



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

JANUARY
2012

9:00am - 3:30pm
Program Hours

HAPPY NEW YEAR 2012

The New Year brings a time for all to look back and reflect on the events of the past year while looking ahead to the promise of tomorrow. What a year it has been. We had an earthquake, a hurricane, heat waves, snow, fires and floods, troop withdrawal from Iraq, Wall Street protestors, the economy, the coming elections...I could go on and on – but here in Neptune among the many things that will highlight 2011 will be the opening of our new Senior Center. It truly was an amazing, scary, wonderful, uncertain, challenging time for everyone with the closing of our Center at 1825 after 21 years, and making the unprecedented move to our new facility at 1607. The staff and I want to thank our Mayor Kevin McMillan, Deputy Mayor Randy Bishop, Committeeman Dr. Michael Brantley, Committeewoman MaryBeth Jahn, Committeeman Eric Houghtaling, Township Business Administrator, Philip Huhn, Michael Bascom, CFO, Leanne Hoffmann, Township Engineer, Tim O'Connor, Engineering Dept., Wayne Rode, Public Works Director, Bruce Latshaw, Building Maintenance Supervisor, Scott Longano, Director of Computer Technology, Bill Doolittle, Director of the Code and Construction Dept., David Mooij, Superintendent of our Neptune School System, our Architects from Cornerstone Architectural Group, our builder, Structural Concepts and the many contractors and individuals who helped us through and made this magnificent building possible. Most of all, we look back on our beloved and treasured Senior Community, including our Senior Advisory Committee and our volunteers, and give thanks for everyone's support, patience, guidance and the outpouring of generosity that was overwhelming to all of us. What a future we have to look forward to. We will start planning our dedication ceremony once the parking lot is completed and we hope that you will join us starting today as we grow into our new "home". We look forward to seeing you soon. We wish all of our readers a happy, healthy and wonderful New Year.

Rosemary

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 COMMITTEE REORGANIZES FOR 2012

...AND YOU ARE INVITED

Congratulations to Deputy Mayor Randy Bishop who will have the honor of being Mayor for 2012 and to Committeeman Eric Houghtaling, who will be Deputy Mayor for the new year. Randy has been the back bone and the "push" behind the new Center. We wish both of our elected officials much luck with their new positions. Everyone is invited to join our Township Committee for their reorganization meeting followed by a reception at the Municipal Building, starting at 12:30pm on New Year's Day. Hope to see you there.

OUR "CAFÉ AT 1607" OPENS THIS MONTH

If all goes as planned our "Café at 1607" will officially start offering hot meals at 12noon (Monday thru Friday) under the expertise of our Kitchen Manager, Sharon Johnston with her talented Kitchen Aids, Jennifer Nurse and Teresa Richard. Our menu for the month is included in the newsletter. 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. Pastries and light breakfast available starting at 9am daily.

VETERANS MEMORIAL PARK FUND RAISER

WEDNESDAY, JANUARY 11 FROM 7PM-9PM

Join our community in a "Wine n' Cheese" fundraising party at Jumping Brook County Club. Help us raise funds for the new Veterans Memorial Park on Old Corlies Ave. Tickets are \$20.00 per person. Wine and cheese are compliments of Jumping Brook, so all proceeds go to the fundraiser. Memorial blocks are also available for purchase so please call 732-988-5200 ext. 298 for info.

BLACK HISTORY MONTH CELEBRATION

February is recognized nationally as Black History Month. In honor of this, Neptune Township is planning a community celebration of African American History. Plans will be revealed later this month.

Our Center is also planning a line-up of Black History programs for your enjoyment and a schedule will be in February's newsletter. If anyone has suggestions for programming for this traditional celebration, we would like to hear from you.

INCLEMENT WEATHER NOTICE

For Senior Center weather related announcements, please tune to the following radio stations: 94.3FM The Point, 92.7FM WOBM, 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:** Hazel Beling, Louise Beverly, Martha & Bill Crowell, Anita & Sam Fusaro, Erika Hogan, Lawrence Huggins, Bettylu & Ockle Johnson, Margrit Leonard, Lorrie & Steve Mileham, Nick Napolitano, Margaret Snyder, Virginia Neal and Pearl Wombough.
- ▶ **Special thanks to everyone who donated holiday gifts, supplies, and goodies. There are far too many of you to mention each one individually at this time of year.**
- ▶ **Special thanks to Perla & Franco Patricio for the gift baskets to benefit our Trust Fund.**
- ▶ **Very special thanks to Joe Boyne for donating his time as DJ for our 2011 year-end party.**

MEMORIES OF 2011

Enjoy some great memories of 2011 on our photo section on the Township's website. Go to www.neptunetownship.org and go to photos...and enjoy. Thanks to Roberta Grace, Special Projects Coordinator, for her great work on the web page and for always being there to help.

FINE ARTS AND CREATIVE ARTS CLASSES

Classes in creative art mixed mediums are offered on Tuesdays and Thursdays and beginners are welcome. Ed Ahlstrom, our Art Instructor, offers students the opportunity to explore the basic techniques of painting through the use of oils, acrylics, water color, pastels, charcoals and more. Creative Art class is also available and allows students to learn to paint on various textures and surfaces including glass, plastic, paper, fabric, wood and more. Call Gigi for a reservation or for info.

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 the fireplace and spend a few hours enjoying your Center as you surf the net or email your family and friends. This is the place to be on a cold winter day. Stay connected, stay warm, have fun.

CHORAL GROUP TO START – NO EXPERIENCE NEEDED

If you love to sing and only have the chance to do it in the shower...this is the group for you. Dan Pienciak, our Tai Chi Instructor, has a strong musical background, including choral direction, and will be leading 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.

MOVIE MATINEE – "TRUE GRIT"

(RATED – "PG-13")

WEDNESDAY, JANUARY 18 AT 1:30PM

Jeff Bridges won the Academy Award for "Best Actor" in this adaptation of the 1969 movie that starred John Wayne. This is a story that is told from fourteen-year-old, Mattie Ross's (Hailey Steinfeld) perspective as she joins an aging U.S. Marshall (Jeff Bridges) and another lawman (Matt Damon) in tracking her father's killer into hostile Indian territory. Great adventure, great scenery, great refreshments and warm and cozy arrangements are perfect for a cold January afternoon...don't miss the "adventure". Reservations for transportation home must be made by 11:30 the day before.

**IT'S A "MID-WINTER BEACH PARTY" BIRTHDAY PARTY
COME CELEBRATE JANUARY AND FEBRUARY BIRTHDAYS**

WEDNESDAY, FEBRUARY 1 AT 11AM

Rid yourself of the winter blues...Get out your "beach garb" and join us for our DJ beach party with great music and beach blanket bingo. Party and music will start at 11am and the beach "food concessions" for lunch will open at 11:30am. Reservations for lunch must be made with Gigi. Lunch donation is \$3.50 (please bring exact change). Parties are open to everyone but if you have a birthday in January or February, please let Gigi know when you make your reservation. Reservations for transportation must be made no later than 11:30am the day before the party. **Reminder – Free lunch coupons are not redeemable on birthday party days.**

CHOLESTEROL – THE GOOD AND THE BAD

PRESENTED BY DIANE WEST, REGISTERED DIETICIAN

TUESDAY, JANUARY 31 AT 11:00AM

Explore the foods that boost our "good" cholesterol. Learn the function of cholesterol in foods and discuss how it affects overall health. Let everyone's favorite Dietician answer all your questions.

SENIOR FITNESS AND DANCE CLASSES

FOR YOUR HEALTH AND ENJOYMENT

Get fit after the holidays. Join our great fitness and dance classes. Come every day or a few days per week. Sign up with Gigi for the classes that interest you and pay the donation as you go if your class requires it. Class donations are listed on page 5 with a complete description of all fitness and dance classes; 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 for the proper attire. (No heels, sandals or open back shoes allowed – please!) Get in shape after the holidays in our great new fitness studio and feel the difference under your foot as you get fit on our new specialty gym floor.

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 WITH ELAINE – Mondays at 10:30am

Free will donation (30 minute class)

Exercises are based in a chair. Mix, mingle and have a few laughs as you "sit your way to fitness".

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 – To be announced

Anyone interested in a 30 minute class on Wednesday or Thursday at 8:30am class, should call Gigi.

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

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.

"MOVE2LOVE" WITH ELAINE – Fridays at 9:45am

Free-will Donation – (30 minute class)

Gentle chair exercise to strengthen your heart and mind. For beginners and those in rehab. It's a friendly fun atmosphere.