

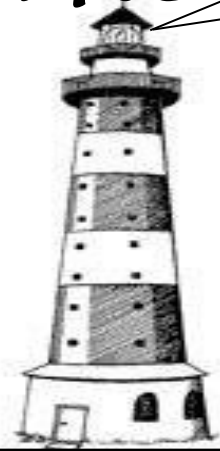
THE SENIOR BEACON

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

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**NOVEMBER
2025**

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

So here we are at Thanksgiving again. An idyllic holiday of warmth, food and family. This is the holiday we get all caught up in the "Hallmark" moment. Then we berate ourselves because our lives are not like a Norman Rockwell painting. We look at others and wish their life was ours.



I've got news, I don't know anyone whose life is as flat as a painting or any painting that everyone loves! Our lives have texture, light, and shadow. Sometimes we make our brush strokes bold, the color thick and weighty. Other times the application is light, subtle. Perhaps the pigment we choose is dark and brooding or some may be light and gentle.

Each aspect taken in isolation doesn't make for much of a tableau. But together these singular elements create a one-of-a-kind original; something that can never be copied.



They create you.



It is a creation that no one can duplicate and no other can own. Some may try but only you are in control of this work of art. It yours to share, to protect, and to change. At times you will find other paintings that compliment your work and other times you will not. It isn't your fault – everyone's taste is different. That is what makes a gallery so much fun to visit. Some things will draw you in, others may not interest you at all. Some may "grow" on you – and vice versa.



You get to hang your masterpiece wherever it suits you. Perhaps it is with family, maybe with friends. Maybe sometimes you just want to admire it yourself, that's okay too.

This Thanksgiving give thanks. Give thanks that your masterpiece is still a work in progress and take pride in what you have created and what is yet to be added. Understand that not everyone will like it. That's the beauty of art...and life. Just be proud of it for it is yours!

Wishing you wonderful and Happy Thanksgiving.

Randy



**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE
CLOSED ON TUESDAY, NOVEMBER 11 FOR VETERAN'S DAY**



From the Desk of Committeeman Stroud, Senior Center Liaison



Why Alzheimer's Awareness Matters

November marks National Alzheimer's Disease Awareness Month, a time when we shine a light on a disease that affects more than 6 million Americans and countless families who walk alongside them. For me, this awareness month carries deeply personal meaning. I lost my great-grandmother to Alzheimer's, and I witnessed firsthand how this cruel disease slowly stole away the vibrant woman we loved.



Alzheimer's doesn't just take memories; it takes the very essence of who someone is, leaving families to grieve while their loved one is still physically present. I remember the confusion in my great-grandma's eyes, the moments when she didn't recognize our familiar faces, and the heartbreak of watching her slip further away.



But awareness is more than just acknowledging loss. It's about understanding that Alzheimer's is not a normal part of aging. It's about recognizing the early warning signs, including memory loss that disrupts daily life, challenges in planning or problem-solving, confusion with time or place.

Early detection can help families plan for care and allow patients to participate in decisions about their future.



This month, I encourage everyone to learn about Alzheimer's, support those caring for loved ones with the disease, and advocate for continued research funding. Behind every statistic is a person, a grandmother, a father, or friend whose life and legacy deserve to be honored and remembered.

My great-grandma may have forgotten us in her final years, but we will never forget her. And we will continue fighting for a future where other families don't have to say goodbye the way we did.

In the words of Lester Holt, originally Jerry Springer; "Take care of yourselves and each other."

With Love,

Committeeman Derel M. Stroud



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.

**IT'S HURRICANE SEASON!
GET "REGISTER READY"**

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.

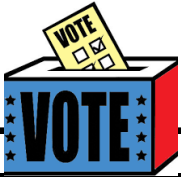
**OUTREACH ASSISTANCE
WITH FULFILL**

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 X589 for info.



**ELECTION DAY — DON'T
FORGET TO VOTE
TUESDAY, NOVEMBER 4**

Transportation to the polls for Township Seniors is available for the General Election. Deadline for reservations for transportation thru the Center is Monday, November 4 at 11:30am so call for reservations soon. Don't miss the opportunity to exercise your right to vote.



**ALL MUNICIPAL OFFICES
AND SENIOR CENTER WILL
BE CLOSED ON NOVEMBER 27
AND NOVEMBER 28
FOR THANKSGIVING**



"WHAT'S THE SCOOP?"

**PRESENTED BY
MARCY MCGINNIS
WILL BE CANCELLED FOR
NOVEMBER AND DECEMBER**

**THE BREAKFASTS WILL
RESUME IN JANUARY**

**STAINED GLASS AND
BASKETWEAVING
VOLUNTEER INSTRUCTORS
NEEDED!**

We are looking to resume our Basketweaving and Stained Glass classes but cannot do so without the help of volunteer instructors. If you are interested in helping us, contact Lindsay at X587.



Smile, Laugh, Yell, Cry

ACTING

with Richard

performer, director, writer

Richard Schlossbach

Tuesday's at 1 PM

*Fun & Inciteful
not scary*



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.



**ANNUAL SENIOR CENTER
CRAFT SALE**

**NOVEMBER 3 THRU NOVEMBER 7
FROM 9:00AM – 3:00PM**

**EXTENDED HOURS
SATURDAY, NOVEMBER 1
FROM 1-7PM**

**TUESDAY, NOVEMBER 4
FROM 4-7PM**

Join us for our Annual Craft Sale at the Center. This sale benefits our Senior Trust Funds and YOU. We will have work from our art classes and ceramic classes, crocheted and knitted items from our knitters, original wood carvings, and so much more. Please help support your Center.



**LINE DANCING CLUB
THURSDAY, NOVEMBER 13
AND
THURSDAY, NOVEMBER 20
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.
Call X587 for info.



**NEW FOREVER YOUNG
MEMBERS WANTED!**



Forever Young meets the second and fourth Thursday of the month. Their next business meeting will be on Thursday, November 13 at the Senior Center. They will be collecting donations of toiletry items for The Madonna House. Our "Forever Young" club is open to anyone. Contact X587 for more info.

**FOR THE HEALTH OF IT!
GET YOUR FLU SHOT
WEDNESDAY, NOVEMBER 19
11:30AM – 1:30PM**

The Monmouth County Board of Health will distribute flu vaccines to Monmouth County residents. The vaccines are usually free to seniors with Medicare Part B. The Health Department does not accept or bill insurance companies, but will provide a receipt suitable for submission to a health insurance company. Remember to check with your doctor if you have questions. Bring your Medicare card. It is recommended that you stay home if you are feeling sick to reduce the chances of spreading the Flu.



**WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!
STOP BY THE CENTER NEAR YOUR BIRTHDAY
AND LET US HELP YOU CELEBRATE!**



SENIOR CENTER BOOK CLUB

FRIDAY, NOVEMBER 14 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, have fun, and stimulate those brain cells! New members are always welcome!



"THE NURSE IS IN"

MONDAY, NOVEMBER 17 AT 10AM



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

JOIN US FOR OUR ANNUAL THANKSGIVING LUNCHEON

TUESDAY, NOVEMBER 25 AT 12PM



PLEASE NOTE: DOORS TO THE CENTER OPEN AT 11AM



Reservations for the luncheon will be taken starting on Tuesday, November 4 between **9:30-11:00 or 2:00-3:30**. Reservations are required and can be made in person or by phone. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There will be a free-will donation on the day of the luncheon.

All classes and programs will be cancelled that day.

CUPCAKE DECORATING WORKSHOP AT SHORE CAKE SUPPLY

WEDNESDAY, DECEMBER 3 AT 10AM



Spend the morning decorating festive and delicious cupcakes at Shore Cake Supply followed by lunch on your own at the Blue Swan Diner in Ocean. Seating is limited so don't delay in registering! Reservations beginning Wednesday, November 19 at 9:30am. Cost is \$10.00 per person and due at the time of registration. Exact change required. This trip is open to all current Neptune Township Senior Center residents.



UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2025

All Senior Center participants are asked to update their Senior Center identification cards for 2025. **We will only be doing updates for registered participants with last names that start with letters A thru Z for the month of November.** 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.

Updating is done yearly.



- 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.



SENIOR CENTER HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 9 AT 12:00PM

THURSDAY, DECEMBER 11 AT 12:00PM

PLEASE NOTE: DOORS TO THE CENTER WILL OPEN AT 11:00AM

Join us for an afternoon of fun and holiday cheer. Reservations are required and can be made in person or by phone starting Thursday, November 13 from **9:30-11:00 or 2:00-3:30.**

You may reserve for yourself and one other person. Everyone must be a registered Township Senior Center member in order to attend. Choose one date only.

All classes and programs will be cancelled both days.





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.



**NOVEMBER
2025**



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 Okuszkil - 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!



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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