

THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

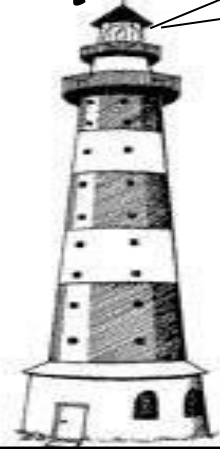
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WWW.NEPTUNETOWNSHIP.ORG

JUNE 2024



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HEADLINE NEWS



Here we are, already halfway through 2024 and I am still trying to finish my 2023 Christmas cards (just kidding – sort of). June is that month that binds together the two parts of the year.

The beginning is well...over. The second half is now just starting.

June is about Dad's (Father's Day), freedom (Juneteenth) our nation's symbol (Flag Day) and for many the first step in new journeys (the month of graduations and weddings).



It is also Pride month.

For the LGBTQ+ Community, June is a celebration of stepping out of the shadows and being a full member of the community. Audre Lorde, a noted prose writer as well as poet who shared her struggle to overcome breast cancer and mastectomy perhaps said it best. She said, "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

We have so much that is good about who we are, each one of us. So much of today appears to be about amplifying division; us versus them, what they have and I don't. It seems to be all about retreating to a corner and shaking our fist at "them" about how bad and wrong they are.

Our life, our country is not better when we seek to shun those who do not believe as we do. It is when we share, learn and, yes, still maybe agree to respectfully disagree that we are our strongest, that Shining City on the Hill.

So as we begin the second half of this year, let us dedicate ourselves anew to being better – a better friend, neighbor, community member and citizen.

As the weather heats up, so will the rhetoric which defines today's politics. Do not let that sway us from proudly owning who we are, the United States of America, the greatest nation on earth. A nation of ideals dedicated to freedom; a nation many have sacrificed to build.

So, stay cool, stay true, stay happy and stay healthy.

Randy





**ALL MUNICIPAL OFFICES & SENIOR CENTER
WILL BE CLOSED ON FRIDAY, JUNE 21
IN OBSERVANCE OF JUNETEENTH**



From the Desk of Robert Lane, Senior Center Liaison

To all the fathers or father figures in our lives, I wish you a very
Happy Father's Day.

June is Pride month. Join us for a flag raising to celebrate Pride month at
Town Hall on Friday, May 31 at 3pm. Come celebrate not only LGBTQ+
pride but the diversity that makes Neptune special.

On June 8, we will be having "Art on a Porch". This fun event is a walkable
gallery of art on the porches of the historic Ocean Grove and will take
place from 11am to 4pm. The rain date will be June 9.

This year's Juneteenth Celebration is June 15th with a flag raising at Town
Hall at 9am. This will be followed by a short parade to Midtown Commons
Park where there will be food games and entertainment from 10am to 1pm.
Celebrate this historic day marking the freeing of slaves in the United
States.

Our premiere Food Truck and Music FEASTival will also be held on
June 15th from 1pm to 7pm at the Loffredo Fields, 2375 Bangs Avenue. As
the names says, there will be food trucks, music, and an "adult" beverage
garden! Come experience the fun.



Till next month enjoy, the start of the summer season and
the warmer weather.



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 X589. The monthly income limit for 2023-2024 is:
Single - \$3,676.00 and Married - \$4,807.00

**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.



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 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!**



**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.



NEPTUNE TOWNSHIP SUMMER HOURS



Neptune Township Municipal Offices and the Senior Center will be closed at 1pm on every Friday thru the Summer. Congregate lunch will be served at 11am on Fridays ONLY. If you have any questions, call X561. Please refer to our calendar page for revised cards and games schedule.

ATTENTION FOREVER YOUNG MEMBERS!

Forever Young meets the second and fourth Thursday of the month. They will have their regular business meeting on June 13 at 1pm. The June 27th meeting will lunch at the Center at noon followed by bingo. You can make your lunch reservations with the Center or bring your own lunch. Our women's "Forever Young" club is open to anyone interested in joining. Contact X587 for info.



EARLY PRIMARY VOTING AT THE SENIOR CENTER

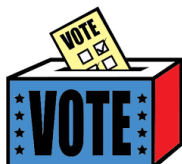
Neptune Senior Center will again host Early Primary Voting from May 29 to June 2. Hours are Wednesday through Saturday from 10am to 8pm and Sunday hours are 10am to 6pm for all Monmouth County residents. There is **no** early voting on Monday, June 3. On Primary Day, Tuesday, June 4 you will vote at your regular Polling Location as shown on your sample ballot. Fitness classes will be cancelled on those days.



ATTENTION:

PRIMARY ELECTION SCHEDULE CHANGES

- ♥ **FITNESS CLASSES CANCELLED ON JUNE 1 AND JUNE 2**
- ♥ **REGULAR SCHEDULE ON JUNE 3**
- ♥ **ALL CLASSES, PROGRAMS, AND LUNCH CANCELLED ON JUNE 4**



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. Please call to let us know if you will be attending. We are here to help you!



"MONDAE IS SUNDAE"

Join us every third "Mondae" of the month for a delicious sundae surprise when lunch is served.



"THE NURSE IS IN"

TUESDAY, JUNE 11

FROM 9:30AM – 11:00AM

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



"THE POWER OF PLANTS"

PRESENTED BY

DIANE WEST, R.D.

WEDNESDAY, JUNE 5 AT 11AM

The Power of Plants: what does "plant-based diet" mean and why is this so important to our health? This nutrition lecture will discuss how plants play a role in our good health and how we can make it easy to incorporate them into our diets.



"KEEPING YOUR BRAIN HEALTHY AS YOU AGE"

PRESENTED BY

THE BRAIN INJURY ALLIANCE

WEDNESDAY, JUNE 12

AT 10:30AM

Join us for a jeopardy-style interactive workshop covering mental health, staying physically active, healthy eating, social connections, and substance use/smoking.

SENIOR CENTER BOOK CLUB

THURSDAY, JUNE 13

AT 10:30AM

AT THE SENIOR CENTER

Join our monthly Book Club meeting. Every month is a different interesting read on your own followed by an intriguing discussion among other members of the group.



"THE IMPORTANCE OF HEARING HEALTH"

PRESENTED BY DR. FULMAN AND DR. SHAPIRO

WEDNESDAY, JUNE 19 AT 10:30AM

Join us for an informative presentation on hearing loss and it's impact on our daily lives. Learn about the causes, it's effects on our communication, and strategies to manage it effectively. Hearing screenings to follow.

CULTIVATING WORKSHOP SERIES WITH FULFILL

Join us for a 6 week (1 session per month) workshop series surrounding the topics of Nutrition, Gardening, Wellness, and Community Health. The next meeting will be on Wednesday, June 26 at 1pm at the Senior Center.



SUMMER KICK-OFF PARTY THURSDAY, JUNE 27 AT 11AM

Kick the summer off right with us. Come join us for an afternoon of fun and good food! Reservations are required and begin on Thursday, June 13 at 9:30am.



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 I for the month of June.** 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.



MANASQUAN RESEVOIR TRIP

MONDAY, JUNE 17 AT 11AM



Enjoy the gorgeous scenery of the reservoir while on a pontoon boat tour learning about wildlife and how it serves as a home for different types of beautiful creatures such as turtles, egrets, herons, ospreys, and bald eagles. Reservations are required and must be made in person. You can reserve for yourself and one other person. All attendees must be current registered Senior Center members. The cost of the trip and lunch is \$11.00 (the cost of trip and a boxed lunch to enjoy in the picnic area) and is due at registration. Exact change is required. Cash only. There is a strict refund policy. Limited space available. The bus will depart the Center promptly at 10:00am that day.



SOUP "SALES" TO CONTINUE



A very special thanks to our Kitchen Manager, Teresa Richard and her 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.

VOLUNTEERS NEEDED AT THE SENIOR CENTER

Homebound Meal Delivery - We have a need for volunteers who are willing to donate one hour per week to deliver homebound meals at 11am to seniors in our community. You must have your own transportation.



Kitchen Volunteers - We need a few good volunteers who enjoy working with people, and food, to help in our kitchen and continental Breakfast Bar.



Lunch Reservation Volunteers - We are in need of people to help with checking in meal participants with reservations who are signed up for lunch.

Front Desk Volunteers - We are looking for people who can greet people as they come in the Center and help with checking people in to get the proper assistance.



If you can help, please call X589.

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)- ON HOLD FOR SUMMER

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.



JUNE 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
Robert White - Driver**

**Custodial Services
Ralph Parkman**

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