

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

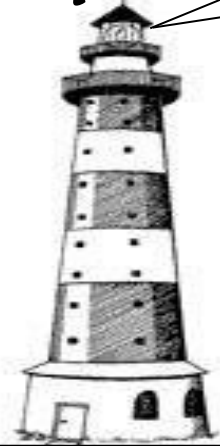
WWW.NEPTUNETOWNSHIP.ORG

**FEBRUARY
2025**

Honoring
BLACK HISTORY MONTH



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

Here comes February. The shortest month in number of days but sometimes it seems like the longest. Days are cold though the sun strains to make the light last longer little by little. The increasing daylight hints at the hope of Spring. Still, you can't help but see and feel the cold gray that too often marks a February day. After all, February is historically New Jersey's snowiest month.

Great; snow, ice, road salt everywhere, people frantically rushing to the store to purchase milk, eggs and bread because some newscaster said this storm could be the big one! I'm not sure why the word snow seems to bring about panic and suddenly we need a dozen eggs, a gallon of milk and a loaf of white bread (I don't even eat white bread). Too often I even buy into the hysteria. Then it doesn't snow.

At times I think that February is nature's cruel joke. It's as if life stands frozen in the moment, not going forwards or backwards. We too find ourselves unable to move. But as the great American poet Robert Frost noted, "In three words I can sum up everything I've learned about life: it goes on."

He is right! Time does not stand still; the clock continues to inch forward even if we choose not to. Dreary days may bring us down; challenges may make us want to just give in and give up.

But know that the only person losing is you.

As simple as it sounds, as so many truths do, life goes on. Find a way to rejoin it. Speak to someone about what you feel, what you fear. Get involved, do something for yourself or others.

But do something.

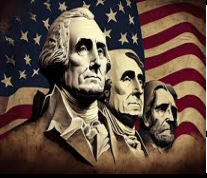
Yes, February is short but don't waste one day of it or any other month for that matter. Don't let life pass you by for any reason. Because there is no good reason.

If you want to talk, come by, we are here. Let's make plans together to live every moment!

To keep going on.

Randy





All Municipal Offices and Senior Center will be closed on Monday, February 17 in observance of President's Day.

WE'D LIKE TO WELCOME OUR NEW SENIOR CENTER LIASON COMMITTEEMAN DEREL STROUD 

Committeeman Stroud recently won the election to the Neptune Township Committee after his initial appointment to fill the seat vacated by Committeeman and former Mayor, Nicholas Williams.

Committeeman Stroud, a first-generation college student, attended Brookdale Community College where he earned an Associates Degree in Criminal Justice and Police Studies. He then attended Seton Hall University earning a Bachelors Degree in Political Science with a Minor in Public Relations.

Prior to college, Committeeman Stroud worked as a police dispatcher, Class 1 Police Officer and is a former trade school educator. Currently, he serves as a Special Advisor and Scheduler to Congresswoman Bonnie Watson Coleman (NJ-12).

In addition to being the liaison to the Senior Center, Committeeman Stroud is responsible for the library, Public Safety, the Court and the redevelopment in Neptune Township. We look forward to working with Committeeman Stroud on behalf of and advocating for the Senior Center and the senior community of Neptune Township.



ATTENTION SENIOR HOMEOWNERS!

PROPERTY TAX DEDUCTION RENEWAL DUE BY MARCH 1

Seniors receiving the \$250.00 Property Tax Deduction, must submit a renewal application to Neptune's Tax Office. Failure to return the form will cancel your discount. If you are not receiving the deduction and would like info, call X589.



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.



**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 an appt.



**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.



**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.



**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.**





INCLEMENT WEATHER NOTIFICATIONS



For inclement weather notices, cancellations, and closings, contact the Center. You can also go online at www.neptunetownship.org for updates and sign up for Nixle Alerts at local.nixle.com/register.

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 begins 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.



NATIONAL WEAR RED DAY!

FRIDAY, FEBRUARY 7

The first Friday in February is National Wear Red Day. On this day, people across the country don the color red in order to spread awareness of heart disease and stroke in women all over the nation. So

put on your reddest red – and help us turn the Center red!



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





CELEBRATING BLACK HISTORY MONTH



Smile, Laugh, Yell, Cry

ACTING

with Richard
performer, director, writer
Richard Schlossbach
Tuesday's at 1 PM

*Fun & Inciteful
not scary*



"THE NURSE IS IN"

TUESDAY, FEBRUARY 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.



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

SENIOR CENTER BOOK CLUB

FRIDAY, FEBRUARY 14

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!

"ENERGY EFFICIENCY"

PRESENTED BY

NEW JERSEY NATURAL GAS

THURSDAY, FEBRUARY 6

AT 11AM

NJNG will provide you with the tools and information you need to get you on your way to save both money and energy. Come test your knowledge about energy efficiency and enjoy a fun filled trivia game focused on conserving energy in your home.



A NIGHT FOR WORKING

SENIORS

WEDNESDAY, FEBRUARY 19

FROM 4-7PM

Join us for "Healthy Eating on a Budget" presented by JSUMC at 5:30pm. COVID, Flu, Shingles, and RSV Vaccines will be available from 4-7 pm. Our Caregiver Support Group will be at 6pm. Call X561 info.

CHINESE NEW YEAR CELEBRATION AT THE CENTER



"THE YEAR OF THE WOOD SNAKE"



TUESDAY, FEBRUARY 11 AT 12NOON

Celebrate the Year of the Wooden Snake with us. Enjoy a delicious Chinese lunch at the Senior Center. Reservations required. Lunch is a \$6.00 donation per person and appreciated at the time of reservation. **Exact change only. You must be a registered Township Senior Center member to attend.**



"HEALTHY HEARTS"

PRESENTED BY



GEORGIAN COURT UNIVERSITY NURSING STUDENTS

TUESDAY, FEBRUARY 18 AT 11AM

Don't miss this potentially life-saving program. Blood pressure screenings will be offered after the presentation.

**THE HISTORY OF AFRICAN AMERICAN SPIRITUALS AND
THE IMPACT OF MUSIC**



PRESENTED BY KAREN BLUMENTHAL

TUESDAY, FEBRUARY 25 AT 10:30AM



Karen, a retired music educator, will take you on a trip back in time to learn the history of spirituals, a type of African American folk song, that originated in the American South during the slavery as a way for people to express their hope and faith. Spirituals laid a prime musical foundation for other popular forms of American music such as the blues, jazz, and rock 'n roll. This interactive presentation will also include a group spiritual sing along.

**"WHAT'S THE SCOOP?" PRESENTED BY MARCY MCGINNIS
FEATURING NEPTUNE TWP COMMITTEEMAN, DEREL STROUD
FRIDAY, FEBRUARY 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, February 10 at 9:30am. **Regular lunch is cancelled that day.**



**"THE LIFE OF DR. KING"
AT THE ALGONQUIN ARTS THEATER
THURSDAY, FEBRUARY 27 AT 9:15AM**



Learn how one of history's most influential civil rights leaders, Dr. King, came to be such a prominent leader in this dramatic show. Follow Dr. King's life from his time as a young boy in Georgia, to becoming a preacher in Alabama, to becoming an important figure on the international stage. Don't miss this powerful and impactful story. Audiences will come to recognize that the civil rights won during Dr. King's time came with a heavy price, and they will consider what role they will play in the struggle for equality.

Lunch will be on your own at Princess Maria Diner to follow. Cost for the show is \$10 per person and due at time of reservation. **Exact change required.** Participants must be residents of Neptune Township and be an active Senior Center member. Reservations begin Monday, February 10 at 9:30am. Anyone going to the show must also ride with our Senior Center bus. Our bus promptly leaves the Senior Center at 9:15am **SHARP!** 


ST. PATRICK'S LUNCH 



**FRIDAY, MARCH 14
AT 12:00PM**

(DOORS OPEN AT 11:00AM)

Corned beef and cabbage, served hot and delicious! Reservations required and can be made by phone, or in person, **starting at 9:30am on Wednesday, February 19.** 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.** 

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.



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.

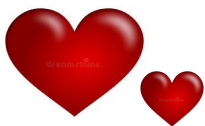
Transportation is offered on a first come, first serve basis to Neptune Township senior residents who are registered at the Center. Transportation is available to & from the Center, local routine medical appointment, shopping (as indicated on our shopping calendar) and personal needs appointments.

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.



**FEBRUARY
2025**

Honoring
BLACK HISTORY MONTH



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

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