

# THE SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND

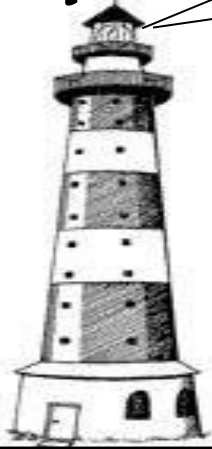
SENIOR CENTER  
1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

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WWW.NEPTUNETOWNSHIP.ORG

**JANUARY  
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 bell strikes twelve times. The old year is gone. Leave your sorrows, doubts and worries on the other side of midnight; behind you where they belong. As the New Year begins don't carry the wrongs you perceive into this beginning. Recall the joys, the tears, the laughter and friendships and lessons of the past but not the weight of useless judgements against yourself and others.* ❄️

*As you start this New Year I wish for you mistakes. That's right, mistakes. Nothing that will harm you or others but things that will show you are still alive. Be honest, to make a mistake is to mean you tried. Step out of that comfort zone and attempt something different, something new.*



*Take a risk.*

*Now I'm not saying go driving 80 miles an hour in a snowstorm. But maybe reach out to someone that you just met to get to know them better. Perhaps try a new hobby or craft that interests you but which you have been hesitant to try because you might fail.* ❄️

*There is an adage that states, "Any new beginning is forged from the shards of the past, not from the abandonment of the past". Most of the "shards" come from things we see as broken, failed. But that doesn't mean you cannot make something from those pieces that is not beautiful and rewarding.*

*By trying you are living. You are growing and changing; learning and reaching. Don't bound by age but be unbound by curiosity. Prove to yourself and others you are alive and have things yet to do and to offer. It does not have to be writing the great American novel, but it should be something that challenges or interests you.*



*Again, let your New Year be one of creating something of the lessons learned from the past. Push yourself and give yourself permission to be afraid, excited, to fail, to live. Let the New Year be one of making mistakes.* ❄️

*Happy New Year, may it be a year filled with changing yourself and changing your world. Here's to a year of continuing to live, not just exist.*



*Randy*






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



### ***From the Desk of Robert Lane, Senior Center Liaison***

A very Happy New Year to all our friends and neighbors. Here is hoping  
 2025 is filled with good health and joy.

Just a reminder that January is the start of some of our worst winter weather. Stay safe; keep an eye on your neighbors and listen to the weather reports. We take the welfare of our residents seriously. We work diligently with the police department so that all can feel safe in our town. The Senior Center with its awesome staff has plenty of activities to keep you entertained and informed this winter. Check out their calendar and the Township calendar for the latest happenings.



If there is inclement weather listen to your radio or television for alerts, delays and closings. Make sure you have medications and food if you have to stay in for a couple of days. Remember, the best way to enjoy a beautiful snowfall or ice crystal world is tucked up safe in your home!

Our annual Neptune Township reorganization meeting is Wednesday January 1, 2025 at 12 noon. You can come in person or watch it on live streaming. As part of the Neptune Township Committee, we take pride in offering the many services we do in Neptune and thank you for being a part of our special community.



Until next month, stay warm and safe.



### ***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 further 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.



**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.

**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](http://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](http://www.neptunetownship.org) for updates and sign up for Nixle Alerts at [local.nixle.com/register](http://local.nixle.com/register).



## **FREE FITNESS CLASSES IN JANUARY**

We are offering FREE fitness classes during the month of **January**. We encourage you to take at least one of our wonderful classes. We have excellent instructors. Contact X587 for further info. You must be a registered member to attend class.

**ALL OF OUR CLASSES REQUIRE A SENIOR CENTER REGISTRATION AND SIGNED FITNESS WAIVERS. REFER TO OUR CALENDAR PAGES FOR CLASS SCHEDULES. CLASSES ARE FIRST COME, FIRST SERVE.**



## **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.



*Many, many, many thanks for all the goodies and cards that the staff and Senior Center received throughout the holidays. We appreciate you all and hope that you had a wonderful holiday!*

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





All Municipal Offices and Senior Center will be closed on Monday, January 20 in remembrance of Martin Luther King, Jr.

*Smile, Laugh, Yell, Cry*



**ACTING**

*with Richard*

performer, director, writer

Richard Schlossbach

Tuesday's at 1 PM

*Fun & Inciteful  
not scary*



**ATTENTION FOREVER YOUNG MEMBERS!**



Forever Young meets the second and fourth Thursday of the month. The first meeting of the year will be on Thursday, January 9 at the Senior Center. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.

**"WHAT'S THE SCOOP?"**

**PRESENTED BY**

**MARCY MCGINNIS**



**FEATURING OUR MAYOR!**

**FRIDAY, JANUARY 31 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, January 13 at 9:30am.

**Regular lunch is cancelled that day.**



**SENIOR CENTER BOOK CLUB**

**FRIDAY, JANUARY 10**



**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!



**"THE NURSE IS IN"**

**TUESDAY, JANUARY 14**

**FROM 9:30AM - 11:00AM**

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

**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!



**A NIGHT FOR WORKING SENIORS AT THE CENTER**

**WEDNESDAY, JANUARY 15 FROM 4PM – 7PM**

Marlboro Medical Arts Pharmacy will be here to offer vaccines. The Monmouth County Office on Aging and Fulfill will also be on site to offer assistance. Our Caregivers Support Group will meet at 6pm. We will have COVID, Shingles and RSV vaccines. Call 732-946-1600 to register for your vaccine before coming.

**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. The Snake is associated with intuition, mystery, and wisdom. People born under the Snake sign are often seen as deep thinkers, strategic planners, and naturally charming. The Wood element enhances the Snake's ability to adapt and brings a softer, more nurturing quality to its otherwise intense and focused energy. This makes 2025 a year to cultivate patience, pursue self-improvement, and seek balance in all areas of life. Enjoy a delicious Chinese lunch here at the Senior Center. Reservations are required.

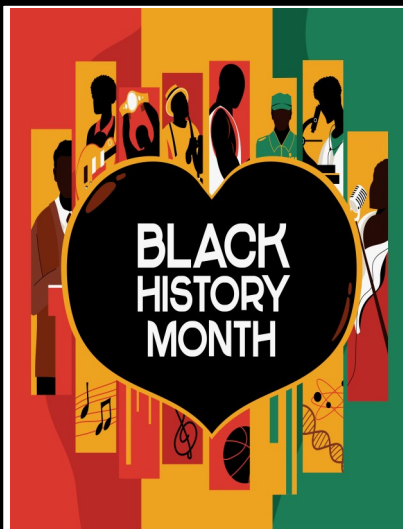
Lunch is a \$6.00 donation per person and appreciated at the time your reservation is made. **Exact change only.** Reservations begin on Monday, January 27 at 9:30am in person. **You must be a registered Township Senior Center member to attend the lunch.**

**NEPTUNE TOWNSHIP BLACK HISTORY  
MONTH CELEBRATION**

Go to [WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG) for more info.

**SENIOR CENTER BLACK HISTORY MONTH  
PLANNING**

We are currently in the planning stages for Black History Month. If you have any ideas for programs, we welcome them. Please give us a call.





**SAVE THE DATE!**  
**"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!**



**WINTER SEASON SAFETY**

We want to remind everyone that the key to safety is awareness and preparedness.

- ♦ **Know Your Risk** – Be informed of the hazards of the heavy winds, heavy rain, snow, sleet, and ice, etc.
- ♦ **Make A Plan** – Develop an emergency plan with communication in case of power outages. Register for Telephone Reassurance with the Center and New Jersey's Register Ready Program.
- ♦ **Build A Kit** – Create or update your emergency supply kit and keep important papers safe and handy.





## 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.



**JANUARY**

**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**

**Dashawn Williams - 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  
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