

THE SENIOR BEACON

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

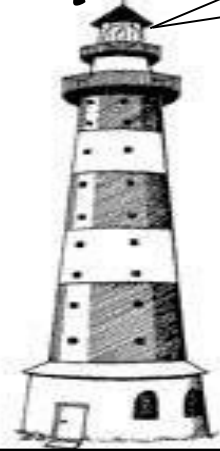
1607 CORLIES AVENUE
NEPTUNE, NJ 07753

RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

MAY
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

Do you ever think enough already? As I have aged, I have begun to surmise that I must be disappearing. Do you ever find that sometimes when you speak it seems no one hears you? Your opinion is dismissed outright, no thought given to what you said.



Even more infuriating is then hearing someone express the same thought (probably not as well as you said it) and everyone applauds their profound insight. Really?!

I've come to believe as we age it's not our voice that grows quiet, it's our confidence. For some reason many times we begin to accept the stereotype that others have made for us without knowing us, our history, our passions. We embrace their version of who we are, what we have become and what our worth is.



Just who gives them that right? I'm sorry to say it is probably you and me!

Often we are our own worst enemy. We take on the role in which others have cast us. We accept that we should be invisible. Sure maybe we can't do what we used to, we can't move like we used to or thought to speech is a little slower or more hesitant. But we are no less the person we once were.



The author William Purkey is credited with a quote that I am committed to live by; "Dance like no one is watching, Live like you'll never be hurt, Sing like no one is listening, Live like it's heaven on earth." I do not need nor do I seek someone else's validation. I know that I have value, purpose and a place, no matter how small, on this earth. No one has the right to relegate me to the sidelines especially if I am the one who puts me there!

So next time you hear the music – dance! If I'm around find me; we will dance together.

Happy Older Americans Month!

Randy





HAPPY MOTHER'S DAY - SUNDAY, MAY 10



ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 25 IN OBSERVANCE OF MEMORIAL DAY



From the Desk of Committeeman Stroud, Senior Center Liaison



Feeling Overwhelmed? You're Not Alone.

Turn on the news for five minutes and you'll understand why so many of us feel heavy right now. Economic uncertainty, global conflict, political division and more. It all adds up; and if you've been feeling anxious, or simply exhausted, you are not alone.

May is Mental Health Awareness Month, and this year the message feels more urgent than ever: Take care of yourself. Ask how you're really doing, and actually listen to the answer.

For many of us, asking for help can feel like failure, but it isn't. Therapy is not a sign that something is broken. You'd see a doctor for a persistent pain in your chest...your mind deserves the same attention.

Be gentle with yourself this month. If the weight feels like too much to carry alone, know that support is available and there is absolutely no shame in reaching for it.

You've carried a lot. You don't have to carry it all by yourself.



With Love & Community,

DereL M. Stroud

Deputy Mayor



**If you or someone you know is struggling, call or text 988 to reach the Suicide and Crisis Lifeline, available 24 hours a day, 7 days a week. For local mental health resources, visit: <https://www.mentalhealthmonmouth.org> or contact the Neptune Township Senior Center.*

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.



**"REGISTER READY"
IS NOW "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.

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.



**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.

**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.



**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!**



**MAY IS OLDER AMERICANS
MONTH!** 

**CELEBRATE WITH US
THE THEME FOR 2026 IS
"CHAMPION YOUR HEALTH"**



NEPTUNE TOWNSHIP



SUMMER HOURS

Effective on Friday, May 22, Neptune Township Municipal Offices and the Senior Center will be closing at 1pm every Friday thru the Summer. Congregate lunch will be served at 11am on Fridays **ONLY**. Cards and games on Friday afternoons will be moved to Monday afternoons at 1pm.

"WHAT'S THE SCOOP?"

PRESENTED BY

MARCY MCGINNIS



**WILL BE CANCELLED FOR
SUMMER BREAK**

**WE WILL RESUME IN
SEPTEMBER**



WALK THE BOARDS



WEDNESDAYS AT 10AM BEGINNING WEDNESDAY, MAY 6

Walk the Boards returns! Stroll the local boardwalks without worrying about parking. Take in some sun, grab a bite to eat, and explore all that living at the shore has to offer. Reservations required by 11am the day before. The different locations are listed on our "Shopping/Lunch" calendar page.



SENIOR CENTER BOOK CLUB

FRIDAY, MAY 8 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!



NEW FOREVER YOUNG MEMBERS WANTED!



Forever Young usually meets the second Thursday every month. Their next business meeting is Thursday, May 14 at 1pm at the Center. They will be have a lunch meeting at The Blue Swan Diner on Wednesday, May 27 at 11am. 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.



LINE DANCING CLUB

**THURSDAYS, MAY 14 & MAY 21
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.



COME AND JOIN... AGELESS ACTORS



AT THE SENIOR CENTER!

Are you ready to explore your creativity and have some fun at the same time? We're excited to announce the start of a renamed, renewed and refreshed Acting Group, *AGELESS ACTORS*. It is specially designed for all of you to enjoy and express yourselves. No judgement, no pressure. Just joy! Give it a try.

See a slice of what we do on Tuesday, May 19th during lunch at the Center! Our usual meeting time is Tuesdays at 1:00 PM - at least for now.

***If you would like to complete our AGELESS ACTORS Survey stop by the Center and pick one up at the volunteer desk in the lobby!**

"THE NURSE IS IN"

MONDAY, MAY 18 AT 10AM

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



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. Lunch reservation deadline is on Monday, May 18 by 11am. Various screenings and health assessments will be provided.





SAVE THE DATE!

AN EVENING OF FUN AT THE SENIOR CENTER

WEDNESDAY, JUNE 10 FROM 4-7PM



Join us for a cupcake decorating workshop, a summer safety presentation by Hackensack Meridian Health, and the Monmouth County Office on Aging will be here to provide general information about available services. Registration for the cupcake workshop is required and begins Wednesday, May 27 at 9:30am. There's a requested donation of \$5.00 for the cupcake workshop.



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 E during the month of May. 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
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.





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**

And an Army of Dedicated Volunteers!

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855