



# SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP SENIOR CITIZENS CENTER  
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8:30am-4:30pm  
Office Hours

APRIL 2009

9:00am-3:30pm  
Program Hours

## **SENIOR CENTER EXPANSION UPDATE**

Planning and design meetings are under way. Driveways are blocked off. Utilities are being serviced. Ground testing has been completed. Locks and alarms are being serviced for security. Rite Aid is now officially the new future home of Neptune Senior Center. Optimistic time lines project that construction may begin next fall with bids being awarded this summer – if all goes well. Once the building is secured and safe for visitors, we hope to be able to show the public the interior building before renovations begin. We'll keep you posted.

## **CENTER UPDATES I.D. CARDS FOR 2009**

We ask all registered Senior Center participants, who want to maintain their active status with the Center, to update their files with us. Updating is simple and only takes a few minutes. It keeps our records accurate and benefits you in the event of an emergency. We ask that you update sometime before October 23, 2009 as outlined below.

- Updates are done **9:30-11:30am or 2-3:30pm Monday thru Friday.**
- We are sorry but we cannot do updates on days when there are big events going on at the Center, so please check our calendar of events before coming to update.
- You must bring you current card with you.
- If you have lost your card, we will only be able to replace it once and then there will be a \$1.00 donation requested per card for any future lost cards.
- Updates must be done in person and require current proof of residency and emergency contact or we cannot do the update.
- Please also come prepared with doctor's name, medications and any other medical info – **if you want us to have it on file.**
- Any questions, please call us before coming to update.

## **Neptune Township Senior Center**

funded in part by a grant from the Monmouth County Office on Aging under Title III of the Older Americans Act does not discriminate in violation of any federal regulation.

**APRIL IS NATIONAL VOLUNTEER MONTH**

**VOLUNTEERS – "HANDS THAT SERVE – HEARTS THAT CARE"**

**VOLUNTEER RECOGNITION LUNCHEON**

**FRIDAY, APRIL 17 FROM 11:30-1:30PM (BY INVITATION ONLY)**

Each year millions of volunteers contribute countless hours of volunteer service throughout our great nation. Not unlike other communities, Neptune Township is well served by hundreds of volunteers who give thousands of hours for the good of the community. Our Center is blessed with 177 volunteers who, in 2008, gave over 11,500 hours of time for our Center. Now it is time for those volunteers to be recognized for their selfless and random acts of kindness. They deserve our thanks and praise and will be recognized at a luncheon in their honor in April. Our Center and community would not be what they are today without our volunteers. So let's all collectively take time to say thanks to a volunteer for making our lives, and the lives of those in our community, so much better. Volunteers truly are "**Hands That Serve – Hearts That Care**".

**DON'T FORGET TO VOTE**

**Board Of Education Elections**

**Tuesday, April 21 from 3pm-9pm**

**Polling locations are the same in general elections.**

**THANKS FOR THE DONATIONS**

**Thanks for the following donations to our Trust Fund & Building Expansion Fund:** Loretta Allen, Marie Malloy, Cornelia Miller, Frances Pettit, and Gwendolyn Vann. **Thanks for donating supplies & "goodies":** Donald Bartlett, Louise Beverly, Louis Brach, Catholic Men for Jesus Christ, Jacqueline Catley, Arthur Crelin, Madeline DeSarno, Diana & Isaac Dostis, Forever Young Group, Freedman's, Aileen McCourt, Charles Nikosia, Panera Bread #3961, Frances Pettit, Red Hatters, Margory Saidenberg, Shop-Rite, Beatrice Taylor, Wegmans, Maureen White, Wendi Wiczerak, and Ed Wyzykowski.

**"BECOMING GREEN" TIPS FOR THE ENVIRONMENT**

Many thanks to Audrey Tracy from the Villas at Jumping Brook Garden Club environmental committee for her great tips on "becoming green". This month, why not re-evaluate your use of paper towels and rethink using cotton dish towels? Did you know that every few seconds, a forest the size of a football field is destroyed or damaged, all for things like paper towels? Why not try cutting down on your use of paper towels and help the forests and the environment?

**CELEBRATE MARCH AND APRIL BIRTHDAYS  
THE GLITTER GIRLS "ROARING TWENTIES" REVUE  
WEDNESDAY, APRIL 1 AT 11AM**

Make reservations with Gigi for lunch. \$3.00 donation requested. (Free lunch coupons not redeemable at parties.)  
Transportation reservations required by 11:30 the day before.

**BREAKFAST IS FOR CHAMPIONS  
PRESENTED BY DIANE WEST, REGISTERED DIETICIAN  
TUESDAY, APRIL 7 AT 11AM**

Breakfast is important for everyone. It balances your day and starts it the right way. But why is it so important? Join Diane and find out. Learn easy recipes and start a healthier life.

**DESIGN YOUR OWN GREETING CARDS WITH PETER TAYLOR  
STARTING WEDNESDAY, APRIL 22 AT 10AM FOR 4 WEEKS  
(SEATING LIMITED RESERVATIONS REQUIRED - CALL GIGI)**

Be creative. Stop spending money buying greeting cards. Design your own with Pete's easy method. Cards can combine hand designs and/or computer graphics and computers will be available.

**"LET'S TALK BOOKS" WITH MARIAN THE LIBRARIAN  
WEDNESDAY, APRIL 22 AT 11AM**

"Best Bets From Book Clubs - Who They're Reading".

**MONMOUTH CANCER COALITION PRESENTS  
"HEALTHY MOUTH - HEALTHY BODY"  
"ORAL CANCER PREVENTION" LECTURE AND SCREENINGS  
STARTING MONDAY, APRIL 27 AT 11AM**

Mike Meddis, Public Health Coordinator for the County Health Department, will present this important program in conjunction with the Monmouth Medical Center Dental Clinic and it may just save your life. Each year, an estimated 28,000 Americans are diagnosed with oral cancer. Approximately 7,000 will die. Don't become a statistic! Join us on April 27. When you come to the lecture, you will be eligible to sign-up for the free screenings that will be done at our Center in May.

**LATIN AND BALLROOM DANCE LESSONS WITH EILEEN FARRELL  
STARTING FRIDAY, MAY 1, 9-10AM (FOR 6 WEEKS)**

Whether or not you have taken lessons before, our Latin/Ballroom lessons are great for everyone. Learn new steps or brush up on the old ones. Bring a partner or come single. Learn the basics of merengue, cha cha, fox trot and more, with award-winning instructor, Eileen Farrell. Dancing is great brain and body exercise. Call Gigi to reserve now. Class size limited.

**BASIC BEGINNERS SPANISH**

**WITH ANTHONY FRINZI**

**STARTING TUESDAY, MAY 5 AT 11AM FOR 6 WEEKS**

Spanish has become a universal language and is second to English in our country. Have you ever gone to a restaurant and wanted to order in Spanish? Have you ever wanted to say some of the most basic expressions in Spanish, but haven't known what to say? Learn Anthony's easy techniques and key words for expressing yourself in this "world-class" language. No tests...no pressure...Anthony's way is just for the fun of it. Seating limited. Sign up with Gigi.

**"STROKE – WHEN SECONDS COUNT"**

**JSUMC STROKE AWARENESS SEMINAR**

**PRESENTED BY ALISON TREMBLY, NURSE PRACTITIONER**

**MONDAY, MAY 18 AT 11AM**

When a stroke occurs, the seconds that exist between response and recovery are critical. Would you recognize the signs or symptoms of a stroke if it happened to you or a loved one? Do you know how to get the very best medical care during a "brain attack emergency"? Are you at risk for a stroke, and can you change your stroke risk? Come and learn the information and skills that could "save a brain". Bring your questions.

**"ATTITUDE OF GRATITUDE" WITH SYLVIA KRAMER**

**WEDNESDAY, MAY 20 AT 11AM**

Everyone's favorite author and speaker returns to our Center with another great program entitled "Attitude Of Gratitude". Many things happen in our lives over which we have no control. What we do have control over is how we respond to, and our attitude towards, the events of our lives. It is said that 10% of life is what actually happens to us and 90% is how we react to it. The good news is that we all have the power to make choices. Make the choice now to join us for this great program. We promise that you won't regret it.

**EARLY CHILDHOOD SCHOOL INVITES YOU !!**

**PATRIOTIC CONCERT FOR EVERYONE**

**THURSDAY, MAY 28 AT THE SCHOOL AT 11AM**

ECC's faculty and students invite all of you to kick off the summer season, and celebrate Memorial Day in the most patriotic way, with ECC's "Patriotic Tribute" to our Country and its veterans. Join us for the fun. Refreshments will be available. You can drive to the school on your own or ride our bus from the Center. Please sign up to attend the concert by calling Gigi. The school would like to know from us how many will be attending. Deadline to reserve is Thursday, May 21. Let's show the school our support.

## **FITNESS PROGRAMS - GET IN SHAPE NOW!**

**Stretch and Tone with Elaine (For Men and Women)**

**Mondays @ 9am** (Donation is \$3.00 per class.)

**Feeling Great Video (For Men and Women)**

**Mondays @ 10:30am** (No donation requested.)

**Line Dancing w/Leslie (For Men and Women)**

**Mondays @ 1:30pm** (No donation requested.)

**Beginning T'ai Chi Chih with Dan (For Men and Women)**

**Tuesdays @ 9am** (No donation requested.)

**Yoga Stretch with Elaine (For Men and Women)**

**Tuesdays @ 10:30am** No experience necessary. Classes can be done on a floor mat or a chair. (Donation \$3.00 per class.)

**Hooked On Fitness with Elaine (For Men and Women)**

**Wednesdays @ 9am** (No donation requested.)

**Feeling Great Video (For Men and Women)**

**Wednesdays @ 10:30am** (No donation requested.)



**Senior Yoga with Maria (For Men and Women)**

**Thursdays @ 9am** No experience necessary. Classes can be done on a chair or floor mat. (Donation \$3.00 per class.)

**T'ai Chi Chih "The Next Step with Dan"**

**(For Men and Women) Thursdays @ 10:30am**

(Donation \$3.00 donation per class.)

**Tap Dancing with Robin (For Men and Women)**

**Thursdays at 1:30** No experience necessary. Tap shoes needed. (No donation requested.)

**Hooked On Fitness with Elaine (For Men and Women)**

**Fridays @ 10:30am** (Donation \$3.00 per class.)

All participants must register and sign fitness waivers.

Proper attire required. Call Gigi for info.

## **CLUB NEWS**

### **FOREVER YOUNG**

Thurs., Apr. 9 - Meeting and Jewelry exchange at 2pm.

Thurs., Apr. 23 Out to lunch - Destination TBD.

### **HOLY INNOCENTS SENIOR CLUB**

Meetings are the 1st and 3rd Fridays of the month at the Church.

### **NEPTUNE'S "RED HATTERS"**

Wed., Apr. 22 - Mtg. at 2pm.

Out to lunch April 29

Empire Asia Buffet at 12n.

### **NEPTUNE SENIOR CLUB**

Wed., Apr. 8 Bus. Mtg. with

Chinese Auction at 2pm.

### **NEPTUNE BOWLERS**

Bowling every Tuesday at Shore Lanes at 9:30am.