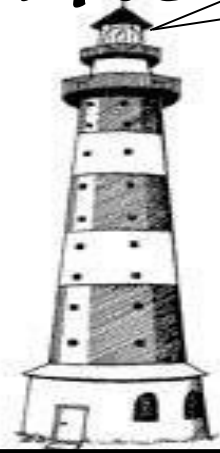


THE SENIOR BEACON

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



**JULY
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

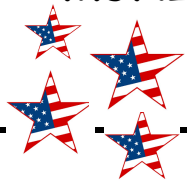
"We hold these truths to be self-evident," a simple phrase of simple words. But a profound, transformative statement. Followed by a non-controversial but undisputable truth "that all men are created equal." I know that it's not just white men or men that are created equal. But free these words from the vacuum of the time of their writing and let them breathe the air of today as this document was meant to do.

Thirteen words, one for each of the colonies, set in motion a great experiment of people governing themselves. The authors of the Declaration of Independence knew this would not be easy. Not just breaking from their homeland but creating something sustainable, vibrant; a revolutionary change. They could not have seen a fraction of the transformations that the world has experienced since these words were penned 249 years ago. But they knew that this concept of autonomy rang far louder than the tests that lie ahead. Affixing their signatures to the Declaration of Independence meant tremendous risks.

But still they signed. They stated in the document's closing lines that "...for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor." Half of the signators died, lost family and some everything in the Revolutionary War. All knowingly risked all for the opportunity of self-determination. Today it seems we are more willing to shred this document than recommit to the principles it espouses. This experiment is not failed. It is not over, unless we want it to be. We cannot, must not, squander the sacrifices made, the blood shed because we disagree on how to move forward. No, we must in one voice loudly and fervently proclaim this is our AMERICA. We owe it to our ancestors and to our future generations that we believe in the nation our founders challenged us to build. It is past the time to be timid for now we must declare allegiance to one another. We must show the world that we are America, land of the free and the brave.

Believe in our strength together and do not doom us to a footnote in history.

Randy



**MUNICIPAL OFFICES & SENIOR CENTER ARE CLOSED ON
THURSDAY, JULY 3 AND FRIDAY, JULY 4
IN OBSERVANCE OF INDEPENDENCE DAY**



From the Desk of Committeeman Stroud, Senior Center Liaison

The Importance of the Older Americans Act of 1965

At a time when our country was awakening to the pressing social needs of its aging population, Congress passed a landmark piece of legislation: the Older Americans Act (OAA). It was the first federal initiative aimed specifically at addressing the needs of older adults, laying the foundation for a wide range of services that help millions of Americans. More than five decades later, the OAA remains one of the most important and effective tools in the nation's aging policy framework.

The OAA focuses on programs that help our seniors with the vital services that help them stay afloat. Majority of our seniors live on a fixed income and the benefits of this act helps fill the gap to ensure their basic needs are met. Some of these programs include things like; ***Meals on Wheels, Senior Centers and Community engagement programs and in-home support services.***

These services are often a lifeline for seniors, particularly those who are low-income, isolated, or living with disabilities. This Act was a visionary step toward ensuring that older adults are not forgotten, neglected, or marginalized. It is extremely urgent that we continue the fight to protect this act that so many of our aging adults depend on.

Yours in Service,

Committeeman Stroud



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.

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.



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.



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.

SOUP "SALES" CONTINUE AT THE SENIOR CENTER

A very special thanks to our new Kitchen Manager, Jose and his wonderful staff, for the delicious soups they create.

Enjoy their scrumptious homemade "soups to go" and help raise funds for our Trust Fund. We hope we can count on your support.



NEPTUNE TOWNSHIP



SUMMER HOURS



Neptune Township Municipal Offices and the Senior Center will be closing at 1pm every Friday thru the Summer. Congregate lunch will be served

at **11am** on Fridays **ONLY**.

Cards and games on Friday afternoons will be moved to Monday afternoons. If you have any questions, call X587.

"WHAT'S THE SCOOP?"

**PRESENTED BY
MARCY MCGINNIS
WILL RESUME IN
SEPTEMBER.**

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



CREATIVE EXPRESSIONS ART CLASS LOOKING FOR NEW MEMBERS



Creative Expressions meets on Tuesday mornings at 10am. The class is volunteer led and beginners are always welcome. Students have the opportunity to get creative and "express" themselves in art. Call X566 for further info.

ATTENTION! NEW FOREVER YOUNG MEMBERS WANTED!

Forever Young meets the second and fourth Thursday of the month. The next business/activity meeting will be on Thursday, July 10 at the Senior Center. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.



FARMERS MARKET VOUCHERS AVAILABLE



The Senior Farmers' Market Nutrition Program promotes nutritional health among senior citizens by providing coupons for locally grown fresh fruits, vegetables, and herbs. Participation in this program is limited to seniors 60 years of age or older and whose annual gross income does not exceed the amounts below. Proof of income and ID required. Call X589 for an appt.

Family of 1 - 29,953.00 (Annually) or \$2,413.00 (Monthly)

Family of 2 - 39,128.00 (Annually) or \$3,261.00 (Monthly)



SENIOR CENTER BOOK CLUB IS CANCELLED FOR THE SUMMER. PLEASE RETURN BOOKS BY JULY 7.



**4 Week Acting Sessions
All Summer
Beginning in July**
(Our regular classes are on-going)

**Take a session and try it out
If you enjoy, keep on coming**

**It's fun and informative
It's not intimidating**

Sign up at the front desk

Classes are Tuesdays at 1pm



**SUMMER KICK-OFF PARTY
TUESDAY, JULY 1 AT 11AM**

Kick the summer off right with us. Come join us for an afternoon of fun and good food! Beat the heat and stay cool with us! Reservations required. There is a \$5.00 requested donation for lunch. **All classes and programs will be cancelled that day.**

Doors open at 11am.

Breakfast Bar is cancelled.

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

Hurricane season is here. Be AWARE and PREPARED. 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. Anyone with special needs can register. Register online at www.registerready.nj.gov. Registrations expire yearly so always check your status. Those without computers can call X589 for assistance.



**"THE NURSE IS IN"
TUESDAY, JULY 8**



FROM 9:30AM – 11:00AM

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

LINE DANCING CLUB

THURSDAY, JULY 10 AT 11AM

THURSDAY, JULY 24 AT 11AM

Come dance with us! Beginners to advanced students are welcome. Learn and share your favorite line dances. A fitness waiver must be completed prior to attending the class.

Call X587 for info.

**"THERAPY FOR OLDER
ADULTS"**

**PRESENTED BY THE MENTAL
HEALTH ASSOCIATION**

Free Grief and Loss group therapy provided by a Mental Health Association worker will be available on Wednesdays at 10:30am. Free individual therapy sessions will also be available from 11:30am-3pm. No appointment needed.



**UNCLAIMED CERAMICS
PIECES**

Due to an abundance of unfinished pieces and lack of space in our Ceramics room, if you have any pieces that have not been worked on in over 30 days, they must be claimed by August 29. Contact the Center to arrange a pick-up of the pieces. Any items unclaimed will be finished and used for the Craft Sale.

**MONMOUTH COUNTY DIVISION ON AGING, DISABILITIES,
AND VETERANS SERVICES INFORMATION SESSION**

TUESDAY, JULY 15 AT 11AM

The Office on Aging is the primary planning, coordinating and funding agency for senior programs and services, promoting the well-being, health and independence of Monmouth County's older adults. The Office focuses on those who are most vulnerable and have the greatest social and economic need. They also have Veteran Service Officers to assist Monmouth County veterans and their dependents with benefits and services they are entitled to. Come learn about the programs and services available to you in Monmouth County! Pre-registration is requested beginning Tuesday, July 1 at 9:30am.



SUMMER

"ANTI-INFLAMMATORY FOODS AND ARTHRITIS"

PRESENTED BY DIANE WEST, R.D.

MONDAY, JULY 28 AT 11AM

Diane is returning to discuss anti-inflammatory foods and how they can be beneficial to help Arthritis. She will also discuss the importance of adequate hydration for seniors as we enter the summer months.

UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2025

******UPDATES ARE ON HOLD THROUGH JULY******

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. 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.



NATIONAL NIGHT OUT
TUESDAY, AUGUST 5 FROM 5PM - 8PM
AT THE MIDTOWN ELEMENTARY SCHOOL



National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie making our neighborhoods safer, more caring places to live. Join our Police Department and "take a stand against crime". Join your neighbors for a giant block party at the Midtown Community School. There will be food, exhibits, giveaways, music and more. We hope to see you there.



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/Programing

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

Carol McDonald - Aide

Dorothy Wilson - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Tonee Ferrell - Customer Service Representative

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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