

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND
SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753

ROSEMARY GRAY, DIRECTOR
KRISTINA TORRES, ACTING DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG



**MAY
2016**

OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

**MAY IS OLDER
AMERICANS
MONTH
COME
CELEBRATE
WITH US
AND
"BLAZE A TRAIL"**



**NEPTUNE BECOMES
"PINKTUNE" FOR MAY
PAINT THE TOWN PINK
WITH US
RAISE AWARENESS
ABOUT BREAST CANCER**

To promote breast cancer awareness, Meridian is encouraging everyone to "Go Pink" for May. Neptune Township will become "Pinktune".

INSIDE THIS ISSUE

Special Notices
Pages 2-3

Program Notices
Pages 4-5

Health/Wellness
Pages 6-7

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

"BE REGISTER READY" FOR YOUR SAFETY

The "NJ Register Ready Program" is a state-wide registry that allows emergency responders to know where you are and what your needs are in the event an evacuation were needed. Register online at www.registerready.nj.gov.

The Monmouth County Prosecutor's Office and Monmouth County Sheriff's Office also offer a Special Needs Registry, to residents with special needs so that emergency personnel can better assist residents in the event of an emergency. Register online at www.mcsnrnj.org
Contact the Center for help with both programs.

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

LEGAL HELP OFFERED AT THE CENTER

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. If you have a legal issue and want to discuss the matter with our attorney, please call Kris or Ryan at the Senior Center to schedule your appointment. Complex matters or lawsuits may need to be referred elsewhere.

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. Prem provides free individual counseling, assists with Medicaid, food stamps, financial assistance, homecare info and more. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Kris or Ryan for further info.

UPDATE I.D. CARDS FOR 2016

All Senior Center participants are asked to update their Senior Center ID cards. **Updates can be done until October 21.** We ask that all registered Senior Center participants, who want to maintain their active status, to update their files with us. Updating ID cards keeps records accurate and benefits you in case of an emergency.

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



**MEMORIAL DAY PARADE — MAY, 30 AT 10AM
IN FRONT OF NEPTUNE TOWNSHIP HIGH SCHOOL**



3

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY**

DONATIONS: Marcia Manser, and Anne Sibole in memory of Pearl Wombough.

♥ **THANK YOU FOR THE SUPPLIES AND**

GOODIES: Flora Baldwin, Evelyn Bedell, David Burnett, Catholic Men for Jesus Christ, Elizabeth Cummings, Diane Curley and Susan Waters, Vic D'Anna, Terrance Dahill, Regina and Tom Donohue, Kathy Donovan, Forever Young Group, Ed Halpin, Helen Haugabrook, RosaLee McNair, Stuart Monk, Richard Morris, Rose O'Hern, Claire Spooner, Gail Stroll, Barbara Tatulis, and United Methodist Communities at Francis Asbury.

**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!!!**



FREE RABIES CLINIC FOR DOGS AND CATS

SATURDAY, MAY 7 FROM 9AM-11AM

PUBLIC WORKS DEPARTMENT ON HECK AVE.

Pets must be leashed. Dog license renewals accepted. Please bring renewal letter and payment. For info call 732-775-8797.



PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE JUNE 1

This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the eligibility requirements. The deadline for the Property Tax Reimbursement "Senior Tax Freeze" program is June 1. If you think you may be eligible for the "Senior Freeze" or need further info, call 1-800-882-6597 or call Ryan at the Center.



BREAST CANCER AWARENESS



SPECIAL PROGRAM NOTICES

**"DISTRACTED DRIVING-
SECONDS THAT COULD
CHANGE OR END YOUR LIFE"**

**PRESENTED BY
MONMOUTH COUNTY
SHERIFF'S OFFICE**

THURSDAY, MAY 12 AT 11AM

This video-based program explains what distracted driving is, reviews distracted driving activities, and graphically illustrates the results of distracted driving. Don't miss this vital program.

****This is a different program from the Defensive Driving Workshop being held in June.**

**WOMEN'S BRUNCH
"AMERICAN PRESIDENTS AND
FIRST LADIES –
THE WOMEN BEHIND THE MEN"**
PRESENTED BY

SPEAKER PAUL WHITE

THURSDAY, MAY 19 AT 10AM

The wives of the United States Presidents have always been a source of great fascination.

How well do you know our nation's First Ladies? Join us for a delicious brunch and let Paul White guide you through our Presidencies and explore the women who served along side these great men.

Call Gigi for reservations.
Seating is limited.



MOVIE MATINEE – "JOY" (RATED PG-13)

WEDNESDAY, MAY 25 AT 1:00PM

"Joy" (Jennifer Lawrence), a divorced mother with three children in the early 1990s, begins to feel buried by her own life and decides to make some changes. Joy reinvents her life and designs a new product, a self-wringing mop. When she invents the "Miracle Mop", she becomes an overnight success but, she has to deal with the narrow minds of business executives and must find a way to get her product into homes throughout America. Join us for this comedic-drama and find out how Joy rises to become the founder of a powerful business empire. **Deadline for transportation is 11:30am Tuesday, May 24.**





PAINT THE TOWN PINK

5



ANNUAL POLICE MEMORIAL GREAT AUDITORIUM IN OCEAN GROVE

TUESDAY, MAY 24 AT 11AM

This annual tribute honors law enforcement officers who have given their lives in the line of duty. Everyone is invited to attend. Governor Christie is invited to be the keynote speaker.



**MONMOUTH COUNTY
OFFERS
PAPER SHREDDING
SATURDAY, JUNE 18
9AM-1PM
NEPTUNE TOWNSHIP
DEPARTMENT OF
PUBLIC WORKS
2201 HECK AVE.**

DEFENSIVE DRIVING WORKSHOP PRESENTED BY AARP

WEDNESDAY, JUNE 15 & WEDNESDAY, JUNE 22 FROM 9AM-12PM

Become eligible for a reduction in your car insurance by completing the full 2-day training. Following the completion of the course, participants can apply to their insurance companies for a 5% or more discount and have 2 points removed from their license. Participants must have a valid New Jersey drivers license. The fee for this workshop is \$15.00 for AARP members and \$20 for non members. Fee for the workshop is due at the time of reservation. Payments must be cash only and exact change is requested. Reservations can be made starting on Monday, May 9 after 9:30am. Seating is limited to 20 people. Deadline for reservations is Friday, June 10.



COMING SOON...SENIOR CENTER BOOK CLUB

The Senior Center is partnering with Neptune Library to host a monthly book club which will be conducted by Kathy, Book Club Moderator from Neptune Library. Every month will feature a different topic based on the suggestions of the members. The club will meet on the 2nd Wednesday of each month at 1:00pm at the Center to discuss the book, rate the story, and go over questions. Call Gigi to reserve your spot. Seating is limited.



HAPPY MOTHER'S DAY, SUNDAY MAY 8



**HEALTH, WELLNESS AND FITNESS FOR ALL
DON'T MISS THE ACTION!!**

**"THE NURSE IS IN"
WEDNESDAY, MAY 11
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.



**"ANTIOXIDANTS—
WHAT YOU NEED TO KNOW"
PRESENTED BY
DIANE WEST, R.D.
TUESDAY, MAY 17 AT 11AM**

Diane will discuss what Antioxidants are, why they are beneficial, and what foods they can be found in. Get the latest info you need for healthy living.



**HEARING SCREENINGS
OFFERED BY
MERIDIAN HEALTH
AUDIOLOGY DEPARTMENT
WEDNESDAY, MAY 25
9AM-12PM
PLEASE NOTE
THE DATE HAS CHANGED
SINCE APRIL'S
NEWSLETTER**

Free hearing testing will be available for Township seniors by appointment only. Call Gigi to reserve your spot now.





FITNESS CLASSES LISTING FOR ALL LEVELS

7

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



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 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 gentle exercise or those who are "on the mend" and looking to increase 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 (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.

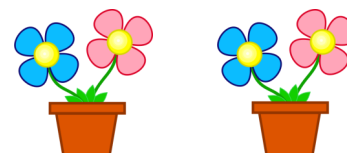
ZUMBA GOLD WITH PATTY

Tuesdays at 1pm - Donation - \$4.00 (per class)

Have fun in a dance party atmosphere. Music from around the world. 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.**

**Rosemary Gray, Director
Kristina Torres, Acting Director**

Programming

Gigi Johnson - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas - Coordinator/Driver

Linda Dietz- Driver

Robert White - 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

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

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