

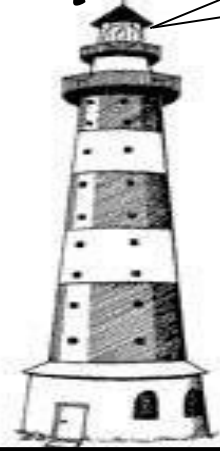
THE SENIOR BEACON

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

1607 CORLIES AVENUE
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**MARCH
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

The windy month of March! The year's first quarter coming to a close and the first day of Spring lies within our grasp. I can't help but wonder how those hours got such speed and slipped by. Honestly, I was paying attention, were you?

There's a poem, author unknown, titled "Turn Back The Clock." The first stanza makes the wish that I could go back to the home of my childhood. That if I could I know that I "would love it more now than I did."

When we are children the world seemed so big, dreams all possible from our safe haven. Time seemed to creep at a snail's pace as we prepared to make our mark. We were sure friends of childhood would be friends forever and our first crush was the love of our life... at 6 years old!

The seasons of our lives seemingly moved at their glacial pace saw the dreams change, the confidences grow and fade. Time's passage became the pages upon which we wrote our story. As childhood swept into adulthood, the writing and the aspirations became, well, different. The speed with which we composed became more complex and furious.

Sometimes in the rush to finish the pages we forgot: people, small joys, kindness. As children with seemingly infinite tomorrows before us we realized the joy and comfort of place and people. They allowed us to dream dreams. Perhaps we need to recall the value of others and how important they were to those hopes, those tomorrows. They still are today, maybe even more so. Understand too that you are as important to them as well.

The last stanza of the poem warns us that since time is quickly passing in our hectic lives. Do not spend it in regrets or, I would add, anger. But to "make tomorrow a happier day, by doing 'our good unto others' – today."

Truly sound advice as we complete this page on the first quarter of this year. Don't forget, doing good also extends to being good to yourself as well. Take pleasure in writing your folio; it is your story to share and enjoy.

Randy



From the Desk of Derel Stroud, Senior Center Liaison



The Journey to Health: A Lifelong Commitment



As we age, we often hear that health is wealth. Yet, for many, maintaining health becomes increasingly challenging as the years go by. It's easy to think that our health declines simply due to the passage of time, but the truth is, how we take care of ourselves today can determine the quality of our lives in the future.

Ultimately, health in our senior years isn't about perfection. It's about making choices that help us live our best lives. It's about balance — not over-exerting ourselves, but not underestimating the power of a good walk or a healthy meal. It's about tending to the mind and spirit, as well as the body. Most importantly, it's about finding joy in the journey and taking pride in the fact that we have the power to shape our own futures.

Let's embrace health not as a destination, but as a lifelong commitment that enriches our days, our families, and our communities. After all, health is not just about living longer, but living better.

Take care of yourselves and your HEALTH!

With Love,

Committeeman Derel M. 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.

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





**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.

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.

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's 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.**



**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 CENTER

A special thanks to our Kitchen staff for the delicious soups they create. They have resumed making homemade "soups to go" to raise funds for our Trust Fund. We hope we can count on your continuing support.



NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Township Library on Wednesdays and Thursdays from 9am-1pm. Tax assistance began February 5 and ends April 10. **No appointment needed. First come, first serve basis.** The Center will provide transportation for Township Seniors if it is available. Call X586 for transportation reservations.



SENIOR CENTER BOOK CLUB

THURSDAY, MARCH 13



AT 10:30AM

Every month is a different read on your own followed by an intriguing discussion among other members of the group. Join our book club to read a wide variety of books, make friends, have fun, meet like-minded people and stimulating those brain cells!

LINE DANCING WORKSHOP

WITH KAREN

THURSDAY, MARCH 13 AT 11AM

Join us for an introductory line dancing workshop. Both beginners and advanced students are welcome. A fitness waiver must be completed prior to attending. Call X587 for info or to sign up.

VOLUNTEERS NEEDED

We are in need of Homebound Meal delivery drivers to deliver lunches to homebound recipients in our community. You must drive your own vehicle and commit to one morning a week between 11-12pm. Call X589 to sign up.



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, March 13 at the Center. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.

"THERAPY FOR OLDER ADULTS"



**PRESENTED BY THE MENTAL HEALTH ASSOCIATION
THURSDAY, MARCH 6 AT 11AM**

Learn about the different types of free therapy services and programs that will be provided by MHA and available at our Center. Both individual therapy sessions and group sessions will be available to you. Don't miss this beneficial program.

"FASCINATING FAMILY TREES"

**PRESENTED BY CHRISTINE, NEPTUNE PUBLIC LIBRARY
MONDAY, MARCH 10 AT 11AM**

Christine will guide you through different techniques for researching individuals in your family trees. She will highlight key resources in the Ancestry Library Edition, including census records, immigration documents, and military collections. She will also share valuable tips and strategies for using other tools, such as Newspapers.com and the New Jersey State Archives (NJSA), to uncover lost relatives and reveal their fascinating stories.



"THE NURSE IS IN"



TUESDAY, MARCH 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.

SPRING COOKIE

DECORATING WITH JENN

TUESDAY, MARCH 11 AT 1PM

Join us for a fun afternoon decorating cookies. Create a Spring treat for yourself or a gift for someone else. Reservations are required and can be made starting on Monday, March 3 at 9:30am.

Limited space available so don't wait to sign up.



ST. PATRICK'S LUNCH

FRIDAY, MARCH 14 AT 12PM

(DOORS OPEN AT 11AM)

Reservations required and can be made by phone, or in person. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There is a requested \$4.00 donation.

AFTERNOON CLASSES AND PROGRAMS WILL BE CANCELLED.



"YOUR GUT AND MIND"

PRESENTED BY

DIANE WEST,

REGISTERED DIETICIAN

MONDAY, MARCH 17 AT 11AM

Learn how your gut and mind are connected. Diane will discuss the nutrition connection between your gut and your brain health. You don't want to miss this topic.



"HAPPY FEET"

PRESENTED BY

HACKENSACK MERIDIAN

HEALTH

TUESDAY, MARCH 18 AT 1PM

JSUMC will present information on how to keep your feet healthy and happy and how it effects your overall health and well-being.



DMV MOBILE UNIT

AT THE SENIOR CENTER

WEDNESDAY, MARCH 19

FROM 9AM-2PM

The New Jersey DMV Mobile Unit will be at the Center for license renewals, duplicate driver licenses, non-driver ID's, vehicle registration renewals, or to obtain a parking placard. Appointments are required and can be made online at njmvc.gov.

A NIGHT FOR WORKING

SENIORS

WEDNESDAY, MARCH 19

FROM 4-7PM

Join us along with The Monmouth County Office on Aging, Fulfill, and NJ SAVE to learn what assistance programs are available to you. COVID, Flu, Shingles, and RSV Vaccines will also be available. Our Caregiver Support Group will be at 6pm. Call X561 info.



"HEALTHY SLEEP"

PRESENTED BY

GEORGIAN COURT UNIVERSITY NURSING STUDENTS

THURSDAY, MARCH 20 AT 11AM



What is healthy sleep? Learn about the benefits of it and why it's important for your health and well-being. Don't miss this essential program. Blood pressure screenings will be offered after the presentation.



FRAUDS AND SCAMS COMMUNITY EVENT



TUESDAY, MARCH 25 AT 1PM AT NEPTUNE SENIOR CENTER

This Community event is an initiative designed to educate consumers about common fraudulent practices and scams, aiming to help people identify and avoid becoming victims of deceptive schemes, often including information on how to report suspected fraud and protect personal information. In a joint effort, The Monmouth County Prosecutors Office, Neptune Township Police Department, and Asbury Park Police Department will be at the Senior Center to discuss current frauds and scams and how they have impacted our communities.

Concern and fear is always a great breeding ground for taking advantage of people. Learn how to spot and fight scams and find out more information about the resources we have to help you stay safe from fraud. Join us and learn different ways to protect yourself and your loved ones.



"WHAT'S THE SCOOP?"

**PRESENTED BY
MARCY MCGINNIS
FEATURING....**

FRIDAY, MARCH 28 AT 10AM

Enjoy a delicious breakfast made by our kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations required. Seating is limited. Reservations begin Monday, March 10 at 9:30am.
Regular lunch will be cancelled that day.

ANNUAL VOLUNTEER RECOGNITION LUNCHEON TUESDAY, APRIL 22 FROM 11AM-2PM

Senior Center Volunteers who have recorded at least 20 hours of volunteer time for our Senior Center, since last April, are asked to hold the date of April 22, 2025, for our annual volunteer luncheon. Invitations will be forthcoming in the mail and more information to follow in our next newsletter.



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

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.

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.



**MARCH
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

Patti McCormick - Driver

Jennifer Welter - Driver

Robert White - Driver

Custodial Services

Ralph Parkman

John Clark

Dining Services

Jennifer Nurse - Aide

Terence McCorry - Aide

Carol McDonald - 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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