

THE SENIOR BEACON

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

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NEPTUNE, NJ 07753

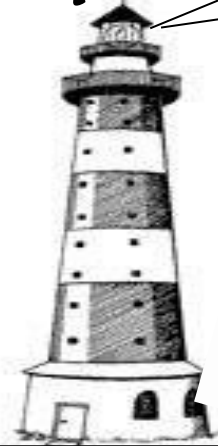
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WWW.NEPTUNETOWNSHIP.ORG

NOVEMBER
2024



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HEADLINE NEWS



When November comes around we start turning inward. Changing seasons announce their arrival and we know winter winds will soon rattle the windows trying to break into the warmth on the other side. Daylight starts to dwindle early and the sun lounges longer below the horizon each dawn, not anxious to start the day.

I also find it more difficult to leave the cocoon of my comforter and face the chill of reality in my darkened bedroom. But get up I must. Though daylight dawdles there are many tasks to do in the shortened daylight.

The days of enjoying our gardens are behind us. The harvest is in and we prepare for days when there is little color or cultivation to be done.

But is our gardening done or is it just different? Essayist Marcel Proust posed a different take on our "gardens". He mused "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

What a great idea! We can still foster beauty with tending the garden of our friendships. Helping them to bloom with happiness in the dreariness of winter. We too can be tended to help us blossom and be our better selves. We at once can be not only the gardener but the garden. This time of reflection is the perfect backdrop for the Thanksgiving holiday. A time to take stock not of the wrongs but to realize the things that make our lives joyful. Perhaps as Proust noted it is a time to be especially grateful for the gardener and the garden.

So much of life is spent valuing things that we overlook real treasures for which we to be thankful. A kind word or smile when life seems especially bleak. Don't just dismiss that simple gesture. Instead value it for what it is, a gift, a blossom, given selflessly. Be grateful, be thankful, for those who help you bloom.

This Thanksgiving and everyday give thanks to not just what you have but who you have in your life. I know I am.

Randy



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

From the Desk of Robert Lane, Senior Center Liaison

The 11th Annual Pound the Pavement Purple for Pancreatic Cancer fundraiser was held September 28. Thank you to all who came out and supported the event and to those sponsors who helped make it possible. A special thank you to those who ran or walked for this great cause.

It's November....Remember! That's right November 5 is Election Day so exercise your Right to Vote! The Neptune Senior Center is an Early Voting location, there is a drop off box outside of the library for Vote By Mail Ballots or you can always vote in person at your polling location on Election Day, November 5. So no excuses, your vote counts!

This year is the 10th Anniversary of the Neptune Veterans Memorial Park. There are two very special events to mark the occasion. On Sunday November 10th at 12noon we will be have our annual veterans service to honor our veterans. Veterans Day, as you know, commemorates the service of all US service personnel who served. This year it will be followed by a fundraiser to help keep our park pristine. The luncheon will be held at the Jumping Brook Country Club, 210 Jumping Brook Road, from 1 to 5 pm. If you would like to purchase tickets, email me at rlane@neptunetownship.org or April Perpignan at aperpignan@neptunetownship.org.

To everyone, I wish you all a Happy Thanksgiving. Make space in your life to enjoy your time with family and friends.



Till next month stay 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.

ANCHOR PROGRAM (THE HOMESTEAD BENEFIT)

This program provides property tax relief to eligible homeowners and tenants. The deadline for this program is November 30. For further information, contact 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.

**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. Limited evening appointments available.

**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE
CLOSED ON NOVEMBER 28 AND NOVEMBER 29
FOR THANKSGIVING**



ANNUAL SENIOR CENTER CRAFT SALE

FROM 9:00AM – 3:00PM

EXTENDED HOURS ON TUESDAY, NOVEMBER 5 FROM 4-8PM



Join us for our Craft Sale at the Center. This sale benefits our Senior Trust Funds and YOU. We will have work from our art classes and ceramic classes, crocheted and knitted items from our knitters, original wood carvings, and so much more.

Please help support your Center.



SENIOR CENTER BOOK CLUB

FRIDAY, NOVEMBER 8 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, NOVEMBER 12 FROM 9:30AM – 11:00AM



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

A NIGHT FOR WORKING SENIORS AT THE CENTER

WEDNESDAY, NOVEMBER 13 FROM 3PM – 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.

Also, a representative from NJ SAVE will be here to answer questions about the program.





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



Smile, Laugh, Yell, Cry



ACTING

*with Richard
performer, director, writer
Richard Schlossbach
Tuesday's at 1 PM*

*Fun & Inciteful
not scary*

"WHAT'S THE SCOOP?"



**PRESENTED BY
MARCY MCGINNIS**

**WILL BE CANCELLED FOR
NOVEMBER AND DECEMBER
BREAKFASTS WILL RESUME
IN JANUARY**

**ATTENTION FOREVER YOUNG
MEMBERS!**

Forever Young meets the second and fourth Thursday of the month. They will be out to lunch at the Flaming Grill on November 14. The meeting on November 28 is cancelled for Thanksgiving. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.

**SOUP "SALES" CONTINUE
AT THE CENTER**



A special thanks to our Kitchen Manager, Teresa 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.

**ELECTION DAY — DON'T
FORGET TO VOTE
TUESDAY, NOVEMBER 5**



Transportation to the polls for Township Seniors is available for the General Election. Deadline for reservations for transportation thru the Center is Monday, November 4 at 11:30am so call for reservations soon. Don't miss the opportunity to exercise your right to vote.



**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!

**MEDICARE OPEN ENROLLMENT INFORMATION SESSION
PRESENTED BY JENEE FARLEY, DIRECTOR OF VOLUNTEER
SERVICES FOR FAMILY & CHILDREN'S SERVICES**

WEDNESDAY, NOVEMBER 6 AT 10AM AND 6PM

AT THE SENIOR CENTER



Come learn about your Medicare benefits for 2025. Find out how to compare different 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. Bring your questions and get your answers.



**"DEPRESSION AND ANXIETY
DURING THE HOLIDAYS"
PRESENTED BY
GEORGIAN COURT
NURSING STUDENTS
THURSDAY, NOVEMBER 7
AT 11AM**

Depression and anxiety during the holidays, also known as the holiday blues, can be caused by the stress and other factors that can arise during the holiday season. Join us to learn the signs and symptoms to help get you through the holiday season. Blood pressure screenings will be offered after the presentation.



**JOIN US FOR OUR
THANKSGIVING LUNCHEON
TUESDAY, NOVEMBER 26
AT 12PM**



Reservations for the luncheon will be taken starting on Tuesday, November 5 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**



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 W for the month of November.** 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.



SENIOR CENTER HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 10 AT 12:00PM

THURSDAY, DECEMBER 12 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, November 19 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.**



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)

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.



**NOVEMBER
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

Custodial Services

Ralph Parkman

John Clark

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Carol McDonald - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Mary DiSpigna - 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
TEL: 732-988-8855

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