

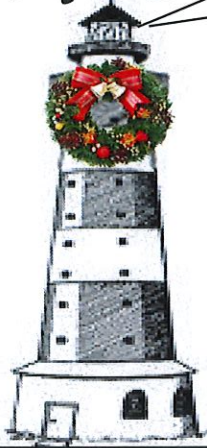
# THE SENIOR BEACON

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



**DECEMBER  
2024**

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 enter this special season of the year, we are confronted by so much discord. At every turn, it seems that there is turmoil but, we need not give in to the fear and despair. There is an old song that gives us hope with it's simple refrain, "Let there be Peace on Earth". But more importantly is what it asks us to do and that is, "Let it begin with me".*

*Your friends at the Senior Center wish you all much joy during this holiday season and together we will work for peace in the year ahead.*

*Jeremy*  
*John*  
*Michelle*  
*Robert White*  
*Royal*  
*Janet*  
*Patti ♥*  
*Jennifer*  
*Jindsay*  
*Shawn*  
*Kristina*  
*Ryan*



**MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED  
ON WEDNESDAY, DECEMBER 25 FOR CHRISTMAS**



***From the Desk of Robert Lane, Senior Center Liaison***

Thanks to all who came out for the Neptune Veterans Park service to honor our veterans and those who came to our 10th Anniversary luncheon. As elected Neptune Township representatives we want to make certain that the Park will always be pristine to honor those who paid the ultimate sacrifice. We honor those in the military, leaving their families to fight for what we all believe in. God bless all those who served.

The holidays are fast and approaching. To all a Happy Hanukkah, Merry Christmas's and a Happy Kwanzaa. Some special events going on within our town:

Recreation is having their Holiday Fun with Santa on Saturday, December 7, 10:30 to 12 noon, at Summerfield Elementary Café. There will be dancing and snacks and pictures with Santa.

Christmas in Ocean Grove December 7th will be have multiple events starting at 9AM which include Christmas Marketplace and at 1:30 the birth of Jesus both at the Youth Temple. In Bishop Jane's Tabernacle at 3PM is a concert and 5PM is the live Nativity scene followed by the tree lighting at 6PM in Auditorium Park. MURCs annual tree lighting in Midtown Commons Park is December 12 at 6PM.

Through the Recreation Department, we want to make this holiday season special with holiday cards for the residents of a local nursing homes and assisted living facilities. Drop off cards, no envelope, at the recreation department, 2201 Heck Ave. between 9 AM and 3PM by Wednesday, December 11 and they will deliver the cheer for you.

Join us for Neptune Recreation Winter Fire Wednesday, December 11 from 6 to 8PM. In case of bad weather it will be held on December 12. There will be marshmallows, a video game trailer and more at the Laredo Field parking lot. Bring your own chair for comfort!

Join us on December 14 for Wreaths Across America at Veterans Memorial Park at 12 noon. The service will last approximately 35 minutes. Afterwards volunteers will go immediately to Mount Calvary Cemetery to place 450 wreaths on veterans' graves.

Till next year, peace and joy be with you.



***LOW INCOME HOME ENERGY ASSISTANCE PROGRAM***

HEAP 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.



**SOCIAL WORKER AVAILABLE  
AT SENIOR CENTER** 

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. Appointments are available on the 2nd and 4th Tuesday of each month. Call X589 for further info.

**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.




**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.

 **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.

**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.

**BE "REGISTER READY" FOR  
YOUR SAFETY**

If you have any special needs that would make it difficult to get to an evacuation site in an emergency, you should register with the "NJ Register Ready Program". It's a state-wide registry that allows emergency responders to know where you are and what your needs are in the event of an evacuation. Register on-line at [www.registerready.nj.gov](http://www.registerready.nj.gov); or, call X589 to help you. **Registrations expire yearly and need to be updated.**

HANUKKAH BEGINS WEDNESDAY, DECEMBER 25  
HANUKKAH ENDS THURSDAY, JANUARY 2



WE HAVE A GIFT FOR  
YOU ON YOUR SPECIAL  
DAY!

STOP BY THE CENTER  
NEAR YOUR BIRTHDAY  
AND LET US HELP YOU  
CELEBRATE!



**"THE NURSE IS IN"**  
**TUESDAY, DECEMBER 3**  
**FROM 9:30AM – 11:00AM**

Our VNA nurse will be here to provide blood pressure checks and discuss any medical concerns you may have.



**SENIOR CENTER HOLIDAY LUNCHEONS**

**TUESDAY, DECEMBER 10 AT 12:00PM**

**THURSDAY, DECEMBER 12 AT 12:00PM**

**(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 from **9:30-11:00 or 2:00-3:30**. You may reserve for yourself and one other person. Everyone must be a current registered Township Senior Center member in order to attend. Choose one date only.

**All classes and programs will be cancelled both days.**

**SENIOR CENTER BOOK CLUB**

**FRIDAY, DECEMBER 13 AT 10:30AM**

Every month is a different read on your own followed by an intriguing discussion among other members of the group. Join our book club to read a wide variety of books, make friends, have fun, meet like-minded people and stimulating those brain cells!





**"NUTRITION AND YOUR IMMUNE SYSTEM"**



**PRESENTED BY**

**DIANE WEST, REGISTERED DIETICIAN**

**MONDAY, DECEMBER 16 AT 11AM**

Nutrition is a key factor in immune system health. Learn which foods and nutrients boost the immune system and how your nutrition effects your immune system so that you can stay healthy through the cold and flu season.



**SNOWMAN HOLIDAY CRAFT WORKSHOP**



**WITH TENA**

**WEDNESDAY, DECEMBER 18 AT 1PM**

Let's build a snowman! Join us for a fun snowman craft workshop without the freeze. Space is limited and reservations are required. Reservations begin on Friday, December 6 at 9:30am.

**"SIP AND DECORATE"**

**MONDAY, DECEMBER 23**

**AT 1PM**

Spend the afternoon sipping hot chocolate and decorating holiday cookies with us. Space is limited. Reservations are required and will begin Monday, December 9 at 9:30am.



**NEW YEAR'S EVE PIZZA**

**LUNCHEON**

**TUESDAY, DECEMBER 31**

**AT 11AM**

Welcome another year with your friends! Celebrate the New Year with us as we ring in 2025. Enjoy a pizza lunch and join in on our New Year's toast. Help us make way for 2025. Reservations are required and will begin on Monday, December 16 at 9:30am.

Don't miss it!





**KWANZAA BEGINS THURSDAY, DECEMBER 26  
KWANZAA ENDS WEDNESDAY, JANUARY 1**



*Smile, Laugh, Yell, Cry*



**ACTING**

*with Richard*  
performer, director, writer  
Richard Schlossbach  
Tuesday's at 1 PM

*Fun & Inciteful  
not scary*

**"WHAT'S THE SCOOP?"**

**PRESENTED BY**

**MARCY MCGINNIS**

**WILL BE CANCELLED FOR  
NOVEMBER AND DECEMBER**

**BREAKFASTS WILL RESUME  
IN JANUARY**

**ATTENTION FOREVER YOUNG  
MEMBERS!**

Forever Young meets the second and fourth Thursday of the month. There will not be any meetings held in December. Meetings will resume Thursday, January 9. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.



**SOUP "SALES" CONTINUE  
AT THE CENTER**



A special thanks to our Kitchen staff for the delicious soups they create. They have resumed making homemade "soups to go" to raise funds for our Trust Fund. We hope we can count on your continuing support.

**NEPTUNE TOWNSHIP  
REORGANIZATION MEETING**

Congratulations to our re-elected Township Committeemen, Kevin McMillan and Derel Stroud. The public is invited to attend the Township Committee's Annual Reorganization meeting at the Municipal Complex on January 1 at 12noon. For info, call 732-988-5200.



**CAREGIVER SUPPORT GROUP  
WITH RANDY**



Our Caregiver Support Group is for any caregiver. The group is run by Senior Center Director, Randy Bishop and meets the third Wednesday of the month at 1:30pm and 6:00pm at the Center.

**NO MEETINGS IN DECEMBER.  
MEETINGS RESUME IN JANUARY.**

## **UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2024**

All Senior Center participants are asked to update their Senior Center identification cards for 2024. We will only be doing updates for registered participants with last names that start with letters A thru Z for the month of December. 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 I.D. cards when updating. You will be getting a new photo I.D. card.
- Lost cards can be replaced once – then a \$1.00 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 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.

## **FREE FITNESS CLASSES IN JANUARY**

We are offering FREE fitness classes during the month of **January**. We encourage you to take at least one of our wonderful classes. We have excellent instructors. Contact X587 for further information. You must be a registered Senior Center member to attend class.

**ALL OF OUR CLASSES REQUIRE A PRE-REGISTRATION AND SIGNED FITNESS WAIVERS. REFER TO OUR CALENDAR PAGES FOR CLASS SCHEDULES.**



## 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.**



### **Sit & Fit (seated)**

A fun, upbeat chair exercise class that helps improve flexibility and coordination. This class targets improvement of movement in the ankles, knees, hips, and upper body. This class is great for all fitness levels and those looking to get back into exercising. **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.



**DECEMBER  
2024**



# 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**

**Patti McCormick - Driver**

**Jennifer Welter - Driver**

**Robert White - Driver**

**Custodial Services**

**Ralph Parkman**

**John Clark**

**Dining Services**

**Jennifer Nurse - Aide**

**Terence McCorry - Aide**

**Carol McDonald - Aide**

**Dashawn Williams - Aide**

**Administrative Office**

**Michelle A. Swift - Administrative Assistant**

*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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