

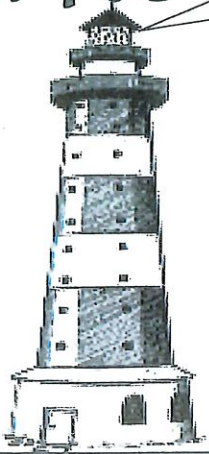
# THE SENIOR BEACON

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

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

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732-988-8855

WWW.NEPTUNETOWNSHIP.ORG



DECEMBER  
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

*In the bustle of the Holidays, remember that  
we are all thinking of you and wish you the  
best this season has to offer!*

Randy  
Gen W.  
Joe  
Jennifer  
Loretta  
Michelle  
Doro Hwy  
Ryan  
Jinday  
Ronald  
Patti  
Kristina  
Lor  
Mary  
Don

HANUKKAH BEGINS SUNDAY,  
DECEMBER 14  
HANUKKAH ENDS MONDAY,  
DECEMBER 22



KWANZAA BEGINS FRIDAY,  
DECEMBER 26  
KWANZAA ENDS THURSDAY,  
JANUARY 1





## From the Desk of Committeeman Stroud, Senior Center Liaison



### Finding Light this December



As December arrives with its twinkling lights and festive spirit, it brings both joy and, sometimes, a touch of loneliness. But this season also offers us beautiful opportunities to connect, care for ourselves, and rediscover simple pleasures that make life meaningful.

The holidays don't require grand gatherings to be special. A phone call to an old friend, a video chat with family, or joining a community event at the Senior Center can fill your heart just as much as any big celebration. If you're feeling isolated, remember that many others feel the same way. Reaching out might be exactly what someone else needs too.

Some of December's greatest gifts cost nothing at all. Watch the sunset paint the winter sky. Enjoy a cup of hot cocoa while listening to your favorite music. Take a gentle walk to admire neighborhood decorations. Joy doesn't have to be complicated; just noticed.

Don't forget to be kind to yourself. Keep up with your regular sleep schedule, eat nourishing meals, and move your body gently each day. If you're feeling overwhelmed or sad, that's okay. Talk about it with someone you trust, and know that you're not alone.

December reminds us that the best gifts we can give and receive are presence, kindness, and the willingness to find light even on the darkest winter days. However you celebrate this month, may you find moments of peace, connection, and joy.

Take care of yourself 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.



### ***NEPTUNE TOWNSHIP REORGANIZATION MEETING***

Congratulations to our newly elected Township Committeeman, Brian Acciani. 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.



## **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](http://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.







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



**"SPEECH THERAPY & YOU"  
PRESENTED BY ALEXA  
MARTUCCI, M.S CCC-SLP  
TUESDAY, DECEMBER 16  
AT 11AM**

Speech Therapy addresses a wide range of issues and the effects of conditions like a stroke, TBIs, or developmental delays. Alexa will discuss the Speech Therapist's role in working with adults and the different forms of treatment.

**HOLIDAY CRAFT WORKSHOP  
WITH TENA  
WEDNESDAY, DECEMBER 17  
AT 10:00AM**

Let's build a snowman! Join us for a fun snowman craft workshop without the freeze. Build a holiday snowman out of wood while enjoying holiday music. Space is limited and reservations are required. Reservations begin on Wednesday, December 10 at 9:30am.

**HEALTH &  
WELLNESS**



**WELLNESS SCREENINGS**



**PRESENTED BY HACKENSACK MERIDIAN HEALTH**

**THURSDAY, DECEMBER 18 FROM 9:30-11:00AM**

Nurses from Hackensack Meridian Health will be at the Center to provide various screenings. Blood Pressure, Pulse, Cholesterol, Blood Sugar, BMI and Stroke Risk screenings will be available. No appointment necessary. Just come in. Don't miss the chance to identify potential health problems early.



**NEW YEAR'S EVE PIZZA LUNCHEON  
WEDNESDAY, 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 Tuesday, December 16 at 9:30am. There is a requested \$5.00 donation for lunch. You must be a Township resident to attend.



**SENIOR CENTER HOLIDAY  
DECORATING PARTY  
WEDNESDAY, DECEMBER 3  
AT 1PM**

Volunteers are needed to help decorate the Center while sipping hot cocoa and warm cider. Enjoy holiday music and cheer by our fireplace. Please see Lindsay to sign up.



**LINE DANCING CLUB  
THURSDAY, DECEMBER 4  
AND  
THURSDAY, DECEMBER 18  
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 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. You may reserve for yourself and one other person. Everyone must be a Township resident and current registered Senior Center member to attend. Choose one date only.

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

**SENIOR CENTER BOOK CLUB  
FRIDAY, DECEMBER 12 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, DECEMBER 15 AT 10AM**

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

## **UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2025**

All Senior Center participants are asked to update their Senior Center identification cards for 2025. 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.

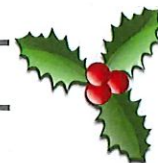
**Updates end for 2025 on Friday, December 5.**

**We will resume updating in the Spring.**



• 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.



## **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.

**EVERYONE MUST BE A TOWNSHIP RESIDENT AND CURRENT REGISTERED SENIOR CENTER MEMBER TO PARTICIPATE AND ALL OF OUR CLASSES REQUIRE A SIGNED FITNESS WAIVER.**

**REFER TO OUR CALENDAR PAGES FOR CLASS SCHEDULES.**



**NEW FOREVER YOUNG  
MEMBERS WANTED!**

Forever Young usually meets the second Thursday of the month. Due to our holiday party at the Center, their next business meeting will be on Thursday, December 4 at the Senior Center. The members would like to thank everyone who donated items for The Madonna House. Your help is greatly appreciated. Our "Forever Young" club is open to anyone. Contact X587 for more info.

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



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

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

**THE BREAKFAST 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.



## 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.







## 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.**







DECEMBER  
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 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**

**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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