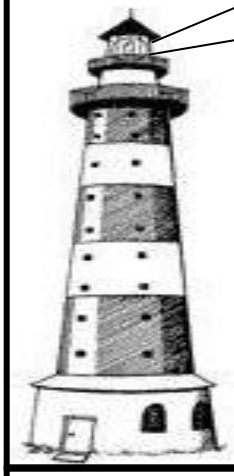
THE SENIOR BEACON



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

NOVEMBER
2026

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

This Thanksgiving will be hard. As some of you know I lost my sister, Peggy, in late September. Her passing leaves me as the last of my immediate family.

Don't get me wrong, it has been over 30 years since we had Thanksgiving together. But that is not what matters. It was knowing I would get a call, as I waited for Santa's arrival at the Macy's Thanksgiving Day Parade. As children while Mom and Dad were worked on dinner, we were waiting on Santa. As we grew older, we helped…but we always stopped for Santa.

Thanksgiving challenged us to stop lamenting what we did not have; but be grateful for what we did have. In the early afternoon we would gather around a secondhand table my parents bought when they moved to Virginia into the only home I knew growing up.

We all had our place at a table. My sister and brother opposite my parents, me, the baby, between Mom and Dad. No matter how old when we were home for a meal, that was my place.

Perhaps we all think of our "place at the table". The place we fit in: filled with laughter, tears, challenges, but also safety and acceptance. I have hosted and been the guest at many tables. But none, not even my own, evoke the emotions like those childhood.

This brings me back to what Thanksgiving means to me. Yes, I mourn the empty places at my childhood table and the challenges that age and time place before me. But those spaces are not empty. They hold great memories and moments that still make me laugh. Yet, I am thankful for the place at the table I have today. My life with Dan, my friends; they too are my place. Memories are irreplaceable, but the ones to be made are as precious. I am, as my relatives would say, blessed.

Being with each of you, the Center, gives me a place at the table. At the Center we want you to know that while we could never replace your blessings of the past, we hope to be one today. Know you will always have a place at this table. Happy Thanksgiving.

Randy

ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, NOVEMBER 11 FOR VETERAN'S DAY

From the Desk of Deputy Mayor Stroud, Senior Center Liaison

The Families Behind the Uniform

This Veterans Day, let's remember those who served without a uniform. Behind every veteran is a family that carried its own weight.

Whether it be the spouses who managed alone through long deployments, children with empty chairs at graduations, and parents who waited anxiously for news.

For many, the sacrifice continues at home in caregiving for wounds seen and unseen. And Gold Star families bear the greatest loss of all.

This month help us thank our veterans, then let's thank the family beside them. Offer a meal, a listening ear, or attend a local ceremony to support our heroes.

Gratitude is easy to feel and powerful when spoken. We thank you for your sacrifice and commitment to our country as well.

Warmest regards,

Derel M. Stroud
Deputy Mayor

SOUP "SALES" CONTINUE AT THE CENTER

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

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

LIHEAP 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.

ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON NOVEMBER 26 AND NOVEMBER 27 FOR THANKSGIVING

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

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.

HEALTH INSURANCE ASSISTANCE AVAILABLE AT THE CENTER

S.H.I.P. (Senior Health Insurance Program) provides assistance with your health insurance. Call X562 for an appointment. Limited evening appointments available.

IT'S HURRICANCE SEASON REGISTER FOR "E.V.A.C.S."

The Monmouth County Emergency Vulnerability & Assistance Coordination System (E.V.A.C.S.), formerly Register Ready, is a free portal that informs emergency responders where you are and what your needs are in the event of an evacuation. Register online at https://www.mcsonj.org/evacs or call 1-877-MCSO-OEM.

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 X562 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.

"WHAT'S THE SCOOP?"
PRESENTED BY
MARCY MCGINNIS
WILL BE CANCELLED FOR NOVEMBER AND DECEMBER

LINE DANCING CLUB
NOVEMBER 5, 12, AND 19
AT 11AM
Come dance with us! All students, from beginners to advanced are welcome to attend. A fitness waiver must be completed prior to attending. Don't miss the fun!

"HEALTHY BLUE FOODS"
PRESENTED BY
DIANE WEST, R.D.
MONDAY, NOVEMBER 9 AT 11AM
Diane is returning to discuss what blue foods are, how and why they can improve our health, and how to incorporate these foods into our diet.

VETERANS' RECOGNITION BREAKFAST
FRIDAY, NOVEMBER 13
AT 10AM
Join us for a special breakfast honoring Neptune Veterans and veterans who work for Neptune Township. Seating is limited. Reservations begin Tuesday, November 3 at 9:30am.

ELECTION DAY — DON'T FORGET TO VOTE
TUESDAY, NOVEMBER 3
Transportation to polls is available for registered Township Seniors. Deadline for transport reservations is November 2 at 11:00am.

JOIN FOREVER YOUNG!
Forever Young usually meets the second Thursday every month. Their next meeting will be Thursday, November 5 at 1pm at the Center. They will be assisting with our Veteran's Luncheon on November 13. Our "Forever Young" club is open to anyone. Thank you to everyone who donated food for their food drive.

"MANAGING YOUR DIABETES"
PRESENTED BY GEORGIAN COURT UNIVERSITY
TUESDAY, NOVEMBER 17
AT 11AM
Learn what you can do to take control of your health, recognize signs and learn how effectively managing your diabetes can affect your overall health. Blood pressure screenings to follow.

NEW CLASS ALERT!

ZUMBA GOLD WITH CAROL

DEMO CLASS WEDNESDAY, NOVEMBER 18 AT 11AM

4 CLASS SERIES: WEDNESDAYS, 12/2, 12/9, 12/16, 12/23 AT 11AM

Zumba Gold returns with Instructor Alumni, Carol Thornley! Carol taught a variety of fitness classes at the Center for many years and was loved by all. Carol will be teaching a special demo Zumba Gold class for those interested in trying Zumba Gold without committing. There is a $4 requested donation per class. Class is open to current registered Neptune Township seniors. A fitness waiver must be signed. Registration required beginning Friday, November 6.

JOIN OUR BOOK CLUB!

FRIDAY, NOVEMBER 20

AT 10:30AM

Every month is a different read on your own followed by a discussion among other members of the group. Join our book club to read books, make friends, and have fun! New members are always welcome!

"THE NURSE IS IN"

MONDAY, NOVEMBER 23

AT 10AM

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

JOIN US FOR OUR ANNUAL THANKSGIVING LUNCHEOUN

TUESDAY, NOVEMBER 24 AT 12PM

PLEASE NOTE: DOORS TO THE CENTER OPEN AT 11AM

Reservations for the luncheon will be taken starting on Tuesday, November 10 between **9:30-11:00 or 2:00-3:30.** Reservations are required and can be made in person or by phone. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There will be a free-will donation on the day of the luncheon. **All classes and programs will be cancelled that day.**

SENIOR CENTER HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 15 AT 12:00PM

THURSDAY, DECEMBER 17 AT 12:00PM

PLEASE NOTE: DOORS TO THE CENTER WILL OPEN AT 11:00AM

Join us for an afternoon of fun and holiday cheer. Reservations are required and can be made in person or by phone starting Thursday, November 12 from **9:30-11:00 or 2:00-3:30.** You may reserve for yourself and one other person. Everyone must be a registered Township Senior Center member in order to attend. Choose one date only.

All classes and programs will be cancelled both days.

UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2026

All Senior Center participants are asked to update their identification cards yearly. 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.

November is your last chance to get updated for the year.

NO UPDATES WILL BE DONE IN DECEMBER.

- Updates are only done from ***9:30-11:00am or 2-3:30pm Monday thru Friday.***
- Please bring current photo Senior Center I.D. cards when updating.
- Lost cards can be replaced once — then a $2.00 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 information 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.

MONMOUTH COUNTY RESOURCES FOR SENIORS

MENTAL HEALTH TREATMENT

CPC Integrated Health – 800-250-9811
Mental Health Association of Monmouth County – 732-542-6422
RWJ Barnabas Health Support Services – 732-922-1042
Psychiatric Emergency Screening Services – 732-923-6999
Self-Harm, Suicide & Crisis Hotline – Call or Text - 988

SOCIALIZATION

Caregivers Volunteers of Central Jersey – 732-505-2273
Family and Children's Services – 732-728-1331
Senior Citizens Action Network – 732-542-1326

CAREGIVER SUPPORT & ASSISTANCE

Division of Aging, Disabilities & Veterans – 732-431-7450
Project Lifesaver Tracking Bracelet – 732-308-3770 ext. 8780
Geriatric Health Center – 732-923-7550
Visiting Physicians Service – 732-571-1000
Visiting Nursing Association – 800-862-3330
Adult Protective Services – 732-531-9191

EVICTION AND HOUSING

Mental Health Association of Monmouth County - 732-542-6422
South Jersey Legal Services – 800-496-4570
Social Services – 732-431-6000 ext. 4613
Adult Protective Services – 732-531-9191

TRANSPORTATION

Access Link – 973-491-4224
EZ Ryde 4 Life – 201-939-4242
Healthy Hop – 732-505-2273
Ride In Monmouth – 732-431-6485

FOOD ASSISTANCE

Interfaith Neighbors – 732-775-0525 x227
Jewish Family & Children's Services – 732-774-6886 ext. 40
Fulfill – 732-918-2600
Supplemental Nutrition Assistance Program – 732-431-6000

HOME REPAIR

Habitat for Humanity - 732-728-0441 Ext 311
Monmouth County Home Repair Program – 732-731-7460

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.**

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.

NOVEMBER 2026

Neptune Township - NJ

Where Community, Business & Tourism Prosper

We are so happy that you are part of our Senior Center Family. If we can be of assistance to you and/or your loved one, please contact us at any time. 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
Ronald Raisin – Driver
Patti McCormick – Driver
Robert White – Driver

Custodial Services
Ralph Parkman
John Clark

Dining Services
Jose Perez – Manager
Terence McCorry – Aide
Dashawn Williams – Aide
Dorothy Wilson – Aide

Administrative Offices
Michelle Swift – Administrative Assistant
Mary DiSpigna – Departmental Secretary

And an Army of Dedicated Volunteers!

TOWNSHIP OF NEPTUNE
DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855

RETURN SERVICE REQUESTED

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