

# THE SENIOR BEACON

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

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

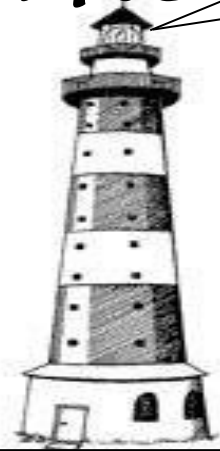
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732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**JUNE 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




## HEADLINE NEWS




Here's to summer! To Flag Day; to Fathers Day; Juneteenth National Independence Day, and Pride Month. 

*When our flag passes I still get misty eyed. Though challenges abound I believe in the promise of this nation that our flag symbolizes. Yes, there are issues. But Americans have always risen to the occasion under the our national standard. I know we will again.* 

*I was fortunate to have a kind, loving father. I was also blessed with individuals who listened to me as well as guided and shaped me. Who cannot point to a father or to one who guided them with love and wisdom. That is a father, no matter the relationship and reason to celebrate.* 

*Juneteenth is set aside to recognize freedom and reflect on the devastation of loss and the diligence necessary to maintain it. The pride to know that you have a right to your own self-determination. The knowledge and recognition that forced servitude of any kind is wrong.*

*Finally is Pride Month. Shepherded by the LGBTQ Community to say lives should not be lived in the shadows or the closet. All can and should be proud of who they are. Proud of what they bring to the feast called life.* 

*A common thread here is pride. Pride in Country; pride in your influence or those whose influenced you; pride in being able to make your own decisions, triumphs and mistakes. Finally, the pride to be unashamedly who you are and what you believe. I know in Proverbs it states "Pride goeth before destruction." But a young man, Sterling Graves reminds us, "Pride is important because tonight someone still believes they're better off dead than being themselves."* 

*We must, you and I, have pride in ourselves to face everyday challenges of life and loss. Not boastful but confident in our abilities and wisdom enough to seek advice and help. So this June stand tall, know you are working to be the best you that you can be. Let's keep going forward together with pride in all we are.*

Randy



**MUNICIPAL OFFICES & SENIOR CENTER ARE CLOSED  
ON FRIDAY, JUNE 20 IN HONOR OF JUNETEENTH**



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



*Summer Safety and Fun for our Seniors*

*Summer is a wonderful time for seniors to enjoy fresh air, sunshine, and time with family and friends. However, it's also important to stay mindful of safety as temperatures rise. Older adults are more vulnerable to heat-related illnesses, so staying hydrated, wearing light clothing, and avoiding outdoor activities during peak heat hours are key.*

*Fun doesn't have to stop with the heat! Early morning walks, swimming in a safe, supervised environment, or indoor hobbies like art, reading clubs, or gentle exercise classes can help seniors stay active and engaged. As you know our senior center hosts lots of events providing social opportunities in a safe, cool setting.*

*With a little planning, summer can be both safe and full of joy for senior citizens.*



**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.



## **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.

## **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.

## **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, June 12 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.**



**"ANTI-INFLAMMATORY  
FOODS AND ARTHRITIS"  
PRESENTED BY  
DIANE WEST, R.D.**

**MONDAY, JUNE 2 AT 11AM**

Diane will 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.



**"THE NURSE IS IN"  
MONDAY, JUNE 16**

**FROM 9:30AM – 11:00AM**

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



**BOHEMIAN FABRIC TRIVET  
WORKSHOP WITH TENA**

**TUESDAY, JUNE 17 AT 10AM**

Enjoy a fun afternoon crafting coiled Bohemian style trivets using fabric squares. Reservations are required and will begin on Monday, June 9 at 9:30am. Creative expressions class is cancelled that day.

**LINE DANCING CLUB**

**THURSDAY, JUNE 12 AT 11AM**

**THURSDAY, JUNE 26 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. Call X587 for info.



**"SUMMER SAFETY"  
PRESENTED BY  
HACKENSACK MERIDIAN  
HEALTH**



**WEDNESDAY, JUNE 18 AT 5PM**

**AT THE SENIOR CENTER**

Join the Trauma Injury team from Jersey Shore University Medical Center as they discuss water and sun safety, as well as how to keep yourself and others safe while enjoying summer activities. FREE skin cancer screenings will also be offered that evening from 4:30-6:30pm.

No appointments necessary.



**"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.



**VASCULAR SCREENINGS**



**OFFERED BY HACKENSACK MERIDIAN HEALTH**

**WEDNESDAY, JUNE 25 FROM 9AM – 3PM AT THE SENIOR CENTER**

AngioScreen is a new vascular screening designed to provide you with life-saving info about your circulation and risk for heart attack and stroke. Your screening includes: Carotid Artery Ultrasound, Peak Systolic Velocity, Ankle Brachial Index, Blood Pressure, Abdominal Aortic Aneurysm, Body Mass Index, Heart Rhythm EKG and Pulse, a color report, educational materials, and a consultation with a registered nurse. Pre-registration required. To schedule an appointment, visit: <https://events.hackensackmeridianhealth.org/d/50q161/> or call 1-800-560-9990. Screenings are \$49.95 to be paid when scheduling your appointment with Hackensack. The Senior Center will **NOT** be scheduling appointments.



**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 are required and begin on Tuesday, June 10 at 9:30am. There is a \$5.00 requested donation for lunch.

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

All Senior Center participants are asked to update their Senior Center identification cards for 2025. **We will only be doing updates for registered participants with last names that start with letters A thru G 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 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.



## **EARLY PRIMARY VOTING AT THE SENIOR CENTER**



Neptune Senior Center will host Early Primary Voting from June 3 until June 8. Hours are Monday thru 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 9 and on Primary Day, Tuesday, June 10 you will vote at your regular Polling Location as shown on your sample ballot. Fitness classes will be cancelled on those days. All classes and programs will be cancelled on Tuesday, June 10 for Primary Day.





## 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.

**JUNE 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/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!*

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U.S. POSTAGE  
PAID  
RED BANK, NJ  
PERMIT #607

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE  
DEPARTMENT OF SENIOR SERVICES  
AND SENIOR CENTER  
1607 CORLIES AVENUE  
NEPTUNE, NJ 07753  
TEL: 732-988-8855