

THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

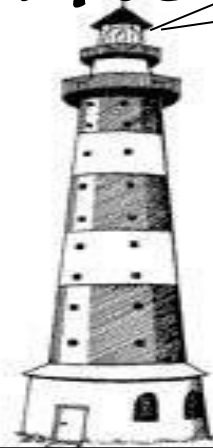
RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

**OCTOBER
2024**



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

October makes me feel like a kid once again. Okay minus the aches and pains, but in my mind I'm a child!

Maybe it's the color of the leaves and that scent in the air that can only be October. It takes me back to jumping in piles of leaves. That rustling noise as I thrashed about with friends in this playground made by nature.

The small yard of the house I grew up in became the wilderness, a castle, a fort; all built with my imagination using those colorful, temporary building blocks gifted by the trees. Sometimes, in quiet fall reflection, I still hear the distant laughter of the child I was.

Of course there was Halloween! A holiday made for children. You could be ANYTHING; a ghost, a ghoul or some fantastical character. Even better, you got rewarded for it! Candies and treats were collected for, well, just being a kid having fun. Halloween night roaming the streets with hundreds of other neighborhood children under the watchful eye of a parent or my older brother. His seeming disdain for the task of taking his baby brother trick or treating. But looking back, I think the chore was secretly welcomed as he always got a portion of the haul for his work.

Then there was honing my artistic skills! The big, beautiful orange pumpkin opened by my dad. Me, big spoon in hand, ready to scoop out all the messy guts. Then carefully carving the eyes and funny grin in preparation for Halloween night. There too was that smell when the lit candle was placed inside the now Jack-O-Lantern as it closely watched the young tricksters as they came to claim their bounty.

But just because my numerical childhood has gone it doesn't mean my childlike enjoyment has to end. The joints may creak like the door of a haunted house, but the sense of wonder and happiness doesn't have to be extinguished like the Jack-O-Lantern's candle on November 1st.

Join me in keeping that wonderment, that joy of life alive no matter the number of our years.

By the way – BOO! (Gotcha).

Randy



From the Desk of Robert Lane, Senior Center Liaison



To our Jewish neighbors and friends, a Happy New Year, Happy Rosh Hashanah!!

If you're looking for some fun fall activity, don't miss the Fall Harvest Festival in Ocean Grove on October 5th. Vendors, food and just a fun old fashioned street fair make for a great day. Come out and enjoy the change of seasons.



Halloween will be here before you know it. There are several trunk or treats as well as a parade for you to enjoy with your grandkids (and the kid in you!) Here are some ideas for you to enjoy.

The Halloween Pet Parade will be Saturday, October 19th in Ocean Grove. The cost is \$10 to register your pet for the parade. Registration is at 11am and the parade starts at 12 noon at Fireman's Park.

The Jersey Shore Arts Center known to many of you as the old Neptune High School at the entrance to Ocean Grove will hold their fifth annual trunk or treat on October 26th. The event will run from 2 to 4pm on the southside parking lot.

Our neighbors at Cone Zone in Neptune City are having a trunk or treat on October 20th (rain date, October 27th). It will be held in the parking lot next to the Cone Zone. It's from 6 to 8 pm just off Route 33. Bring your little ones for a free kiddie cup of ice cream.

Saturday October 26th the Ocean Grove Chamber of Commerce along with other organizations will host a trunk-or-treat. This annual event is from 1 to 3pm on Main Avenue in Ocean Grove.

The McDonald's at the corner of Routes 35 and 33 will be having their annual trunk or treat on Saturday, October 28. It is from 2 to 4pm.



So until next month, enjoy the fall weather and fall fun around us.



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.

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.

ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON MONDAY, OCTOBER 14 FOR COLUMBUS DAY



OKTOBERFEST LUNCH AT THE CENTER

FRIDAY, OCTOBER 4 AT 12PM



Enjoy a delicious Oktoberfest lunch created by our kitchen staff. Reservations required. Attendees must be registered to the Center and a Neptune Township resident. **Doors open at 11am.**

"THE WARNING SIGNS OF STROKES AND HEART ATTACKS"



PRESENTED BY

GEORGIAN COURT UNIVERSITY NURSING STUDENTS

TUESDAY, OCTOBER 8 AT 11AM



Heart disease is the number 1 killer worldwide, and strokes ranks second globally. Even when those conditions don't result in death, they cause disability and diminish quality of life. Don't miss this potentially life-saving program. Blood pressure screenings will be offered after the presentation.



"THE NURSE IS IN"

TUESDAY, OCTOBER 8 FROM 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, OCTOBER 11

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!

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!





**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*

**ATTENTION FOREVER YOUNG
MEMBERS!**

Forever Young meets the second and fourth Thursday of the month. They will have their regular business meeting on October 10 at 1pm at the Center. The October 24 "Out To Lunch" meeting is to be determined. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.

**MOCKTAIL HALLOWEEN
PARTY AND CRAFT SALE
KICK-OFF**



MONDAY, OCTOBER 28 AT NOON

Join us for a Halloween Mocktail Party and Craft Sale kick-off! Wear a costume for our costume contest, or come as you are, to enjoy passed hors d'oeuvres, homemade "mocktails", and shop our Senior-Center-made crafts. Reservations required and begin Monday, October 14 at 9:30am.

"WHAT'S THE SCOOP?"

**PRESENTED BY
MARCY MCGINNIS**



**FEATURING CHRISTINE,
GENEOLOGY EXPERT**

**FRIDAY, OCTOBER 25
AT 10AM**

Enjoy a delicious breakfast made by Teresa and her kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations required and begin Friday, October, 11 at 9:30am.

**ANNUAL SENIOR CENTER
CRAFT SALE**



**OCTOBER 28 – NOVEMBER 1
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.



**FLU SHOTS OFFERED
AT THE SENIOR CENTER
WEDNESDAY, OCTOBER 23
10AM – 1PM**

The Monmouth County Board of Health will be here to offer free flu vaccines. They recommend that anyone at risk of flu-related complications get the seasonal vaccine. Vaccines will be given on a first-come first-serve basis.

Don't miss it.



**DMV MOBILE UNIT
AT THE SENIOR CENTER
WEDNESDAY, OCTOBER 23
9AM – 2PM**

The New Jersey DMV Mobile Unit will be at the Center for license renewals, duplicate driver licenses, non-driver ID's, vehicle registration renewals, or to obtain a parking placard. Appointments are required and can be made online at njmvc.gov.



**A NIGHT FOR WORKING
SENIORS AT THE CENTER
WEDNESDAY, OCTOBER 23
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.

**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, October 23 at 1pm at the Senior Center.



CLASS SCHEDULE NOTICE FOR EARLY VOTING

All fitness classes at the Center will be cancelled from Monday, October 28 thru Friday, November 1 due to early voting and the craft sale. Lunch will still be offered that week.

Classes will resume on Monday, November 4.





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 T for the month of October.** 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.



MEDICARE OPEN ENROLLMENT INFORMATION SESSION

PRESENTED BY 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 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.



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.



**OCTOBER
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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