



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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8:30am - 4:30pm
Office Hours

FEBRUARY
2012

9:00am - 3:30pm
Program Hours

IHOP OF NEPTUNE AND MAYOR'S YOUTH CABINET PARTNER TO RAISE FUNDS FOR SPRING FLING

You may recall the Holiday Ball that the Mayor's Youth Advisory Cabinet held at Neptune High School for our seniors in December of 2010. Now the students are planning a dinner dance for our Senior community and it will be a "Spring Fling". The students need to raise enough money to have the dinner catered and to have entertainment; and, "IHOP" of Neptune has jumped on the "Spring Fling Band Wagon" by offering to help. On Tuesday, February 21, anytime from 4-8pm, join us for dinner at IHOP in Shop Rite Plaza. Let your server know that you are there to support the students and the "Spring Fling" for seniors and a percentage of your check will be donated to the "Spring Fling Fund". Gather friends and family and enjoy a great dinner out at the IHOP of Neptune. We will be there...hope to see you too.

HELP CREATE VETERAN'S PARK – BUY A BLOCK!!

Help to honor our community's veterans by buying a "Memorial Block" for the new Veterans Memorial Park on Old Corlies Ave. Honor a loved one, honor a friend or just be a part of this growing effort to memorialize those who have sacrificed so much for our freedom. For info, call 732-988-5200 ext. 298.

OUR "CAFÉ 1607" IS NOW OPEN

"Café 1607" is open and serving great lunches and continental breakfast Monday thru Friday. Our menu for the month is included in the newsletter and includes hot meals (pork chops, chicken dishes, pasta etc.) salads, sandwiches, homemade soups and great desserts. Reservations are requested by 11:30am at least one day in advance and can be made up to 2 weeks in advance. Come on in...coffee is always on. Lunch donation is \$2.50. Continental breakfast from 9-11am daily.

Neptune Township Department of Senior Services and Senior Center is funded in part by a grant from Monmouth County Division on Aging, Disabilities and Veterans' Interment under Title III of the Older Americans Act and does not discriminate in violation of federal regulations.

TOWNSHIP CELEBRATES BLACK HISTORY MONTH

SATURDAY, FEBRUARY 18 FROM 12-4PM

February is recognized nationally as Black History Month. In honor of this, Neptune Township is planning its 9th annual community celebration of African American History in conjunction with Neptune High School. This year's theme is "African Caribbean Carnival". Experience Caribbean foods, music, story telling, art and musical performances. For info call 732-685-7854. Our Center is also planning a line-up of Black History programs for your enjoyment. See page 3.

FIRE COMMISSIONERS ELECTION

SATURDAY, FEBRUARY 18, 2-9PM

Polling locations are Ocean Grove - Olin Street Firehouse or Neptune - Municipal Building Rotunda.

PROPERTY TAX DEDUCTION RENEWAL DUE MARCH 1

Seniors receiving the \$250.00 Senior Citizen property tax deduction, must submit a post-annual tax statement to Neptune's tax office by March 1. Forms were mailed out and failure to return the form will cancel your discount. If you are not receiving the \$250.00 deduction, and would like info, or if you need assistance with the renewal form, call Ellen or Kristina.

CENTER OFFERS 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. A staff member will be available on these days to schedule an appointment for you. When you call for an appointment, please let us know if you need a Federal form or State form. Appointments are scheduled according to needs.

When you come for your tax appointment, you **must** bring all of your current financial information and last year's tax forms. If you do not bring the info, the counselor will not be able to do your taxes. Due to the limited amount of appointments available, and the demand we have, if you do not come prepared, **we may not be able to reschedule your appointment.** Please remember that our tax counselors are all volunteers specifically trained in handling tax forms for Seniors **only**. If your tax forms are complex, they may need to refer you elsewhere. Thanks for your cooperation.

INCLEMENT WEATHER NOTICE

For Senior Center weather related announcements, please tune to the following radio stations: 94.3FM The Point, 92.7FM WOBN, 101.5FM, 1160AM. Announcements are made from 6am-8am. For any additional info, call the Center **after 8:30am.** **Computer users can log on to 943thepoint.com** and go to Point Storm Watch.

THANKS FOR THE DONATIONS AND SUPPORT

- ▶ **Special thanks go to the following for their generous donations:** Gladys Baker, Don Bartlett, M/M Donald J. Blue, Nancy Havemann & Rose Dillon, Bella & Ralph Lanza, Phyllis Marinaccio, Anna McHale, Mary Moore, Anne Sibole, Estelle Smallwood, Wendy Wieczerek, and Gladys Works.
- ▶ **Special thanks to everyone who donated goodies and supplies:** Don Bartlett, Maryann & Joseph Boyne, Jr., Arlene Broza, Mary & Ron Carr, Catholic Men for Jesus Christ, Regina & Tom Donohue, Sandra Fornino, Grace Christian Church, Louise Haldeman, Russell Harmstead, Jeanne Johnson, The Pastry Chef of Tinton Falls, Betty & Jerry Rogers, Anne Sibole, Wegmans, and Maxine Zea.

STATE OF THE ART COMPUTER LAB NOW OPEN AT 1607

Computer classes are offered on Wednesdays and Fridays. Call Gigi for info on the correct class for you. Seniors who have laptops are now welcome to bring their laptops to the Center. We are equipped with WIFI and our instructors will assist in the connecting of, and use of, WIFI. Then sit by our Senior Center fireplace and enjoy your Center as you surf the net or e-mail your family and friends. This is the place to be on a cold winter day. Stay connected, stay warm and have fun.

CHORAL GROUP TO START – NO EXPERIENCE NEEDED

If you love to sing this is the group for you. Dan Pienciak, our T'ai Chi Instructor, with his strong musical background, including choral direction, will lead a choral group at our new Center starting this spring. We hope to start by meeting weekly and grow to "who knows what". Start a new adventure with us. Call Gigi to reserve your spot. Maybe we will make it to Broadway if we dream big or maybe just sing for the fun of it...no matter what your goal is for yourself...why not join us.

CENTER CELEBRATES BLACK HISTORY MONTH

TAB BAKER PRESENTS TRAVEL TO TANZANIA AND ZANZIBAR EAST AFRICA

THURSDAY, FEBRUARY 23 AT 11AM

In recognition of "Black History Month" everyone's favorite historian and black history expert, Tab Baker, is back!! Enjoy Mt Kilimanjaro, the Serengeti, the amazing wildlife and more on this beautiful "armchair" travel adventure.

LET'S TALK BOOKS WITH MARIAN THE LIBRARIAN

WEDNESDAY, FEBRUARY 22 AT 11AM

Join our entertaining and delightful librarian for her monthly book chat. This month's topic will feature Black History with "Black Women in American History."

**ON FEBRUARY 3 – LET'S ALL GO RED FOR AMERICAN
HEART MONTH...PLEASE JOIN THE CAUSE WITH US!!!**

VALENTINES BINGO WITH NTEA

FEBRUARY, 14 AT 1:30

The "NTEA" will return this month for a great afternoon of Valentine Bingo. Valentine's Day is the day for love. If you love Bingo, join us!!! Have a few laughs, win a few prizes.

MOVIE MATINEE – "THE HELP"

(RATED – "PG-13")

WEDNESDAY, FEBRUARY 15 AT 1:30PM

Enjoy this critically acclaimed and award winning movie on our beautiful new 60" flat screen TV. "THE HELP" is an inspirational and empowering story about very different, extraordinary women from Mississippi in the 1960s. These women build an unlikely friendship around a secret writing project, one that breaks society's rules and puts their lives' at risk. Don't miss this timeless story about the ability to create change. Reservations for transportation home from the movie must be made by 11:30 the day before.

COME TO OUR PODIATRY CLINIC

FRIDAY, FEBRUARY 17 FROM 10-12N

Our new Podiatrist, Dr. Frances Fittanto, will make complete podiatry care available at our clinics every other month. Anyone 65 or older should bring their Medicare card and appropriate medical info. No appointments. Clinic is first come – first served. Meet Dr. Fran...you will love her like we do.

ST. PATRICK'S CORNED BEEF AND CABBAGE LUNCHEON

FRIDAY, MARCH 16 AT 12NOON (DOORS OPEN AT 10:30AM)

Corned beef and cabbage, served hot and delicious, and music performed by "DJ George Anthony and Company" make for a delightful St Paddy's Day celebration. Reservations can be made by phone, or in person, **starting at 9:30am, March 2.** You may reserve for yourself and one other person. \$4.00 donation at the door (to benefit Trust Fund). If you do not get a reservation in time, please add your name to our waiting list, in case of cancellations. **Please remember that, if you want to volunteer at the luncheon, you must let us know when you make your reservation.**

SENIOR FITNESS AND DANCE CLASSES

FOR YOUR HEALTH AND ENJOYMENT

Get fit for the Spring. Join our great fitness and dance classes. Come every day or a few days per week. Sign up with Gigi for what interests you and pay the donation as you go. Class donations and descriptions are listed on page 5 and a calendar of classes, days and times is included in this newsletter. Participants must be pre-registered and sign fitness waivers. PROPER FITNESS ATTIRE REQUIRED. Check with Gigi. (No heels, sandals or open-back shoes – please!)

FITNESS FOR EVERYONE

STRETCH AND TONE WITH ELAINE – Mondays at 9:30am

Donation \$3.00 per class

Great for all body types, all levels, men and women. Use weights, increase core strength and muscle tone.

CHAT 'N CHAIR – EXERCISE WITH ELAINE

Mondays at 10:30am and Fridays at 9:45am

Free will donation (30 minute class)

Mix, mingle and have a few laughs as you "sit your way to fitness". Good for those with limitations, anyone recovering from surgery or rehab or anyone who wants to improve their stamina and exercise level. It's a gentle and fun atmosphere.

YOGA STRETCH WITH CAROL – Tuesdays at 10:30am

Donation \$3.00 per class

Relax, lower blood pressure, improve muscle tone and learn the basic gentle yoga movements.

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.

COUNTRY LINE DANCING WITH CAROL - Tuesdays at 1pm

Donation \$3.00 per class

Who doesn't like "moving" to the sounds of country music? Learn the moves, learn the steps, get in shape.

HOOKED ON FITNESS – Wednesdays at 9:30am with Carol and Fridays at 10:30am with Elaine

Donation \$3.00 per class

High energy, low impact...get in shape now. Improve your cardiovascular capacity and decrease your waistline.

GOLDEN PILATES WITH MARIA – at 8:30am

If you are interested in a Wednesday or Thursday 30 minute Pilates warm up class, please call Gigi and let her know.

FEELING GREAT VIDEO – Wednesday at 10:30am

Great fun, good chair exercises...give it a try. No donation.

YOGA WITH MARIA – Thursday at 9am

Donation \$3.00 per class

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

TAP DANCING WITH ROBIN – Thursday at 1pm

Donation \$3.00 per class

Tappers wanted, beginners or experienced. We all learn together from Robin. Have fun and get in shape. Just say, "Yes I can"!

ZUMBA GOLD WITH CAROL – Thursdays at 2:30pm

Donation \$3.00 per class

It's the "senior gold" lower impact, easy-to-follow Latin inspired dance-fitness party everyone has been asking about.