

THE SENIOR BEACON

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

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NEPTUNE, NJ 07753

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WWW.NEPTUNETOWNSHIP.ORG

**MARCH
2026**

St. Patrick's Day

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

March is the month when we begin to see changes around us. The sun seems to be a little bolder, the weather starts to tease us with a hint of warm days to come.

The frozen ground starts to crack and small messengers of Spring peek above the bleakness of winter's fields. Forgotten patches of snow, hiding in shadowy crevices, retreat to await winter's return next year. As the days pass the sun rouses more sleeping seeds to join the others, overtaking the ground once under winter's domain.

The March winds become restless, shaking the trees, bushes and grasses from their deep slumber. It sweeps the remains of winter away as it readies the land for the arrival of Spring. The breezes sing while they work, sometimes sweet and low, other times bold and strong. But their tune is one of challenge and change, hope and tomorrow.

The stretching trees join in the song. Their drear garb of winter shed and their new wardrobe bursting forth in colorful finery. All the while joyfully greeting their old friend the sun and gossiping with the birds about the months they were apart.

When winter ends we too need to shake off the heavy garments that hid us from the chill. Sometimes staying in our cloistered cocoon becomes maybe a little too comfortable. Our seclusion feels safe, protective. While you feel you have everything you need just as you are, you don't have one critical piece – the company of others.

Appropriate for March, there is an Irish folk song that reminds us "with the wind in the willows and the birds in the sky; We've a bright sun to warm us wherever we lie." It then instructs us that "we have bread and fishes and a jug of red wine to share on our journey with all of mankind."

So step out into the light of tomorrow. Find the happiness in the journey celebrating the rebirth of the world and the joy of sharing it with others.

Happy St. Patrick's Day!

Randy

From the Desk of Committeeman Stroud, Senior Center Liaison



Where February Meets March



As February gives way to March, we move from Black History Month into Women's History Month. The calendar separates them, but their stories never really part. And woven through both is someone we cannot afford to overlook...our seniors. They are not just witnesses to history. They are history. Think about the elders in your own life who navigated a world that told them that their voices were too small and their ambitions too large. Some marched. Some broke into professions that had never seen their faces. Many raised families with fierce love and quiet dignity while the world slowly caught up to what they already knew about their own worth. For Black women especially, these two months have never been separate — figures like Fannie Lou Hamer, Ida B. Wells, and Shirley Chisholm lived at the crossroads of race and gender, facing compounded barriers and breaking them with compounded courage. The seniors in our lives remember when the Voting Rights Act was news, not a history lesson. Their memories are not relics, but are road maps.



Honoring them during these observances isn't just an act of gratitude. It's an act of wisdom. When we sit with our elders and invite them to share what they lived through, we close the gap between past and present in a way no textbook can. History stops being distant and starts sitting across the table, speaking in a familiar voice.

So this March, do more than read about the women who shaped this nation. Call the ones you know. Ask them what they remember, what they endured, and what they still hope for. Make sure their stories are heard while they can still tell them.

Our seniors have been carrying this history for a long time. The least we can do is listen.

With Love,

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 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!**



**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 of the month. Their next business meeting will be on Thursday, March 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.



**"10 STEPS TO A HEALTHY HEART"
PRESENTED BY GEORGIAN COURT UNIVERSITY
TUESDAY, MARCH 3 AT 11AM**



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.



SHINE, SPARKLE AND CREATE!

THE FIRST AND THIRD WEDNESDAYS FROM 10AM-12PM

Join Our Diamond Art Painting Club! Enjoy a relaxing and enjoyable afternoon while meeting new friends. No experience needed.

Diamond painting is easy to learn and incredibly rewarding.

Friendly guidance is available. Come join the fun! 



SENIOR CENTER LINE DANCING CLUB
THURSDAY, MARCH 5, MARCH 12, AND MARCH 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.



"THE NURSE IS IN"

MONDAY, MARCH 16 AT 10AM



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

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.

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.



"COMMUNITY CPR"



PRESENTED BY HACKENSACK

MERIDIAN HEALTH

WEDNESDAY, MARCH 18



FROM 5:30PM-7:00PM

AT THE SENIOR CENTER

The American Heart Association Family & Friends CPR course is designed for people who want to learn CPR. Learn life-saving skills of hands-only CPR, how to evaluate safety in an emergency situation, how to use AED's, and learn how to determine if someone is choking and what to do.

This is not a certification course.



To register, please contact HMH at 1-800-560-9990.

"HEALTHY HOMES FOR SENIORS"



**PRESENTED BY
MONMOUTH COUNTY HEALTH
DEPARTMENT
FRIDAY, MARCH 20 
AT 10:30AM**

Monmouth County Health Department will provide an in-person educational presentation with tips and strategies to keep you safe at home while promoting independence and improving quality of life.

"WHAT'S THE SCOOP?"



**PRESENTED BY MARCY
MCGINNIS**

**SPECIAL GUEST IS TBD
FRIDAY, MARCH 27 AT 10AM**

Enjoy a delicious breakfast followed by Marcy's monthly edition of "What's the Scoop" with special guests. Reservations required beginning Wednesday, March 11 at 9:30.



**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.



"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 as it relates to housing, employment, harassment, discrimination, and much more! Learn how to stand up for your rights and file a complaint if you think you've been treated unfairly due to your race, gender, religion, disability, or other protected characteristics. This presentation is not to be missed! Save the date!





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



EVICTION 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.



MARCH 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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