

THE SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND

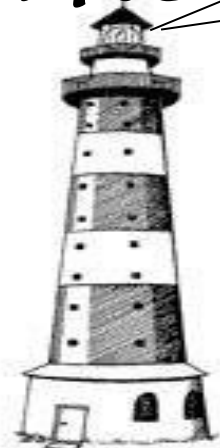
SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753

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732-988-8855
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JULY 2024



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HEADLINE NEWS



In July we celebrate the birth of this great land. A nation born of sacrifice, of blood, of forgoing allegiance to the home of their ancestors and of the specter of an uncertain and unsettling future.

With the Declaration of Independence, a one-page document of 1,320 words, a revolution was born. In it our forbearers vowed in common bond to "pledge to each other our Lives, our Fortunes and our sacred Honor." This document did not start just a war but more importantly a rev-



olution of the concept that Government should derive its power, its authority,



from the "consent of the governed."

As we celebrate what was once considered a radical concept of self-governance, let us keep in mind what a fragile and precious thing it is. Many have tried and fallen short or have been short lived in their pursuit of this dream. In 2026 we will embark on the celebration of the Declaration's 250th anniversary. In today's charged political climate we must not lose sight of the fact that this document is not about political parties or who is right or wrong. It is about freedom; the right to determine our leaders in a calm and peaceful manner not by the force of fear, lies, tyranny or dictatorship. That all are equal.

Ronald Reagan warned of losing sight of this hard-won gift when he said, "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

I urge you, as a fellow participant and guardian of this vision; do not just wave the flag, wrap yourself in it or use it as a weapon against your fellow citizen. Instead, this Fourth of July commit yourself to defending this concept of self-governance for generations yet to come.

Protect it so they too may know the taste and glory to live free.



Randy



**ALL MUNICIPAL OFFICES & SENIOR CENTER
WILL BE CLOSED ON THURSDAY, JULY 4 AND FRIDAY, JULY 5
IN OBSERVANCE OF INDEPENDENCE DAY**



From the Desk of Robert Lane, Senior Center Liaison

Happy 4th of July everybody. This year's parade in Ocean Grove will be held on July 6th from 10:30 to 12:00. Come out and celebrate the best Fourth of July Parade on the Jersey Shore.

A special welcome back to Neptune for their 15th year to World Changers. It's such a great program where young people from many states help our residents who might need a helping hand repairing, painting, or fixing up their property. What makes this such a great program is that it involves not only Neptune and the faith-based mission but all aspects of government and private organizations as well. World Changers will be in town from July 15 through the 19th. So, if you see them in town: honk, wave or stop by and say thank you for what you do for our neighbors.

The Ocean Grove Ladies are auxiliary is having one of their famous Fish and Chips dinners on Wednesday, July 17 and another on August 7 both from 4:30 to 7:15 at the Auditorium Pavilion (there will also be chicken for those who don't like fish).

A little late but very much heartfelt, Congratulations all the Neptune High graduates who graduated on June 20th.



Till next month, enjoy and be thankful for all the blessings of life and liberty!



**PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"
DEADLINE EXTENDED UNTIL OCTOBER 31**

This program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you need further info, call 1-800-882-6597 or X589 at the Senior 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.

**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.



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.

IT'S HURRICANE SEASON!

GET "REGISTER READY"

Hurricane season is here. Be AWARE and PREPARED. Register Ready is a state-wide registry that informs emergency responders where you are and what your needs are in the event of an evacuation. Anyone with special needs can register. Register online at www.registerready.nj.gov. Registrations expire yearly so always check your status. Those without computers can call X589 for assistance.

**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.





NEPTUNE TOWNSHIP SUMMER HOURS



Neptune Township Municipal Offices and the Senior Center will be closed at 1pm every Friday thru the Summer. Congregate lunch will be served at 11am on Fridays ONLY. If you have any questions, call X561. Please refer to our calendar page for the revised cards and games schedule.

ATTENTION FOREVER YOUNG MEMBERS!

Forever Young usually meets the second and fourth Thursday of the month. They will have their regular business meeting on July 11 at 1pm at the Center. The July 25 meeting will be cancelled. Our women's "Forever Young" club is open to anyone interested in joining. Contact X587 for info or to join.



FARMERS' MARKET COUPONS 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 - \$27,861.00

Family of 2 - \$37,814.00



WE HAVE A GIFT



FOR YOU ON



YOUR

SPECIAL DAY!

STOP BY THE

CENTER NEAR

YOUR

BIRTHDAY AND

LET US HELP

YOU CELEBRATE!

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!

UNCLAIMED CERAMICS PIECES

Due to an abundance of unfinished ceramics pieces and lack of space in our Ceramics room, if you have any ceramics pieces at the Center that have not been worked on in over 30 days, they must be claimed by August 30. Please contact the Center to arrange a pick-up of the pieces. **All items must be picked up by August 30.** Any items left unclaimed will be finished and used for the Craft Sale which benefits the Center's Trust Fund.

"MONDAE IS SUNDAE"

Join us every third "Mondaе" of the month for a delicious sundae surprise when lunch is served.



"THE NURSE IS IN"

TUESDAY, JULY 9



9:30AM – 11:00AM

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

SENIOR CENTER BOOK CLUB

FRIDAY, JULY 12

AT 10:00AM

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!



VACCINE AND MEDICARE

PRESENTATION

WEDNESDAY, JULY 17

AT 10:00AM

Marlboro Medical Arts Pharmacy in conjunction with Rutgers Pharmacy will be here to discuss the importance of vaccines for Seniors as well as provide educational info about Medicare plans.



DMV MOBILE UNIT

WEDNESDAY, JULY 31 FROM 9:00AM – 2:00PM

The New Jersey Motor Vehicle Commission Mobile Unit will be available at the Senior Center for license renewals, duplicate driver licenses, non-driver ID's, vehicle registration renewals, or to even obtain a Person with a Disability, Purple Heart, or Disabled Veteran parking placard. Appointments are required and can be made online njmvc.gov.

**CULTIVATING WORKSHOP
SERIES WITH FULFILL**

Join us for a 6 week (1 session per month) workshop series surrounding the topics of Nutrition, Gardening, Wellness, and Community Health. The next meeting will be on Wednesday, July 24 at 1pm at the Senior Center.



**“WHAT’S THE SCOOP”
BREAKFAST MEETINGS**

**CANCELLED FOR
JULY AND AUGUST
MEETINGS WILL RESUME
IN SEPTEMBER**



UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2024

All Senior Center participants are asked to update their Senior Center identification cards for 2024. We will only be doing updates for registered participants with last names that start with letters A thru L for the month of July. 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 I.D. cards when updating. You will be getting a new photo I.D. card.
- Lost cards can be replaced once – then a \$1.00 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 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.

SOUP "SALES" TO CONTINUE

A very special thanks to our Kitchen Manager, Teresa Richard and her 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.



NATIONAL NIGHT OUT



**TUESDAY, AUGUST 6 FROM 5PM - 8PM
AT THE MIDTOWN ELEMENTARY SCHOOL**



1155 CORLIES AVENUE

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie making our neighborhoods safer, more caring places to live. Join our Police Department and "take a stand against crime". Join your neighbors for a giant block party at the Midtown Community School. There will be food, exhibits, giveaways, music and more. Contact Neptune Police Dept. for further info.

We hope to see you there.



CLASS AND PROGRAM

CANCELLATIONS

CHECK OUR CALENDAR PAGES

Some of our classes and/or programs may be cancelled throughout the summer months so please make sure you check our calendars. If you do not see your class, it is probably cancelled. If you have any questions, please feel free to contact Events at Ext.587.

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.



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 FOR SUMMER

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.



JULY 2024



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
Robert White - Driver
Sonja Mack - Driver**

Custodial Services

**Ralph Parkman
John Clark**

Dining Services

**Teresa Richard - Manager
Jennifer Nurse - Aide
Carol McDonald - Aide**

Administrative Office

Michelle A. Swift - Administrative Assistant

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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