

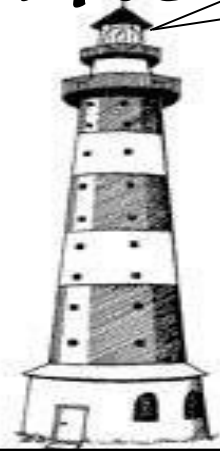
THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

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WWW.NEPTUNETOWNSHIP.ORG



**OCTOBER
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

As we age the feeling of loneliness sometimes becomes overwhelming. People we know have moved or have gone on. It seems our circle of friends grows smaller almost daily. The phone no longer rings or the calls you make go unanswered.

As October approaches we begin to feel the weight of oneness. The bright sun of summer dims, the days shorter, and the still nights longer. It's easy to feel isolated.

When we spend so much time with ourselves, we start to accept our seclusion. Life becomes routine, almost habit. Silence becomes conversation but the only voice we hear is our own. Sometimes what it says is unwelcome. Slowly we begin to not be concerned about our appearance because who is going to see us anyway.

But it doesn't have to be that way.

The great philosopher, Winnie the Pooh, said it best, "You can't stay in your corner of the forest waiting for others to come to you. You have to go to them sometimes." But inertia sets in and we make excuses to justify staying "safely" in our little corner of the forest.

But you must move. People are social animals; they instinctively wish to have companionship, to be in the society of others. No matter how outgoing or introverted you are, no matter how much you tell yourself you are fine by yourself. By nature we crave fellowship. But after spending so much time alone, we sometimes fear venturing out.

*You **must** fight to make yourself seek the community of others. Like Pooh said, you can't wait for them to find you, you need to seek them. But how do you break your pattern? Get up, go to church, go to the store – just go. Find a place you feel comfortable being, take a deep breath and say hello – to someone!*

Come visit us! You will find something to do. You never know, maybe you will renew an old friendship or perhaps make a new one. Don't give in to the early darkness of October. Instead light up the world with your smile and share it with a friend.

Randy

**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE
CLOSED ON MONDAY, OCTOBER 13 FOR COLUMBUS DAY**

From the Desk of Committeeman Stroud, Senior Center Liaison

Protecting Our Seniors and Mental Health in these Challenging Times

October brings us two critical observances that intersect in powerful ways. *International Day of Older Americans* and *National Mental Health Awareness Month*. While we celebrate the contributions of our nation's 59 million plus older Americans, we must also confront the uncomfortable truth that they face mental health challenges at alarming rates. The loneliness epidemic amongst them creates health risks equivalent to smoking 15 cigarettes a day, yet their mental health needs remain chronically underfunded and often invisible in wellness conversations.

These challenges become even more pressing as funding cuts threaten the very programs designed to address them. Mental health services face budget reductions precisely when demand is highest, while programs serving older Americans; including meal delivery to senior centers continue to operate on increasingly tight budgets. These cuts represent real consequences, and every reduced program means someone may go without support, face isolation, or struggle alone with depression and anxiety. The

human cost ripples through families and communities, creating problems that become far more expensive to address later.

But these October observances also remind us of opportunity and resilience. They highlight the wisdom of seniors who understand that true security comes from investing in our most vulnerable citizens, and they showcase the dedication of those working to improve mental health outcomes across all ages. As we honor both causes this month, we must translate recognition into action and continue advocating for sustained funding, volunteering with local organizations, and recognizing that caring for our seniors and supporting mental health are interconnected aspects of creating a society that values every person's dignity and well-being. The challenges are real, but so is our capacity to meet them when we commit to supporting those who need it most.

Stay blessed and stay well,
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.



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.



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 X589 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.



**OKTOBERFEST LUNCH AT
THE SENIOR CENTER**

FRIDAY, OCTOBER 3 AT 12PM

Enjoy a delicious Oktoberfest lunch created and prepared by Jose and his kitchen staff.

Reservations are required. Attendees must be registered to the Center and a Neptune Township resident. There is a \$5.00 requested donation for lunch.

**Center will be open for
classes until 11:00am.**



**Breakfast Bar is
cancelled that day.**

**PAS-1 FILING WORKSHOP
PRESENTED BY**



**THE OFFICE OF
SENATOR GOPAL,
ASSEMBLYWOMAN DONLON &
ASSEMBLYWOMAN PETERPAUL**

TUESDAY, OCTOBER 7

FROM 11AM - 1PM

AT THE SENIOR CENTER

Get help with filling out the new PAS-1 Form and learn about the Stay NJ, ANCHOR Property Tax Rebate, and Senior Freeze Property Tax Relief programs. Don't miss it. The application deadline is October 31.

**NEW FOREVER YOUNG
MEMBERS WANTED!**

Forever Young meets the second and fourth Thursday of the month. Their next business meeting will be on Thursday, October 9 at the Senior Center. Refreshments will be served. Our "Forever Young" club is open to anyone. Contact X587 for more info.



LINE DANCING CLUB

THURSDAY, OCTOBER 9

AND

THURSDAY, OCTOBER 23

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.



**SENIOR CENTER BOOK CLUB
FRIDAY, OCTOBER 10 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!

"FALL PREVENTION"
PRESENTED BY HACKENSACK
MERIDIAN HEALTH
WEDNESDAY, OCTOBER 15
AT 10:30AM

Get a grip and don't trip!
Learn tips to prevent falls
and what you can do to
minimize your risk at home
and outdoors.



MEDICARE OPEN
ENROLLMENT INFO SESSION
PRESENTED BY
FAMILY & CHILDREN'S
SERVICES

THURSDAY, OCTOBER 16
AT 10AM AND 6PM
AT THE SENIOR CENTER

Come learn about your Medicare benefits for 2026. Find out how to compare health and drug plans to get the best coverage and programs that will help you save money. The open enrollment period runs from October 15 until December 7. Don't miss this important program.

VACCINES OFFERED
AT THE CENTER

WEDNESDAY, OCTOBER 15
FROM 1PM – 6PM

Marlboro Medical Arts Pharmacy will be here to offer vaccines. We will have Flu and COVID vaccines available. Marlboro Pharmacy will bill your insurance directly for the vaccine. For uninsured individuals, self-pay rates will be offered. Call 732-946-1600 to register for your vaccine before coming.



"MANAGING OSTEOPOROSIS"
PRESENTED BY
GEORGIAN COURT
UNIVERSITY
MONDAY, OCTOBER 20
AT 11AM

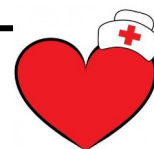
Learn tips for preventing, minimizing, and managing Osteoporosis and bone health. Blood pressure screenings will follow.



"THE NURSE IS IN"

MONDAY, OCTOBER 20 AT 10AM

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



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



**"MUSICIANS IN THE
ROUND"**

**PRESENTED BY
JANET BASSANO**

**THURSDAY, OCTOBER 23
AT 1PM**

Share your musical talents, passions, and stories with fellow local musicians during this "in the round" style jam session. All musicians are encouraged to attend. Instruments are encouraged. Call X587 for info or to RSVP.

SPECIAL NOTICE!

All classes, programs, and lunch are cancelled on Friday, October 24 for a County meeting at the Senior Center.

**CLASS SCHEDULE NOTICE
FOR EARLY VOTING**

All fitness classes at the are cancelled Monday, October 27 thru Friday, October 31 due to early voting. Lunch will still be offered that week.

**WELLNESS SCREENINGS
PRESENTED BY HACK-
ENSACK MERIDIAN HEALTH
TUESDAY, OCTOBER 28
AT 9:30AM**

Meet with nurses for general wellness screenings to track your progress and identify trends. These screenings can lead to better health outcomes, lower future healthcare costs, and opportunities to make beneficial lifestyle adjustments before conditions become severe.
Don't miss it.

**MOCKTAIL HALLOWEEN
PARTY AND CRAFT SALE
KICK-OFF
FRIDAY, OCTOBER 31
AT 11AM**

Celebrate Halloween with us and kick-off our Annual Craft Sale! Enjoy passed hors d'oeuvres and delicious mocktails while you shop the sale and partake in some Halloween fun. Costumes encouraged! Doors to the Center open at 10:45am. Reservation are required and begin Wednesday, October 15 at 9:30am.





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.

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 October.** 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.





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 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

Carol McDonald - 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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