

# THE SENIOR BEACON

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

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

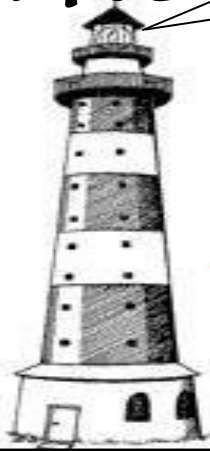
RANDY BISHOP, DIRECTOR  
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**JULY 2026**



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

*Two hundred and fifty years ago brave women and men rose up to say that they would no longer succumb to authority telling them what was going to be without their right to question without fear of retribution. They didn't make excuses, they didn't cower; they stood for their right to self-govern.*

*They risked their lives and livelihood to secure the blessings of freedom.*



*Today I see such turmoil in our nation. Disagreements, differing opinions are not new but we have always sought the same goal: a free represented people determining their own destiny, a compromise for the betterment all people. The beauty of a democratic republic is that the people elect their leaders and give them the power to represent them and enact laws to protect them. When that doesn't occur,*



*the ballot box allows them to change leaders.*

*It seems so simple, so straightforward. Somehow over the last 250 years it's not just the people who choose the leaders. Corporations, interest groups, wealthy and well connected individuals have subverted the will of the people. The disturbing part, we have let it happen.*

*Our founders authored the Constitution which structured a government grounded in the participation of citizens and establishment of the rule of law. The document is elegant and a living document which can be amended. It established three equal, independent branches of government, none subservient to the other. Each owning their role and fiercely exercising it. Each acting as a check on others attempts to take power from the citizens.*

*In his play, A Man For All Seasons, Thomas Bolt poses a troubling scenario. A scenario where law is disregarded or subverted. He asks, "What would you do, cut a great road through the law to get after the Devil? ... and when the law was down and the Devil turned round on you, where would you hide ... the laws all being flat? This country is planted thick with laws from coast to coast. Man's laws, not God's. And if you cut them down ... do you really think you could stand upright in the winds that would blow then?"*

*This 250<sup>th</sup> year let us nurture not devastate the forest of laws which protect us, freedom and the right to self-governance. Let us celebrate the America that is us.*



Randy





**MUNICIPAL OFFICES & SENIOR CENTER ARE CLOSED ON  
FRIDAY, JULY 3 AND MONDAY, JULY 6  
IN OBSERVANCE OF INDEPENDENCE DAY**



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



**Celebrating 250 Years: Counting on Each Other**



This July, the United States turns 250 years old and it's worth pausing to appreciate just how remarkable that is.

We know that what makes America truly great isn't found in books or news headlines, but in the everyday moments between people looking out for a neighbor, or simply holding the door for a stranger.



As we celebrate 250 years of this country, we'd like to celebrate something equally important like the small acts of kindness that hold our community together every single day. These quiet gestures may seem simple, but they are the heart of who we are as a community and as Americans.

This July, I'm encouraging everyone to perform a small act of kindness each day. A smile, a helping hand, or even a heartfelt note; it doesn't have to be big to make a difference. Together, those small moments add up to something beautiful.

Happy 250th, America. Here's to another 250 years of looking out for one another. We're stronger together. Let's do this!



With Love and Community,

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.



**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.

**FARMERS MARKET VOUCHERS  
AVAILABLE**



The Senior Farmers' Market Nutrition Program promotes nutritional health by providing coupons for locally grown fresh fruits, vegetables, and herbs. Participation in this program is limited to seniors 60 or older and whose annual gross income does not exceed the amounts permitted. Proof of income and ID required. Vouchers are limited this year so call X589 for an appt.

**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!**



### ***"EXPLORING FINE ARTS"***

We're excited to announce that we have a new Instructor for our "Exploring Fine Arts" class! Sue joins us with a wealth of knowledge. Sue got her training at the Ringling School (now College) of Art & Design in Florida. She enjoys working in various mediums including pen/ink, watercolor, acrylic, and oils. She also has illustrated several children's books and is a member of the Manasquan River Group of Artists. Welcome Sue!



### ***AGELESS ACTORS NEWS***

The Ageless Actors Acting group is currently working in small groups to choose and rehearse scenes from plays around the theme of "Relationships". We will perform these scenes in a showcase on October 7 at 12pm. We are asking anyone who would like to perform, join us by Tuesday, August 4 at the latest. Please join us Tuesdays at 1pm. Everyone welcome!

### ***NEPTUNE TOWNSHIP EMS DOES SO MUCH MORE!***

Neptune Township EMS does more than answer 9-1-1 emergency medical calls. As part of the EMS Outreach program, staff from NTEMS will come to your location and retrieve unused medications, medical devices or anything you don't need. Medications are disposed of properly and some devices are brought to the Senior Center for distribution to anyone in need.

Our outreach coordinator also provides community outreach to those who face complex challenges, including Substance Use Disorder, Alcohol Use Disorder, homelessness, lack of communication access, hoarding, loss of family members, and barriers to workforce re-entry. NTEMS Outreach staff can be called to come assess the situation and assist in linking to resources.

Anyone can call the NTEMS Non-Emergency number at 732-776-9192 X615.



## **NEW FOREVER YOUNG MEMBERS WANTED!**



Forever Young usually meets the second Thursday every month. Their next business meetings for the Summer will be Thursday, July 9 and Thursday, August 13 at 1pm at the Center. There will be future plans for lunch outings this Summer. Our "Forever Young" club is open to anyone. Join our group and make new friends or reconnect with old ones. Contact X587 for info.



### **LINE DANCING CLUB**

**THURSDAY, JULY, 16, 23, 30  
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.

### **"HEART AND KIDNEY HEALTH" PRESENTED BY THE CONCERNED BLACK NURSES OF CENTRAL NEW JERSEY**

**WEDNESDAY, JULY 15 AT 11AM**

Because your heart and kidneys rely on the same blood vessels, managing your overall health requires a coordinated approach. Damage to one organ frequently causes damage to the other. Learn how your heart and kidneys work together, how kidney disease can affect your heart, and lifestyle tips for better cardiovascular and kidney health.

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

**MONDAY, JULY 20 AT 10AM**

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



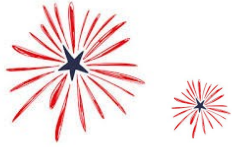
### **"ADVOCATING FOR YOUR HEALTH"**

**PRESENTED BY HACKENSACK MERIDIAN HEALTH**

**TUESDAY, JULY 21 AT 11AM**

Join us to learn about how to make your healthcare goals known. Learn more about the importance of Advance Directives, Living Wills and Advance Care Planning.





**NATIONAL NIGHT OUT**  
**TUESDAY, AUGUST 4 FROM 5PM - 8PM**  
**AT THE MIDTOWN ELEMENTARY SCHOOL**



National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie making our neighborhoods safer, more caring places to live. Join our Police Department and "take a stand against crime". Join your neighbors for a giant block party at the Midtown Community School. There will be food, exhibits, giveaways, music and more. We hope to see you there.

**UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2026**

All Senior Center participants are asked to update their identification cards yearly. **We will only be doing updates for registered participants with last names that start with letters A thru K during the month of July.** Guidelines for updates are listed below. We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards helps our staff keep records accurately and benefits you in case of an emergency.



• Updates are only done from  
**9:30-11:00am or 2-3:30pm Monday thru Friday.**



- Please bring current photo Senior Center I.D. cards when updating.
- Lost cards can be replaced once – then a \$2.00 donation per card is requested for any additional lost cards.
- Updates must be done in person and require current proof of residency and emergency contact information or cards cannot be updated.
- Please come prepared with doctor's name, medications and any medical info **you want us to have on file.**
- We're sorry but, updates are not done on days when special events are scheduled, check our calendars before coming.



## **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

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.



**JULY 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 Okuski - 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**

*And an Army of Dedicated Volunteers!*

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PERMIT #607

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE  
DEPARTMENT OF SENIOR SERVICES  
AND SENIOR CENTER  
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TEL: 732-988-8855