

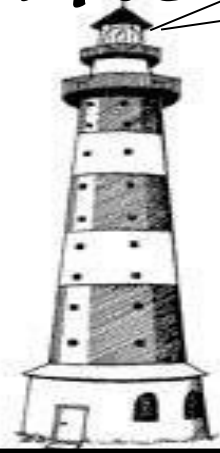
THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

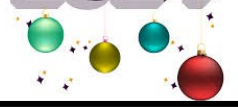
RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG



JANUARY

2024



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

January! Ahead of us a New Year with joys, challenges, sorrows, victories and disappointments. Just like last year, right?

No. It is a NEW year. That which was can never truly be repeated for it is the past. Certainly, things will occur that seem just like the last time. But they are not because that time is over. Those moments and exact circumstances are gone never to return.

Sure, when things are bad you can choose to say, "See, just like before.". You reach into what was to explain what will be but, can you? Haven't we all heard the famous line from investors that past performance is no guarantee of future results? We want to use the past as the explanation.

But this is a new year, a new beginning. If we continue reaching backwards to explain good things as well as bad we are not moving. We are like the hamster on a wheel just repeatedly running but never progressing.

A New Year should be a new start. Don't forgo the past but don't make it a crutch that you lean on to avoid dealing with challenges or celebrating victories. The good is from planning, hard work and the bad is - well - life and may be an opportunity of which you never imagined.

You see, it works both ways - good and bad.

We all have a tendency to want to look back, go back or just use the past to help us cope or explain. I know I do.

This New Year embrace a new start. A marker in your life from which you go forward facing each challenge, victory and sorrow as unique, which it is. Do not repeat the past but greet the new with all of its uncertainties because my friends, that means you are living.

Happy New Year; wishing you adventures, friendship and life in 2024!

Randy



All Municipal Offices and Senior Center will be closed on Monday, January 1 in observance of the New Year.

From the Desk of Robert Lane, Senior Center Liaison



A Very Happy and Healthy New Year to All! If you are free and you want to see how government works, we will hold our annual reorganization meeting on January 1st. The meeting begins with a Sine Die meeting. The Sine Die (close out of 2023's business calendar) is at 11:55 AM followed by the reorganization meeting at 12 PM at Townhall in the second floor Committee Room. As always, you can watch the meeting from your home through live streaming.

Go to our website, neptunetownship.org, and click on the link.

January 15th is Martin Luther King Day, a day to honor him for his contributions to civil rights. Remember this holiday is about service and helping others as was the work of Dr. King.

Save the date January 27th. Our new chief of police, Anthony Gualario, will be speaking at the Ocean Grove Homeowners Association meeting. Come learn his vision for Neptune Township Police Department.

I want to leave you with this a quote from Martin Luther King's speech, "Strength to Love" in 1963.

"We know through painful experience that freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed." We need to demand freedom and justice for all peoples.

Till next month.



SOUP "SALES" TO CONTINUE

A very special thanks to our Kitchen Manager, Teresa Richard and her staff, for the delicious soups they create. Stay warm with their scrumptious homemade "soups to go" and help raise funds for our Trust Fund. We hope we can count on your support.

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



All Municipal Offices and Senior Center will be closed on Monday, January 15 in remembrance of Martin Luther King, Jr.



SOCIAL WORKER AVAILABLE MONTHLY 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.



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 is 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 online at www.registerready.nj.gov; or, call X589 to help you. **Registrations expire yearly and need to be updated.**



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 to meet with a SHIP counselor.



Many, many, many thanks for all the goodies and cards that the staff and Senior Center received throughout the holidays.



Thank You

INCLEMENT WEATHER NOTIFICATIONS



For inclement weather notices, cancellations, and closings, contact the Center. You can also go online at www.neptunetownship.org for updates.



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. Come monthly or simply come when you need the support. We are here for you!



FREE FITNESS CLASSES IN JANUARY



We are offering FREE fitness classes during the month of **January**. We encourage you to take one of our wonderful classes. We have excellent instructors. Contact X587 for information.

**ALL OF OUR CLASSES REQUIRE
PRE-REGISTRATION AND FITNESS
WAIVERS.**

**REFER TO OUR CALENDAR PAGES
FOR CLASS SCHEDULES.**

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.



NEPTUNE TOWNSHIP REORGANIZATION MEETING

Congratulations to our re-elected Township Committeeman, Keith Cafferty and newly elected Township Committeeman, Jason Jones. The public is invited to attend the Township Committee's Annual Reorganization meeting at the Municipal Complex on January 1 at 12noon.





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



"THE NURSE IS IN"

TUESDAY, JANUARY 9 FROM 9:30AM – 11:00AM



Our VNA nurse will be at our Center to provide blood pressure checks and discuss medication questions and medical concerns for anyone that may have them.

NEXT BREAKFAST EDITION OF "WHAT'S THE SCOOP?"

PRESENTED BY MARCY MCGINNIS

FEATURING JOANNE VENTRESCO

FRIDAY, JANUARY 26 AT 10AM

Enjoy a delicious breakfast made by Teresa and her kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations required. Seating is limited. Reservations begin Monday, January 8 at 9:30am.

Regular lunch is cancelled that day.



CHINESE NEW YEAR



**LUNCH OUTING AT
FLAMING GRILL & SUPREME
BUFFET IN BRICK**

"THE YEAR OF THE DRAGON"

WEDNESDAY, FEBRUARY 7

AT 12NOON

(BUS LEAVES CENTER AT 11AM)

Join us to celebrate the year of the Dragon. Enjoy lunch on your own and choose from a large selection of Chinese American dishes. Reservations begin on Wednesday, January 24 at 9:30am. Seating is limited.

ATTENTION

FOREVER YOUNG MEMBERS!

Forever Young will only meet the second Thursday of the month in January and in February. They will have their regular business meetings at the Senior Center on Thursday, January 11 and Thursday, February 8 at 1pm.

Our women's "Forever Young" club is open to anyone interested in joining.

Contact Ext.587
for further info.



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!

This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity & focus. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility 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)

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. This class can be done seated or standing and is open to 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.**



FITNESS CLASS DESCRIPTIONS



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.**



Line Dancing Basics (standing)

Learn the basic steps and simple line dances in this beginner class. This is an introductory class to new line dancers and experienced line dancers looking to brush up on their skills. **It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.**

Line Dancing (standing)

Hit the dance floor while getting a cardio exercise! Line Dancing is a fun way to get your steps in while learning country and party line dances. This class is a great way to exercise your mind and body! **It is strongly recommended that participants be able to stand or walk unassisted to participate in this class.**



FITNESS FAQs

All fitness classes are 45 minutes in length 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, currently registered to the Senior Center, and have an updated fitness waiver on file. Please see the front desk to update your fitness waiver prior to attending fitness classes.

Please be mindful of the class you are attending and take recommendations into consideration when choosing a class. If you have any questions about which class would best suit your goals, please see Lindsay.

Closed-toe athletic shoes are required for every class.

Due to the health considerations of others, strong-smelling fragrances are not permitted in fitness classes.



How To Make Lunch Reservations



Lunch reservations may be made in-person or by phone (732-988-8855, option 3) 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. Reservations can also be made for up to two weeks in advance. Lunch is a \$3.00 requested donation.

Please be mindful of weekends and holidays.



Transportation Requests

Transportation reservations may be made in-person or by phone (732-988-8855, option 2) 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. Reservations can be made 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.

Program & Event Registration



Program and event registration can be made in-person or by phone (732-988-8855, option 6) 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.

Please be mindful of weekends and holidays.

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.



JANUARY



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 Okuski - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

**David Pyle - Driver
Patty 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
Sondra Attridge - Senior Programs Representative**

And an Army of Dedicated Volunteers!



PRST STD
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