

# THE SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND  
SENIOR CENTER

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

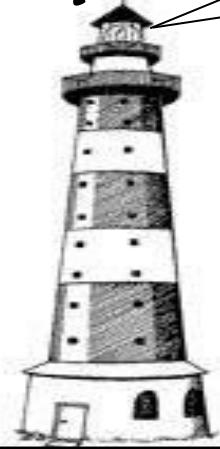
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732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

APRIL 2026



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## HEADLINE NEWS

*April fulfills March's promise of Spring. Fabled April rains wash away the winter's refuse and repaint the world in bright, clean hues. A palette of color and beauty, a world looking to tomorrow. But the month reminds me of an overwhelming loss. On Good Friday April 5, 1985 I was on my way home for Easter from Washington, DC. I arrived very late and stayed at a friend's apartment so as not to wake my father. My mother was in the hospital.*



*That morning my friend's phone rang. My father's weary voice asked how far away I was because my mother was declining rapidly. I raced to the hospital only to learn she had already passed. I was led into the room to say goodbye. On her bedside table were flowers from my childhood home in a simple glass vase. My father had gathered from our yard spring roses, daffodils, forsythia, pansies and flowering quince, my mother's favorite. Mom had always loved Spring flowers and Dad had given her these for their thirty seventh anniversary just 3 days prior. They were a visit from home.*

*For so many years it seemed odd to me that I remembered those flowers. That day my world changed; one of my greatest champions and cheerleaders was gone, my father brokenhearted. But for some reason those flowers claimed a prominent space in my memory.*



*One day I discovered a verse by the Japanese poet Kobayashi Issa, "A world of grief and pain, but flowers bloom even then." Maybe that's why I remember those flowers. Even in the darkest times when I think that I will never recover – flowers still bloom. Even then there are still moments of simple beauty.*



*So maybe April isn't my "problem." The challenge is to hold fast the knowledge that flowers bloom even in adversity.*

*We must remember to gather that bouquet and keep it safe in our hearts. Look at it when all seems overwhelming. But don't just keep it for yourself. Give it away when you see someone else who may need to know that flowers bloom in bad times too.*

Randy



**PASSOVER - EVENING OF APRIL 1- APRIL 9**  
**GOOD FRIDAY - APRIL 3**  
**EASTER SUNDAY - APRIL 5**



## **From the Desk of Committeeman Stroud, Senior Center Liaison**



### **Autism and Our Aging Neighbors**

April is Autism Acceptance Month, and this year I want to talk about the older adults that rarely make it into the conversation.



When most of us think about autism, we picture children. But autistic people grow up and many seniors in our community were never diagnosed at all. Our community has always made room for everyone.

It's why I'm proud that our new and renovated playgrounds now include sensory equipment, and our senior center has seen substantial renovations. This is our commitment to ensuring that our shared spaces work for everyone.

Carrying that spirit forward might mean quieter programming at our senior center, more one-on-one outreach, or just extending a little more patience to the people around us.

This month, I'd encourage you to learn more about autism in adults. A good starting point is the Autistic Self Advocacy Network at

[autisticadvocacy.org](http://autisticadvocacy.org).

Every member of our community deserves to be fully seen. We see you.



*Derel M. Stroud*  
*Deputy Mayor*



### **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM**

LIHEAP is designed to help low-income households and/or individuals, 60 years of age or older, meet their home heating and medically necessary heating and cooling costs. For applications or info, contact X589 at the Center.

### **SENIOR CENTER ID CARD UPDATES FOR 2026**



Yearly updates will begin in May. Keep an eye out in our next newsletter for further info.

**PROTECT YOURSELF WITH  
TELEPHONE REASSURANCE**

Telephone Reassurance is for any senior who lives alone. Participants are called Monday thru Friday, between 9am and 11am. Volunteers monitor the "Hotline" and, if they do not hear from you, our staff will immediately follow-up with emergency procedures to ensure your well-being. Call X589 to sign up.



**SOCIAL WORKER AVAILABLE**

A Social Worker from the Monmouth County Division of Social Services is available at our Center to provide free individual counseling, assist with Medicaid questions and applications, food stamps, financial assistance, homecare info and more. Call X589 for an appt.



**HEALTH INSURANCE  
ASSISTANCE AVAILABLE  
AT THE CENTER**

**S.H.I.P.** (Senior Health Insurance Program) provides assistance with your health insurance. Call X562 for an appointment. Limited evening appointments available.



**"REGISTER READY"  
BECOMES "E.V.A.C.S."**



The Monmouth County Emergency Vulnerability & Assistance Coordination System (E.V.A.C.S.), formerly Register Ready, is a free portal that informs emergency responders where you are and what your needs are in the event of an evacuation. Register online at <https://www.mcsonj.org/evacs> or you can call 1-877-MCSO-OEM to register.

**OUTREACH ASSISTANCE  
WITH FULFILL**

A worker from FulFill is available once a month at the Center to assist with S.N.A.P benefits, NJ Get Covered, and Medicaid. Call X562 for info.



**LEGAL ASSISTANCE  
AVAILABLE AT CENTER**

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older and who are income eligible. Please contact X589 to schedule your appointment. Complex legal matters may need to be referred elsewhere.

**WE HAVE A GIFT FOR YOU  
ON YOUR SPECIAL DAY!**

**STOP BY THE CENTER NEAR  
YOUR BIRTHDAY**



**AND LET US HELP YOU  
CELEBRATE!**



**SOUP "SALES" CONTINUE  
AT THE CENTER**

Special thanks to Jose and his staff, for the delicious soups they create to help raise funds for our Trust Fund. Thank you for your support.



**NEPTUNE LIBRARY OFFERS  
INCOME TAX COUNSELING**

AARP Tax assistance is available at the Neptune Library on Wednesdays and Thursdays from 9am-1pm until Thursday, April 9. **No appointment needed. First come, first serve basis.** The Center will provide transportation for Township Seniors if it's available. Call X586 for transportation reservations.



**NEW FOREVER YOUNG  
MEMBERS WANTED!**

Forever Young usually meets the second Thursday every month. Their next business meeting is Thursday, April 2 at 1pm at the Center. Our "Forever Young" club is open to anyone. Join our group and make new friends or reconnect with old ones. Don't miss the fun. Contact X587 for info.



**DMV MOBILE UNIT AT THE SENIOR CENTER  
WEDNESDAY, APRIL 8 FROM 9AM-2PM**



The New Jersey DMV Mobile Unit will be at the Center for license renewals, duplicate driver licenses, non-driver ID's, vehicle registration renewals, or to obtain a parking placard. Appointments are required and can be made online at [njmvc.gov](http://njmvc.gov).



**"KNOW YOUR RIGHTS"**



**PRESENTED BY THE NJ DIVISION ON CIVIL RIGHTS  
WEDNESDAY, APRIL 8 AT 10AM**

The Division on Civil Rights will review your protected rights in the State of New Jersey. Learn how to stand up for your rights and file a complaint if you think you've been treated unfairly due to your protected characteristics.



## **LINE DANCING CLUB**

**THURSDAYS, APRIL 2, 9, 23**

**AT 11AM**

Come dance with us! All students, from beginners to advanced are welcome to attend. A fitness waiver must be completed prior to attending.

Don't miss the fun!

Call X587 for info.



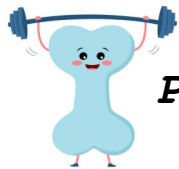
## **SENIOR CENTER BOOK CLUB**

**FRIDAY, APRIL 10**

**AT 10:30AM**



Every month is a different book to read on your own followed by a discussion among other members of the group. Join our book club to read a variety of books, make friends, and have fun! New members are always welcome!



## **"OSTEOPOROSIS AND YOU"**

**PRESENTED BY GEORGIAN COURT UNIVERSITY**

**FRIDAY, APRIL 17 AT 11AM**



Learn the importance of taking care of our bones. Georgian Court students will present information on Osteoporosis, a "silent" disease that can put you at risk for bone fractures, loss of mobility, pain and more. Learn what you can do to lower your risks and help mitigate the effects of Osteoporosis. Blood pressure screenings will be provided.

## **"THE NURSE IS IN"**

**MONDAY, APRIL 20 AT 10AM**

A nurse will be here to provide blood pressure checks and discuss any medical concerns or questions you may have.



## **LD-11 PAS-1 FILING WORKSHOP**

**WEDNESDAY, APRIL 22**

**AT 10:30AM**

The LD-11 Office will be at the Center to help homeowners, renters and mobile homeowners apply to receive property tax relief from NJ. Registration encouraged. You can register with Lindsay at X587.



## **DIAMOND ART CLASS!**

**THE FIRST AND THIRD WEDNESDAYS FROM 10AM-12PM**

No experience needed. Friendly guidance available. Come join the fun!



**"WHAT'S THE SCOOP?"**  
**PRESENTED BY MARCY MCGINNIS**  
**WITH SPECIAL GUEST JIM MURPHY**  
**FRIDAY, APRIL 24 AT 10AM**



Enjoy a delicious breakfast followed by Marcy's monthly edition of "What's the Scoop" with special guest, Jim Murphy. Jim has a long and interesting career in television news working at the bottom of the ladder and eventually serving as an executive producer at CBS News, ABC News, and CNN working with luminaries like Dan Rather, Diane Sawyer, and Anderson Cooper. Reservations required beginning Wednesday, April 8 at 9:30.

**SENIOR CENTER ANNUAL VOLUNTEER  
 RECOGNITION LUNCHEON**

**"CHEERS TO OUR AMAZING VOLUNTEERS"**

**THURSDAY, APRIL 30 FROM 11AM-2PM**

**AT THE SENIOR CENTER**



Volunteers are a vital part of our Senior Center and community.

Our Senior Center would not be what it is today without the hard work and support of our volunteers. Thank you for all you do for our Center and community. We look forward to celebrating the dedication of all of our volunteers. The luncheon is by invitation only. If you have given at least 20 hours of volunteer time in 2025 and did not receive an invitation, please see a staff member. All classes and programs are cancelled that day.

**DOORS TO THE CENTER WILL OPEN AT 11AM.**



**SENIOR CENTER HEALTH FAIR**  
**WEDNESDAY, MAY 20 FROM 10AM - 1PM**



Join us for a fun and information filled Health Fair in collaboration with Hackensack Meridian Health and many other community partners. Grab & Go picnic lunch will be available by reservation only. Various screenings and health assessments will be provided.

# **MONMOUTH COUNTY RESOURCES FOR SENIORS**



## **MENTAL HEALTH TREATMENT**

CPC Integrated Health - 800-250-9811  
Mental Health Association of Monmouth County - 732-542-6422  
RWJ Barnabas Health Support Services - 732-922-1042  
Psychiatric Emergency Screening Services - 732-923-6999  
Self-Harm, Suicide & Crisis Hotline - Call or Text - 988

## **SOCIALIZATION**

Caregivers Volunteers of Central Jersey - 732-505-2273  
Family and Children's Services - 732-728-1331  
Senior Citizens Action Network - 732-542-1326

## **CAREGIVER SUPPORT & ASSISTANCE**

Division of Aging, Disabilities & Veterans - 732-431-7450  
Project Lifesaver Tracking Bracelet - 732-308-3770 ext. 8780  
Beacon of Life - All Inclusive Care - 732-592-3400  
Geriatric Health Center - 732-923-7550  
Visiting Physicians Service - 732-571-1000  
Visiting Nursing Association - 800-862-3330  
Adult Protective Services - 732-531-9191



## **EVICTIION AND HOUSING**

Mental Health Association of Monmouth County - 732-542-6422  
South Jersey Legal Services - 800-496-4570  
Social Services - 732-431-6000 ext. 4613  
Adult Protective Services - 732-531-9191



## **TRANSPORTATION**

Access Link - 973-491-4224  
EZ Ryde 4 Life - 201-939-4242  
Healthy Hop - 732-505-2273  
Ride In Monmouth - 732-431-6485

## **FOOD ASSISTANCE**

Interfaith Neighbors - 732-775-0525 x227  
Jewish Family & Children's Services - 732-774-6886 ext. 40  
Fulfill - 732-918-2600  
Supplemental Nutrition Assistance Program - 732-431-6000

## **HOME REPAIR**

Habitat for Humanity - 732-728-0441 Ext 311  
Handy Andy - 732-505-2273 ext. 212  
Monmouth County Home Repair Program - 732-731-7460



## Fitness Class Descriptions



### **Chair Yoga (seated)**

Yoga can help harmonize, relax & rejuvenate your body, mind, and emotions. Chair class provides all the benefits of a traditional yoga class without having to get down on the floor! Everyone is encouraged to work at their own pace and ability; all levels of fitness are welcome! **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

### **Shaping Up Sitting Down (seated)**

A gentle, yet effective full body workout done sitting down. This class includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**



### **Balance & Flexibility (seated & standing)**

The focus of this class is on gently stretching muscles, building core strength and improving balance and coordination. We will begin our exercise with seated chair stretching & strength movement, followed by standing balance movements. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair and walk/stand unassisted.**

### **Tai Chi Chih (seated & standing)**



Tai chi is a mind-body exercise that combines movements, meditation, and relaxed breathing. It involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

### **Standing Strong (standing)**

A full body strength and cardio workout. Lots of movement to raise the heart rate and improve cardiovascular function. Weights are used for strength building exercises.

A challenging class recommended for those with a consistent fitness routine.

**It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.**





## Fitness Facts

All fitness classes are 45 minutes long and are on a first come, first serve basis. We recommend arriving approximately 15 minutes prior to the start of the class you wish to attend. Doors to classes are closed once class session begins.



Classes are a \$4.00 requested donation.



All participants must be residents of Neptune Township, registered to the Center, and have an updated fitness waiver on file. Please update your waiver prior to attending classes.

Closed-toe athletic shoes are required for every class.

Due to the health considerations of others, fragrances are not permitted in classes.



## Transportation, Lunch, Programs, and Event Registration

All registrations can be made in-person or by phone between the hours of 9:30-11:00am or 2:00-3:30pm. Reservations for the next day must be made by 11:00am the business day before. You can make reservations for up to two weeks in advance.

Please be mindful of weekends and holidays.

Transportation is offered on a first come, first serve basis to Neptune Township senior residents who are registered at the Center. Transportation is available to & from the Center, local routine medical appointment, shopping (as indicated on our shopping calendar) and personal needs appointments.

For a copy of our full transportation guidelines, please contact Lindsay.



## Registration to Center

Registration to the Center is offered on an appointment basis. For info on registering and to schedule an appointment, please contact the Center at 732-988-8855.



## Reservations Procedure

**Reminder:** Reservations for lunch, classes, programs, and transportation will only be taken between 9:30am - 11:00am and/or 2:00pm - 3:30pm. If you request a reservation outside of these times, your reservation will not be taken and you will be asked to contact the Center between those timeframes. **Next day reservations must be made by 11:00am the day before at the latest.** Reservations can be made up to two weeks in advance.



**APRIL 2026**



# 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.**

**Randy Bishop, Director  
Kristina Torres, Deputy Director**

**Recreation/Programming**

**Lindsay Okuszki - Coordinator**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**David Pyle - Driver**

**Ronald Raisin - Driver**

**Patti McCormick - Driver**

**Jennifer Welter - Driver**

**Robert White - Driver**

**Custodial Services**

**Ralph Parkman**

**John Clark**

**Dining Services**

**Jose Perez - Kitchen Manager**

**Jennifer Nurse - Aide**

**Terence McCorry - Aide**

**Dashawn Williams - Aide**

**Dorothy Wilson - Aide**

**Administrative Office**

**Michelle A. Swift - Administrative Assistant**

**Mary DiSpigna - 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

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