

THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

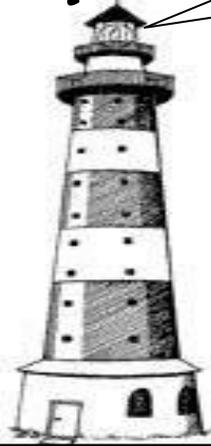
RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**FEBRUARY
2026**

celebrate
BLACK
history **MONTH**

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.



HEADLINE NEWS

February, the month of arrows and hearts. Sometimes this month can overwhelm us with feelings of sadness and loss. We are bombarded with ads to get that special someone a gift: a card; jewelry; candy; a new car! Enough already.

For many Valentines Day is hard. Too often it reminds us who we have lost, especially a spouse or a significant other. We mourn those no longer at our side and long for them as we feel that life and love are ebbing away. The day becomes not one of smiles and kisses, but one of solitude and reflection. It seems to amplify the echo of loneliness.

The other morning driving to work I heard a song I had never heard before. Or maybe I had but it never resonated the way it did that gray morning. The song is "Friends" by Elton John and Bernie Taupin. Valentines Day is centered around romantic love, and that's great. But think about the other loves in your life.

Remember elementary school? Many of us wrote our Valentines and passed them out or placed them in a special mailbox for our friends, our "loves." Those loves were as crucial then as they are today. Though different, they added to our life, our experiences. Friends' love still does as we face the joys and challenges of growing older.

So back to the song. Maybe the first verse gives us a new way to experience Valentines Day and the celebration of "love". The singer wishes for us that, "the day will be a lighter highway; For friends are found on every road; Can you ever think of a better way: For the lost and weary travelers to go?"

With the love of friends, we need no longer be a "lost and weary traveler." Instead with their love we are again children with new adventures, good and bad; bruised knees and scraped elbows. But we are not alone when we have the love of friends.

Happy Valentines Day to you... and all your loves!

Randy





CELEBRATING BLACK HISTORY MONTH



From the Desk of Committeeman Stroud, Senior Center Liaison

A February Reflection



February brings us heart-shaped chocolates and Valentine's Day cards, and after all these years, we learn that love shows up in quieter, more unexpected ways. It's your neighbor clearing your walkway before you even ask. It's the friend who stops to visit just because. It's your grandchild who sits down and really listens when you share a story from "back in the day."



Right here in our community, we see love in action every single day. It's amplified at our senior center. The laughter erupting from the game table, someone saving you a seat at lunch, offering a ride without hesitation—that's love doing its work. And speaking of independence, did you know February is also National Senior Independence Month? It reminds us that loving our community doesn't mean losing ourselves. We can lean on each other while still celebrating the freedom, wisdom, and autonomy we've earned over a lifetime.

So this month, let's honor both independence and connection. Let's celebrate the friendships that keep us going and the small kindnesses that brighten our days. Here's to February, friends; let it overflow with warmth, laughter, and love in all its beautiful forms.



With Love and Community,

Derel M. Stroud
Deputy Mayor

ATTENTION SENIOR HOMEOWNERS!



PROPERTY TAX DEDUCTION RENEWAL DUE BY MARCH 1

Seniors receiving the \$250.00 Property Tax Deduction, must submit a renewal application to Neptune's Tax Office. If you are not receiving the deduction and would like info, call X589. Annual Income guideline: \$10,000.00 excluding Social Security



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.



**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.



**BE "REGISTER READY"
FOR YOUR SAFETY** 

Register Ready is a state-wide registry that informs emergency responders where you are and what your needs are in the event of an evacuation. Register online at www.registerready.nj.gov. Registrations expire yearly so always check your status. Those without computers can call X589 for assistance.

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.

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.

**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.



**WE HAVE A GIFT FOR YOU
ON YOUR SPECIAL DAY!
STOP BY THE CENTER NEAR
YOUR BIRTHDAY**



**AND LET US HELP YOU
CELEBRATE!**



**♥ The Senior Center will be
closed Monday, February 9
thru Friday, February 13 for
renovations and on Monday,
February 16 in observance
of President's Day. ♥**



NATIONAL WEAR RED DAY!

FRIDAY, FEBRUARY 6



The first Friday in February is National Wear Red Day. On this day, people across the Country don the color red in order to spread awareness of heart disease and stroke in women all over the nation. Put on your reddest red – and help us turn the Center red!

***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 of the month. Their next business meeting will be on Thursday, February 5 (**due to Center's closure on 2/12**) 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 more info.

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

A special thanks to our Kitchen Manager, Jose and his staff, for the delicious soups they create. They have been making homemade "soups to go" to help raise funds for our Trust Fund. We hope we can count on your continuing support. 



All Municipal Offices and Senior Center will be closed on Monday, February 16 in observance of President's Day.

LINE DANCING CLUB



**THURSDAY, FEBRUARY 5, FEBRUARY 19, AND FEBRUARY 26
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.



**CHINESE NEW YEAR CELEBRATION
"THE YEAR OF THE HORSE"
AT THE FLAMING GRILL**



TUESDAY, FEBRUARY 10 AT 12PM

Celebrate Chinese New Year with friends at the Flaming Grill! Limited bus pick-up service will be available for those requiring transportation. We welcome others to meet us directly at Flaming Grill with prior reservations to be made with the Center. Lunch is paid on your own. Reservations are required beginning Thursday, February 5 at 9:30am.



"THE NURSE IS IN"



THURSDAY, FEBRUARY 19 AT 10AM

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



SENIOR CENTER BOOK CLUB

FRIDAY, FEBRUARY 20 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!





**JCP&L COMMUNITY
OUTREACH**

**TUESDAY, FEBRUARY 24
FROM 9:30AM-2:30PM**

JCP&L will be here to help you apply for the Universal Service Fund (USF) and share information about available bill assistance programs. People will be seen on a first come first serve basis. For questions or required document info, please email NJEAOT@firstenergycorp.com.

**"10 STEPS TO A HEALTHY
HEART"**



**PRESENTED BY GEORGIAN
COURT UNIVERSITY
TUESDAY, FEBRUARY 24
AT 11AM**



February is Heart Health Month, a time to learn the importance of taking care of our hearts. A healthy heart is crucial in maintaining our overall well-being. Learn what steps you can take to stay heart healthy! Blood pressure screenings will be provided.

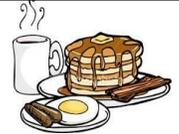


"WHAT'S THE SCOOP?"

PRESENTED BY MARCY MCGINNIS

FEATURING SOO-JEONG KANG AND ANDREW SCRIVANI

FRIDAY, FEBRUARY 27 AT 10AM



Enjoy a delicious breakfast followed by Marcy's monthly edition of "What's the Scoop" with special guests Soo-Jeong Kang and Andrew Scrivani, the former food editor and food photographer for the New York Times. Soo-Jeong Kang and Andrew Scrivani will discuss how they got into the "food" business, how they developed recipes, and how they photographed them. Reservations required beginning Wednesday, February 4 at 9:30.



ST. PATRICK'S LUNCH



TUESDAY, MARCH 17 AT 12:00PM (DOORS OPEN AT 11:00AM)

Corned beef and cabbage, served hot and delicious! Reservations required and can be made by phone, or in person, **starting at 9:30am on Thursday, February 19**. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There is a requested \$4.00 donation. **AFTERNOON CLASSES AND PROGRAMS ARE CANCELLED.**



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.



FEBRUARY
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BLACK
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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
Dorothy Wilson - Aide**

Administrative Office

**Michelle A. Swift - Administrative Assistant
Mary DiSpigna - Departmental Secretary**

And an Army of Dedicated Volunteers!

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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