



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



8:30am - 4:30pm
Office Hours

OCTOBER 2014

9:00am - 3:30pm
Program Hours

"OPEN MIC" WITH "DR. MIKE THE MAYOR"
MEET MAYOR DR. MICHAEL BRANTLEY
FRIDAY, OCTOBER 17 AT 11AM

Join us for lunch with the Mayor and for an open public forum for all Township Seniors. Dr. Brantley will address the audience, present new Township initiatives, discuss senior concerns and update everyone on the "state of Neptune". The Mayor will also leave time for questions and answers. Hold the date and don't miss "Open Mic" with Dr. Mike our Mayor.

FLU VACCINES AT CENTER — NO APPOINTMENTS NEEDED
WEDNESDAY, OCTOBER 29 FROM 9AM-12NOON

The Monmouth County Health Department will offer free flu vaccines for those over 65 with Medicare. For those who are not 65, or who do not have Medicare, the cost is \$25.00.

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 consider volunteering to help Seniors prepare their 2014 tax returns at our Center. Training is provided by AARP tax trainers so that you can become a certified IRS tax counselor for seniors. To become part of our tax team you must be able to volunteer 4 hours, 2 times/week, February — April 15. Interested? Call the Center.

HEALTH FAIR COMING TO THE SENIOR CENTER
HOLD THE DATE WEDNESDAY, NOVEMBER 5

New Jersey City University registered nursing students invite you to participate in the health fair being held at our Center on Wednesday, November 5 from 11am-2pm. Attendees of the health fair will benefit from early detection, preventative health screenings and educational information. Other opportunities that will be available will include health screenings, blood pressure evaluations, blood glucose evaluations, a yoga demonstration and informational booths. Join us for an afternoon of information, give-aways, snacks and fun.

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

A WARM WELCOME TO LORRAINE HOPWOOD, RN WEDNESDAY, OCTOBER 8 FROM 9AM-12NOON

Next month, we will welcome Lorraine Hopwood, Registered Nurse from the Monmouth County Board of Health, to our Center. Lorraine will be here the 2nd Wednesday of every month to do one-on-one individual health screenings, blood pressure checks, mediation counseling, etc. We have not been able to provide monthly health screenings since the Visiting Nurse Association terminated their monthly health screenings due to their lack of funding. We are so pleased to be able to reinstate this service which is open to all Township seniors. Lorraine's health screening clinics will be offered monthly and we encourage everyone to take part. Appointments are on a first-come first served basis. Stop by and meet Lorraine in October.

SPECIAL CONGRATULATIONS TO JOHN BUCKINGHAM

Last month, we received late notification that John Buckingham had won 3rd place in the non-professional drawing category in the Monmouth County Senior Art Show. Belated congrats John!

ID CARD UPDATE DEADLINE

Please remember that the deadline for updating Senior Center ID cards is October 24 at 3:30pm. If you have not updated for this year - now is the time to renew your status. Please bring all pertinent information to update, your current ID card and proof of address. If you were newly registered with the Center this year, then you do not need to update until next year.

THANKS TO OUR MANY DONORS

► MANY THANKS for the monetary donations:

Harriet Burner, Joan and Anthony Cruz, Madeline DeSarno, Deborah and Joseph Donovan, Forever Young Group, Eleonore and Harry Merriman, Bernice Scott, Betty Wolny, and Maxine Zea.

► MANY THANKS for the donations of supplies and "goodies":

American Legion Post #346, Evelyn Bedell, Barbara and Robert Boesch, Dorothy Calandriello, Mary and Ron Carr, Catholic Men for Jesus Christ, Sylvia Daniels, Thomas Donohue, Derrell Edwards, Tom Faust, Forever Young Group, Stella Gainey, Ed Halpin, Robert Kennedy, Marie Lee, Sue Mead, Stuart Monk, Neala Mandel and Sally Neal, Dee Rheinhold, David Salisbury, Sue Solakian, Sandra Stevens, Villas at Jumping Brook Gardening Club, Lorraine Wilkins, and Willie Williamson.

BOWLERS WANTED FOR OUR SENIOR BOWLING LEAGUE TUESDAYS 9:30-11:30AM AT SHORE LANES

Just \$7.00 per week allows you to play 3 games, receive shoes, and Senior Center bowling shirt and be included in the leagues parties. Seasonal attendance is okay. Members' ages range from 60-93 years old. No experience - not to worry! Beginners welcome.

CENTER SPECIAL EVENT NOTICES

**HOLD THE DATE AND JOIN US FOR THANKSGIVING DINNER
TUESDAY, NOVEMBER 25 AT 12NOON**

Our Thanksgiving feast is not to be missed

Reservations will be taken starting Tuesday, November 4 after 9:30am. Reservations can be made in person or by phone. Please let us know if you need transportation or want to volunteer when you call in. Seating limited – so don't miss out.

2ND ZUMBA CLASS TUESDAYS 1-2PM

In response to your requests, Fitness Instructor Patty Roslonski has started a 2nd Zumba class for our center. We will need at least 10 people in class regularly so, if you are interested, please signup with Gigi. Pre-registration is required for this class. Donation is \$3.00 per class.

**"TOTAL BODY SOLUTION – EXERCISING THRU ARTHRITIS"
PRESENTED BY SUZANNE PARCHMENT, CERTIFIED TRAINER
WEDNESDAYS AND FRIDAYS FROM 1-2PM**

This vital fitness class is a fun-filled, interactive, educational 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. Reservations are required. There is a free will donation for the class.

**"MEXICAN DOMINOES" PREMIER AT CENTER
FRIDAYS AT 1:30PM**

A new game – a new twist on an old favorite. It's Mexican Dominoes. Interested players wanted. Call Gigi to sign up.

HAVE YOU HEARD OF "SPITE AND MALICE"?

"Spite and Malice" is a fun-filled card game. The main object is to WIN! Lessons will be offered – call Gigi to sign up. Card games are usually Friday afternoons and some Wednesdays. Join the fun – It's "Spite and Malice".

**MOVIE MATINEE – "SAVING MR BANKS" (RATED PG-13)
WEDNESDAY, OCTOBER 15 AT 1:30PM**

Tom Hanks and Emma Thompson bring to life the untold true story of the origin of the most treasured Disney classic of all time, "Mary Poppins". Walt Disney (Hanks) tries for 20 years to fulfill a promise to his daughters and obtain the rights to this beloved book; but, author P.L. Travers (Thompson) won't budge. Walt Disney comes to discover the ghosts that haunt Travers and together, they set "Mary Poppins" free! Come watch the surprising story behind the making of this classic movie.

MEN'S DAY OUT - INCLUDES BREAKFAST AND MORE!

NEXT MEETING - THURSDAY, OCTOBER 16 AT 10AM

SPEAKER - TED BELL OF OCEAN GROVE

Our "Men's Breakfast" meeting is a time to get together, exchange thoughts, share concerns, get information or just enjoy spending time eating and/or talking with other men. October's topic is "Neptune and Ocean Grove In The Past" - an historical look at our community with Ted Bell. Call Gigi to reserve.

DIANE WEST, REGISTERED DIETICIAN, PRESENTS

"SODIUM IN FOODS - WHAT ARE THE HEALTHY AMOUNTS"

TUESDAY, OCTOBER 21 AT 11AM

Important information for everyone. Don't miss this program.

POSEIDON EARLY COLLEGE HIGH SCHOOL STUDENTS PRESENT

► **BECOME A SAVVY SMARTPHONE USER - OCT.27, 1:30-2:30PM**

Bring your smart phone - Learn all that you need to know about texting, downloading apps, email, photos, etc.

► **INTRO TO SOCIAL MEDIA - NOV.3, 1:30-2:30PM**

Facebook, Twitter, instagram and more - Bring in any media device (laptop, smart phone or ipad) and learn all about using social media sites.

KESSLER INSTITUTE AND RON ARTZ PRESENT

"DEALING WITH HEADACHES AND NECK PAIN"

OCTOBER 22 AT 11AM

Ron will explore headaches and their relationship with neck pain. These medical problems affect most of us. Get the latest information from Ron on what can help with these problems.

**HALLOWEEN BINGO AND MASQUERADE CONTEST WITH
THE NTEA PRIDE COMMITTEE**

FRIDAY, OCTOBER 31 AT 11AM

Bingo, prizes, fun, laughs and costumes with the Neptune Education Association Pride Committee. A great way to spend Halloween Day. Wear a costume and you may go home with 1st place prize. (Prizes for 2nd and 3rd place also.) Join us.

**"BUON COMPLEANNO" CELEBRATE OCTOBER AND NOVEMBER
BIRTHDAYS THE ITALIAN WAY!!**

THURSDAY, NOVEMBER 13 AT 11AM

A celebration with an Italian flair featuring Dennis and Marnie Carmella. Great music, Italian favorites, singing, dancing and eating! Everyone is welcome. If you have a birthday in October or November, let us know when you make your lunch reservation. Donation \$4.00. Seating is limited.

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.