRAISING CONTINUES

CAN YOU HELP MAKE THE DREAM COME TRUE?

The recent USO Dance at the American Legion, held to benefit the Township's new Veteran's Memorial Park on Old Corlies Ave, was a rousing success. More fundraising will continue as we move towards the goal of realizing the dream of this beautiful memorial. Pavers for the walk way are available to be purchased in memory of a loved one — call 732-988-5200 ext. 231.

PLEASE HELP INTERFAITH NEIGHBORS

"MARCH FOR MEALS FUNDRAISER"

Interfaith Neighbors, our senior meal program provider, has had their funding for the senior meal program cut by 30%. As a result of this, Interfaith has had to institute a "wait list" for seniors in need of homebound meals. There are many clients currently on the wait list who are unable to receive meals and Interfaith has asked us to help spread the word that donations are needed. Please consider making a donation to Interfaith Neighbors Meals on Wheels Program. You can donate online at www.interfaithneighbors.org/donations. For additional info about making donations, contact Kris at the Center.

DON'T FORGET TO VISIT US ON THE WEB

Go to www.neptunetownship.org and go to the Senior Center page to enjoy many memorable Senior Center moments.

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.

COMMUNITY NOTICES

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 runs from October 1, 2014 until April 30, 2015. For applications or further information, contact Kristina. The monthly income limit is as follows: Single - $1,945.00 and Married - $2,621.00

VOLUNTEERS NEEDED FOR READING BUDDIES PROGRAM

Neptune Township 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 Kris at the Center. Applications are also available online at neptunetownship.org.

CENTER SPECIAL NOTICES

UPDATE I.D. CARDS FOR 2015

All Senior Center participants are asked to update their Senior Center identification cards for 2015. ID updates start April 1. Deadline for updating is October 23. Guidelines are listed below. We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards keeps records accurately and benefits you in case of an emergency. Updating is done yearly.

- Updates are done ***9:30-11:30am or 2-3:30pm Monday thru Friday.***
- Please bring current I.D. cards when updating.
- Lost cards can be replaced once – then a $1.00 donation per card is requested for any additional lost cards.
- Updates must be done in person and require current proof of residency and emergency contact or cards cannot be updated.
- Please come prepared with doctor's name, medications and any medical info ***you want us to have on file.***
- We're sorry but, updates are not done on days when big events are scheduled, please check our calendar before coming.

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!!

CENTER OFFERS FREE INCOME TAX COUNSELING

Tax counseling is available, by appointment, for Township seniors needing help with State income tax forms, and/or Federal income tax forms. To get an appointment, please call on Mondays, Wednesdays or Fridays, from 2-3:30pm. When you come for your tax appointment, you ***must*** bring all of your current financial information and last year's tax return or our volunteers may not be able to assist you.

MANY THANKS TO OUR DONORS

► ***THANKS TO THE FOLLOWING FOR THE MONETARY SUPPORT***
Kathy Henry, and Barbara Macomber.

► ***THANKS TO THOSE WHO DONATED SUPPLIES AND "GOODIES"***
Mary and Ron Carr, Catholic Men for Jesus Christ, Jacqueline Deveaux, Emil Fortunato, Ed Halpin, Neville Largie, Neala Mandel and Sally Neal, Stuart Monk, Mary Moore, Lois Mumie, Pat Riordan, ShopRite, Dawn Thompson, and Wegmans.

SOUP SALES TO CONTINUE

Thanks to our Kitchen Manager, Teresa Richard and Kitchen Assistants, Jennifer Nurse and Debbie Carbone, for the wonderful soups they create. Our homemade "soups to go" help to raise funds for our Trust Fund and "sales" have been good. Donations to our trust fund are essential and we hope we can count on you for your continuing support.

IMPORTANT NOTICE FOR FITNESS CLASS PARTICIPANTS
PLEASE NOTE DONATION SCALE INCREASE

Due to budget constraints that we are facing for 2015, the suggested donation for our 1 hour exercise classes has been increased to $4.00. Our new "Arthritis" class will now have a $3.00 donation. Our "Shape Up Sitting Down" classes which are 30 minutes (instead of 60 minutes) will now have a $2.00 donation per class. Please remember that these are requested donations and we ask that you give what you can, if and when you can. Thank you for your understanding and support as we continue to strive to bring you the finest quality exercise and fitness programs.

COMPUTER CLASSES — SIGN UP NOW FOR SPRING CLASSES

Computer classes offered Wednesdays and Fridays. Call Gigi for info on the class for you. Seniors who have laptops, smart phones and/or tablets are welcome to bring them to the Center for our Wednesday classes. We are equipped with WIFI and our instructors will assist with connection and use of WIFI.

FOR THE "HEALTH" OF IT — "THE NURSE WILL BE IN"

WEDNESDAY, MARCH 11 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 you will be glad you did.

FIRE SAFETY FOR HOME AND FAMILY

PRESENTED BY DOUG ROWELL, NEPTUNE TWP.FIRE OFFICIAL

THURSDAY, MARCH 12 AT 11AM

Doug will present basic fire safety for your home. He will discuss extinguishers, CO2 alarms, fire hazards, smoke alarms and general fire safety, including evacuation plans and what to do in case of a fire. Bring your questions and concerns and don't miss this informative program.

MOVIE MATINEE - "LEAP YEAR" (RATED PG)

WEDNESDAY, MARCH 18 AT 1:30

Anna Brady (Amy Adams) travels to Dublin, Ireland to propose marriage to her boyfriend Jeremy, on "Leap Day". According to Irish tradition, a man who receives a marriage proposal on leap year must accept it but, fate has other plans for Anna. She ends up on the other side of the Emerald Isle with a handsome Irishman who just may lead Anna down the road to true love. A romantic comedy not to be missed.

Deadline for transportation is 11:30am Tuesday, March 17.

ANTHONY FRINZI PRESENTS "THE CULTURE OF SPAIN"

STARTING TUESDAY, APRIL 14 AT 9:00AM

Please note that these classes will only be open to those who have taken and completed previous Spanish language classes with Anthony. Call Gigi for info. Anthony will be offering beginners Spanish in the near future.

MEN'S "BREAKFAST AND ..." AT THE CENTER

CANCELLED FOR MARCH — NEXT MEETING APRIL 23

FEATURING SPEAKER PAUL WHITE WITH

AMERICA'S FAVORITE "PIN UP GIRLS"

Join us in April for the "view". Join us for the great food. Join us for the fellowship. Or just join us for the fun. But, make sure you join us at our next men's breakfast. Cancelled in March due to scheduling conflicts. Hold the date for April.

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 LISA
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. Participants should attend both sessions weekly. Books and bands will be provided.

ZUMBA GOLD WITH PATTY
Tuesdays at 1pm and Thursdays at 12n
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.

March 2015

HAPPY ST. PATRICK'S DAY

MENU AND SHOPPING SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2015

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2015

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

	Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 - 6	**Mar 2** Turkey Dinner	**3** Today's menu - Chicken Parm 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**4** Today's Menu - Baked Tilapia 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)	**5** Today's Menu - Baked Chicken 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**6** "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Aldi's Food Store
Mar 9 - 13	**9** Today's Menu - California "Chicken" Burger	**10** Today's Menu - Chef Salad 9:30am TODAY'S SHOPPING TRIP Middlebrook Plaza (Kohl's OR FoodTown-Senior Discount Day) Dean's Natural Food Market	**11** Today's Menu - Baked Tilapia 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**12** Today's Menu - Meatloaf 9:30am TODAY'S SHOPPING TRIP Stop & Shop	**13** "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Mar 16 - 20	**16** Today's Menu - Baked Tilapia 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**17** "Teresas' Famous" Cabbage Soup Today's Menu - Corned Beef Sandwiches	**18** Today's Menu - Baked Pork Chop 9:30am Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	**19** Today's Menu - Eggplant Parm 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**20** "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Route 66 (includes drop-off at Walmart, Home Depot OR Jersey Shore Premium Outlets)
Mar 23 - 27	**23** Today's Menu - Kielbasa & Sauerkraut	**24** Today's Menu - Beef Lasagna 9:30am TODAY'S SHOPPING TRIP Middlebrook Plaza (Kohl's OR FoodTown-Senior Discount Day) Dean's Natural Food Market	**25** Today's Menu - Turkey Dinner 9:30am TODAY'S SHOPPING TRIP Shop-Rite	**26** Today's Menu - Chicken Salad 9:30am Seview Square (Costco, Target, Sears or Burlington) OR Ocean Plaza Shopping Center (Wegmans, SteinMart)	**27** "Pot Luck" 9:30am TODAY'S SHOPPING TRIP Shop-Rite
Mar 30 - Apr 3	**30** Today's Menu - "Teresas' Famous" Hoagies	**31** Today's Menu - Stuffed Shells 9:30am TODAY'S SHOPPING TRIP K-Mart	**Apr 1**	**2**	**3**

March 2015

HAPPY ST. PATRICK'S DAY

ADULT ENRICHMENT PROGRAM SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2015

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2015

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

	Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 - 6	**Mar 2** 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	**3** 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	**4** 10:00am 1 on 1 Computers 10:00am Internet Basics 1:30pm Cards 1:30pm Mah Jongg 1:30pm Mexican Dominoes 1:30pm Scrabble	**5** 10:00am Advanced Fine Art 1:30pm Beginner's Fine Art 1:30pm Bridge	**6** 10:00am Beginner Computers 1:30pm HIS Club 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Mar 9 - 13	**9** 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	**10** 9:30am Bowling 10:00am Creative Expressions 11:00am "Africa the Serengeti" 1:30pm Bridge/Bingo 1:30pm Stained Glass	**11** 9:00am Health Screenings 10:00am Ceramics 10:00am Computers 1:30pm Cards/Mah Jongg 1:30pm Mexican Dominoes/Scrabble	**12** 10:00am Advanced Fine Art/Ceramics 11:00am "Fire Safety" Doug Rowell - Nept. Twp. Fire Official 1:30pm Beginner's Fine Art/Ceramics 1:30pm Bridge 1:30pm Forever Young Club - Bus. Mtg./Bingo	**13** 10:00am Beginner Computers 10:00am Ceramics 12:00pm Friday is Sundae 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
Mar 16 - 20	**16** 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	**17** St. Patrick's Day 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	**18** 10:00am 1 on 1 Computers 10:00am Ceramics 10:00am Internet Basics 1:30pm Movie Matinee - "Leap Year"	**19** 10:00am Advanced Fine Art 10:00am Ceramics 1:30pm Ceramics 1:30pm Beginner's Fine Art 1:30pm Bridge	**20** 10:00am Beginner Computers 10:00am Ceramics 12:00pm HIS Club 1:30pm Cards/Mexican Dominoes 1:30pm Mah Jongg 1:30pm Scrabble
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Mar 30 - Apr 3	**30** 10:00am Basket Making Guild 10:00am Woodcarving 101 11:00am Bingo 1:30pm Choral Group 1:30pm Knitwits	**31** 9:30am Bowling 10:00am Creative Expressions 1:30pm Bridge 1:30pm Bingo 1:30pm Stained Glass	**Apr 1**	**2**	**3**

March 2015

HAPPY ST. PATRICK'S DAY

FITNESS, DANCE, AND EXERCISE SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

March 2015

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2015

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

	Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 - 6	**Mar 2** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	**3** 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	**4** 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	**5** 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	**6** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
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Mar 16 - 20	**16** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	**17** ST. Patrick"s Day 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Patty	**18** 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	**19** 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	**20** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution Beg. w/Suzanne
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