

# THE SENIOR BEACON

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

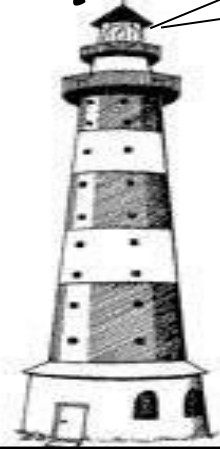
1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

RANDY BISHOP, DIRECTOR  
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**NOVEMBER  
2023**

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

*Give thanks? Puhleez. This is a season of forced reflection and feelings of false gratitude.*

*Be real, there is more of what we don't have.*

*November arrives and I feel more the turkey than the Pilgrim. Running around like I've lost my head planning a holiday dinner with a feigned feeling of abundance when sometimes it feels more like loss – loss of time, people, my own functions. Oh yeah, let's get thankful.*

*For most, our needs are far outstripping our funds and energies. Plus, I'm not the only thing getting older; so is my car, my house, and my nerves. Bad things seem to keep piling up and good things just seem to disappear. Yep, I'm just overflowing with thankful!*

*Surely there is more to this than turkey, the Macy's Parade and football. Sure leftovers are great but do I really need a holiday to have a turkey dinner?*



*Maybe I am wrong – not about needing a specific holiday to overeat. If that were the case everyday would be a holiday for me. No, I mean about giving thanks.*

*The great Cherokee warrior Tecumseh once said, "When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in you."*

*So it is my problem I'm not thankful? Well, yes, it is. Sometimes we get so caught up in what we don't have and what we want we forget to look at what is in front of us. Not everything is perfect – it never is nor will it ever be. But there is so much that brings me happiness,*



*peace and strength to face challenges. So much for which to be thankful.*

*I guess my real problem is that I just think I should be thankful the third Friday of every November. Forget the other 364 days (365 in leap years)! Maybe if I owned the feeling, as Tecumseh said, for the joy of living and the experiences it brings I would give thanks for the small things, for all things, all the time.*

*So, have a wonderful year of giving thanks. Oh, maybe sneak in a turkey dinner once in a while just for good measure too!*

Randy



**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON FRIDAY, NOVEMBER 10 FOR VETERAN'S DAY**



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

*November is a time to be thankful for our blessings and a time to honor our veterans*

*Neptune believes in honoring its veterans. We started a banner program for those who have served our country. Banners will be going back up before Veterans Day in the Ocean Grove section of Neptune.*

*Don't forget, clocks "fall back" one hour on November 5<sup>th</sup>. Also remember to change the batteries in the smoke detectors and carbon monoxide detectors.*

*Things you won't want to miss include the Veterans Park Committee Annual Veteran's Day service on Sunday November 12<sup>th</sup> at 1:30 in Veterans Memorial Park on Old Corlies Rd.*

*A special kickoff fundraiser Spaghetti Dinner for Pound the Pavement Purple is from 3 to 6pm on Sunday November 12 at the Gully Road VFW. Proceeds benefit the Lustgarten Foundation for pancreatic cancer research. Takeout is available. Please contact Doreen 732-685-9541 to let us know you are coming.*

*Enjoy a walk around Fletcher Lake in Ocean Grove on the new walking path and admire the new bulkhead while the weather is nice.*

*For all our Neptune family I wish you a Happy Thanksgiving. Remember "Gratitude help's us to see what is there instead of what isn't" (Annette Bridges).*

*Till next month, enjoy the fall*



***BACK BY POPULAR DEMAND...SOUP "SALES"***

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



***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 X:589. The monthly income limit for 2023-2024 is:  
Single - \$3,676.00 and Married - \$4,807.00

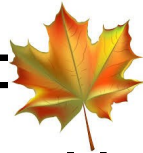
**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE  
CLOSED ON NOVEMBER 23 AND NOVEMBER 24  
FOR THANKSGIVING**



**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](http://www.registerready.nj.gov); or, call Ryan to help you.

**Registrations expire yearly and need to be updated.**



**ANCHOR PROGRAM**

**(THE HOMESTEAD BENEFIT)**

This program provides property tax relief to eligible homeowners and tenants. The deadline for this program is Friday, December 29. For further information, contact the Center.



**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 Supplemental Nutrition Assistance Benefits (S.N.A.P), NJ Get Covered, and Medicaid. Call X589 for further info.

**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.



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



***SENIOR CENTER CRAFT SALE***

***NOVEMBER 1 – NOVEMBER 6  
FROM 9:00AM – 3:00PM  
EXTENDED HOURS ON  
TUESDAY, NOVEMBER 7  
FROM 4-8PM***

Join us for our Annual Craft Sale at the Center. Please help support our Center.

***GREAT NEWS!***

COVID and Flu vaccines return to the Center on Wednesday, November 8 from 2-6pm during Working Seniors Center hours. Proof of insurance required. Help may be available for those with no insurance or underinsured. For more info call Randy at the Center.



***MEDICARE OPEN ENROLLMENT INFORMATION SESSION  
PRESENTED BY FAMILY & CHILDREN'S SERVICES***

***MONDAY, NOVEMBER 6 AT 10AM  
WEDNESDAY, NOVEMBER 8 AT 6PM  
AT THE SENIOR CENTER***



Come learn about your Medicare benefits for 2024. Find out how to compare health and drug plans to get the best coverage and programs that will help you save money. The open enrollment period runs from October 15 until December 7. Don't miss this very informative and important program. **RESERVATIONS REQUIRED.**

***JOIN US FOR OUR THANKSGIVING LUNCHEON  
TUESDAY, NOVEMBER 21 AT 12:00PM***

Reservations for the luncheon will be taken starting on Tuesday, November 7 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. Doors open at 11am. **All classes and programs will be cancelled that day.**

**"FRAUD PREVENTION"**

**PRESENTED BY NEPTUNE TOWNSHIP POLICE DEPARTMENT**

**THURSDAY, NOVEMBER 9 AT 10AM**

Neptune police officers will present information on frauds and the steps you can take to protect yourself and loved ones.

**"PNEUMONIA AND THE  
PREVNAR VACCINE"**

**PRESENTED BY**

**GEORGIAN COURT UNIVERSITY  
NURSING STUDENTS**

**MONDAY, NOVEMBER 13 AT 11AM**

Followed by blood pressure screenings afterwards.

**"THE NURSE IS IN"**

**TUESDAY, NOVEMBER 14**

**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.

**THEATRE TRIP TO THE ALGONQUIN ARTS THEATRE  
FRIDAY, DECEMBER 15 AT 9AM**

The Algonquin Arts Theatre presents "A Christmas Carol". This Dickens' classic story comes to life in this musical performance; featuring carols and comedic dialogue. Followed by lunch on your own at I-Hop. Reservations begin Tuesday, November 28 at 9:30am. The cost of the trip is \$10.00 per person and required at time of registration. Exact change required. All trip participants must be Neptune Township residents and currently registered with the Senior Center.

**SENIOR CENTER HOLIDAY LUNCHEONS**

**TUESDAY, DECEMBER 19 AT 12:00PM**

**THURSDAY, DECEMBER 21 AT 12:00PM**

**(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 Tuesday, December 5 from **9:30-11:00 or 2:00-3:30**. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. Choose one date only. **All classes and programs will be cancelled both days.**

## 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.**



## **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.





**NOVEMBER  
2023**



# 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**

**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!*



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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