

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
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WWW.NEPTUNETOWNSHIP.ORG



**DECEMBER
2023**

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 its 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.

Jen

Carol

Nick

Diana

Ryan

Michelle

Ralph

Teresa

Bob

Kristina

Londra



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



From the Desk of Robert Lane, Senior Center Liaison

Blessings for a Happy and Healthy Holiday Season.

There are many holiday dates you will want to remember and great chances to celebrate with family and friends!

It begins on December 1st with the tree lighting in Volunteer Park in Shark River Hills at 6pm. Neptune Recreation gets into the spirit at their Holiday Gathering with special guest Santa Claus at Summerfield School in the cafeteria from 10:30am - 12:00pm on December 2nd.

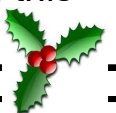
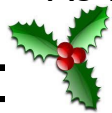
Also, on December 2nd the Ocean Grove Camp Meeting Association will present their live Nativity at 5pm followed by the tree lighting at 6pm in Auditorium Square.

The Neptune Police Department is busy helping Santa by collecting for Toys for Tots. A drop a box is located at the Senior Center as well as around town, Any new, wrapped or sealed toys are welcome to help bring a smile to a child this Christmastime. The drop boxes will be collected Monday December 11th.

Once again, we are honored to participate with Wreaths Across America on December 16th. The service in honor of veterans who have passed will be held in Veterans Memorial Park on Old Corlies Ave at 12pm.

Finally December 21st we will celebrate the Winter Solstice with a bonfire and refreshments from 5pm to 7pm at Loffredo Field on West Bangs Ave. Come enjoy the light of good friends and neighbors on this the shortest day of the year.

As we close this year, I wish you all much happiness and prosperity during this season and in the year ahead.



Congratulations to our re-elected Township Committeeman, Keith Cafferty. 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.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are being accepted for the Home Energy Assistance Program (HEAP). HEAP is designed to help low-income households and/or individuals, 60 years of age or older, meet their home heating and medically necessary cooling costs. The application period is October 1, 2023 to June 30, 2024. For further info, contact X:589. The monthly income limit for 2023-2024 is:
Single - \$3,676.00 and Married - \$4,807.00





HANUKKAH BEGINS THURSDAY, DECEMBER 7 HANUKKAH ENDS FRIDAY, DECEMBER 15



SOCIAL WORKER AVAILABLE MONTHLY 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.

ANCHOR PROGRAM

(THE HOMESTEAD BENEFIT)

This program provides property tax relief to eligible homeowners and tenants. The deadline for this program is Friday, December 29. For further information, contact X589.



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.

OUTREACH ASSISTANCE WITH FULFILL

A worker from FulFill is available once a month at the Center to assist with Supplemental Nutrition Assistance Benefits (S.N.A.P), NJ Get Covered, and Medicaid. Call X589 for further info.

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 to meet with a SHIP counselor.





**KWANZAA BEGINS TUESDAY, DECEMBER 26
KWANZAA ENDS MONDAY, JANUARY 1**



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 is 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; or, call X589 to help you.

Registrations expire yearly and need to be updated.



ATTENTION FOREVER YOUNG MEMBERS!

Change of Meeting Date: The December 14 meeting will be held on Monday, December 4 at 1:00pm at the Center.

It will be the Holiday Gift Exchange and Celebration.

Our women's "Forever Young" club is open to anyone interested in joining. The women meet on the second and fourth Thursday of each month. Contact Ext.587 for further info.

***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. Come monthly or simply come when you need the support. We are here for you!

**Meetings will resume in
January.**



***FREE FITNESS CLASSES
IN JANUARY***

We are offering FREE fitness classes during the month of **January**. We encourage you to take one of our wonderful classes. We have excellent instructors. Contact X587 for information.

***ALL OF OUR CLASSES REQUIRE
PRE-REGISTRATION AND FITNESS
WAIVERS.***

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





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



*Classes and programs will be cancelled from December 25 thru January 1.
Regular schedule will resume on January 2.
Refer to our calendar pages for cancellations and program changes.
Congregate lunch will still be served that week.*

**"THE NURSE IS IN"
TUESDAY, DECEMBER 12
9:30AM – 11:00AM**

Our VNA nurse will be at our Center to provide blood pressure checks and discuss medication questions and medical concerns for anyone that may have them.

**ALGONQUIN THEATRE
TRIP REMINDER!**

For those who signed up for the "A Christmas Carol" Algonquin Theatre Trip, be at the Senior Center by 8:45am on Friday, December 15. Also, lunch will be on your own at I-Hop after the play.



**SENIOR CENTER HOLIDAY
LUNCHEONS**

**TUESDAY, DECEMBER 19
AT 12:00PM**

**THURSDAY, DECEMBER 21
AT 12:00PM**

(DOORS 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 Tuesday, December 5 from **9:30-11:00 or 2:00-3:30**. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. Choose one date only.

**NEW YEAR'S EVE PIZZA
LUNCHEON**

**FRIDAY, DECEMBER 29
AT 11AM**

Welcome another year with your friends! Celebrate the New Year with us as we ring in 2024. Enjoy a pizza lunch and join in on our New Year's toast. Help us make way for 2024. Reservations are required and will begin on Monday, December 18 at 9:30am. Don't miss it!

**HAPPY
HOLIDAYS!**



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!

This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity & focus. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility 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. This class can be done seated or standing and is open to 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.**



FITNESS CLASS DESCRIPTIONS



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.**

Line Dancing Basics (standing)

Learn the basic steps and simple line dances in this beginner class. This is an introductory class to new line dancers and experienced line dancers looking to brush up on their skills. **It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.**

Line Dancing (standing)

Hit the dance floor while getting a cardio exercise! Line Dancing is a fun way to get your steps in while learning country and party line dances. This class is a great way to exercise your mind and body! **It is strongly recommended that participants be able to stand or walk unassisted to participate in this class.**

FITNESS FAQs

All fitness classes are 45 minutes in length 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, currently registered to the Senior Center, and have an updated fitness waiver on file. Please see the front desk to update your fitness waiver prior to attending fitness classes.

Please be mindful of the class you are attending and take recommendations into consideration when choosing a class. If you have any questions about which class would best suit your goals, please see Lindsay.

Closed-toe athletic shoes are required for every class.

Due to the health considerations of others, strong-smelling fragrances are not permitted in fitness classes.



HAPPY HOLIDAYS

How To Make Lunch Reservations

Lunch reservations may be made in-person or by phone (732-988-8855, option 3) 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. Reservations can also be made for up to two weeks in advance. Lunch is a \$3.00 requested donation.

Please be mindful of weekends and holidays.

Transportation Requests

Transportation reservations may be made in-person or by phone (732-988-8855, option 2) 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. Reservations can be made 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.

Program & Event Registration

Program and event registration can be made in-person or by phone (732-988-8855, option 6) 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.

Please be mindful of weekends and holidays.

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.





**DECEMBER
2023**



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

Transportation Services
David Pyle - Driver
Patty McCormick - Driver
Robert White - Driver

Custodial Services
Ralph Parkman

Administrative Office
Michelle A. Swift - Administrative Assistant
Sondra Attridge - Senior Programs Representative
And an Army of Dedicated Volunteers!

Outreach Services
Ryan Ugrovics, CSW

Dining Services
Teresa Richard - Manager
Jennifer Nurse - Aide
Carol McDonald - Aide




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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