

# THE SENIOR BEACON

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

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**OCTOBER  
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

*Some call October the other New Year. I can see that. The arrival of fall is a shift; lush colors of summer change to deep, rich tones of turning leaves and harvest fields. The bright summer sun turns softer. It's as if the world is dressing for a celebration in jewel tones with the smoky perfume. The shining diamonds of the stars no longer hidden by the summer humidity sparkle on the indigo cloth of the night.*



*There is even a new orchestra in town. The jazzy chorus of cicadas, katydids and lyrics of children at play give way to the songs of crickets, nocturnal animals and the sweet rustle of dried leaves played by the wind. Occasionally the bell tones of wind chimes strummed by unseen hands add an almost magical melody.*



*Yes, this party with its muted song and slower tempo has begun. But I don't know.*

*At times I find myself reluctant to join the dance. Maybe it's about letting go of summer or the coming of winter. Maybe it's knowing another year is coming to a close.*



*At times Autumn makes me melancholy. Shorter days, falling temperatures make me want to sit in a corner tight in a blanket. Join the dance of the new season? Far from it, I want to ignore it and hope it goes away.*

*But it won't. I realize that I choose to focus on the approaching of Fall and it saddens me. Changing weather, the approaching Holidays feed the loneliness that I bring on myself.*



*So I miss the celebration by seeing it as an ending, not embracing it as a beginning. That which I have planted and worked for has come to fruition. Now is the time to gather, to celebrate the close of one chapter and the opening of another. The harvest is gathered, rejoice in what has been accomplished. We prepare for the rest of winter and anticipate the beginning of the cycle, a new year, again come Spring. You **must** join the dance, find the hope.*

*When you do, look for me, I've always love a good dance.*

*Randy*





## ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON MONDAY, OCTOBER 12 FOR COLUMBUS DAY



### From the Desk of Deputy Mayor Stroud, Senior Center Liaison

#### *It's Scam Season...Protect Yourself and Your Money This October*

October is National Cybersecurity Awareness Month, and for seniors that awareness matters more than ever as older Americans lost an **estimated \$20.9 billion** to fraud last year alone, according to the FBI.

Scammers target seniors because they're often more trusting, and can be caught off guard by unfamiliar technology.



The most common schemes right now include callers impersonating Social Security, the IRS, or your bank. Many also experience fake tech-support pop-ups claiming your computer is infected; then there is the "grandparent scam," where a caller pretends to be a grandchild in trouble and begs for secrecy; and romance or investment scams that work to build trust over weeks before asking for money.



Whatever the disguise, scammers create urgency, ask you to keep things secret, request payment via cash or gift card, wire transfer, or cryptocurrency, and contact you out of the blue. A real bank or government agency will never contact you for information or demand instant payment over the phone; they'll always send something in the mail or provide other means to verify.



A few good habits go a long way. Hang up and call organizations back using a number you look up yourself; Verify any "family emergency" by calling another relative before sending money; and Never give a stranger remote access to your computer or information. Most importantly, talk openly about scam attempts with family, friends, and neighbors. Scammers count on silence and shame to keep working.

If you're ever unsure or think you've been targeted, contact the Local Police, the **AARP Fraud Watch Helpline (1-877-908-3360)**, or the FTC who also accepts reports at **[reportfraud.ftc.gov](https://reportfraud.ftc.gov)**. Falling for a scam is never a reflection of your intelligence. These are professional criminal operations, and reporting them helps protect your family, friends and neighbors too.



Be Blessed, and Stay Well.

With Love,

Derek M. Stroud

Deputy Mayor



### **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.

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



**LD-11 PAS-1 APPLICATION  
FILING ASSISTANCE  
OFFERED AT CENTER**

**THURSDAY, OCTOBER 8  
FROM 11AM-1PM**

ASSISTANCE IS FIRST COME-  
FIRST SERVED.



**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 you can call 1-877-MCSO-OEM to register.



**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.



**LINE DANCING CLUB**  
**OCTOBER 1, 8, AND 15**  
**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!



**FLU SHOT CLINIC**  
**PRESENTED BY**  
**THE MONMOUTH COUNTY**  
**HEALTH DEPARTMENT**  
**TUESDAY, OCTOBER 6**  
**FROM 2PM – 5PM**

The Board of Health will offer flu vaccines free of charge to the public. It is recommended that you stay home if you are feeling sick to reduce the chances of spreading the Flu. There will be a limited supply of Super Senior vaccines available. Reservations are required. Please see Lindsay to sign up for the Super Senior vaccine.



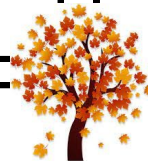
**THE "AGELESS ACTORS"**  
**PRESENTS**  
**"SHOWCASE OF SCENES"**  
**WEDNESDAY, OCTOBER 7**  
**AT NOON**

The "Ageless Actors" will take us through a variety of scenes to showcase their talents!



**JOIN FOREVER YOUNG!**

Forever Young usually meets the second Thursday every month. Their next business meeting will be Thursday, October 8 at 1pm at the Center. They will be planning upcoming lunch outings and meetings. Our "Forever Young" club is open to anyone. Join us.



**JOIN OUR BOOK CLUB!**  
**FRIDAY, OCTOBER 9**  
**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!

**WELLNESS SCREENINGS PRESENTED BY**  
**HACKENSACK MERIDIAN HEALTH**  
**FRIDAY, OCTOBER 9 FROM 10AM – 1PM**

Check in on your health! Free wellness screenings presented by HMH; blood pressure, cholesterol, glucose, stroke risk assessment, BMI, pulse screenings will all be offered.





## **NEW JERSEY NATURAL GAS (NJNG) RESOURCE DAY**



**WEDNESDAY, OCTOBER 14 FROM 10AM – 5PM**

Come meet with NJNG representatives to learn about energy assistance programs to help pay your energy bills. You can also explore ways to manage your energy costs and may qualify for payment arrangements to help bring your account current.

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

**FRIDAY, OCTOBER 16 AT 11AM**

Enjoy passed hors d'oeuvres and delicious mocktails while you shop the craft sale. Doors to the Center open at 10:45am. Reservations are required.

### **"THE NURSE IS IN"**

**MONDAY, OCTOBER 19 AT 10AM**

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



## **ANNUAL SENIOR CENTER CRAFT SALE**

**OCTOBER 19 THRU OCTOBER 23 FROM 9:00AM – 3:00PM**

**EXTENDED HOURS**

**MONDAY, OCTOBER 26 FROM 4-7PM**

Join us for our Annual 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.



### **"BREAST CANCER AND YOU"**

**PRESENTED BY GEORGIAN COURT UNIVERSITY**

**TUESDAY, OCTOBER 20 AT 11AM**

Georgian Court students will present information on breast cancer in Older Adults. Learn what you can do to lower your risks, early detection, treatments, and prognosis. Blood pressure screenings will also be provided.



**"WHAT'S THE SCOOP?"  
HALLOWEEN EDITION  
PRESENTED BY MARCY MCGINNIS  
FRIDAY, OCTOBER 30 AT 10AM**

Marcy returns with a special guest. Enjoy a delicious breakfast made by Jose and his kitchen staff followed by Marcy's monthly edition of, "What's the Scoop?". Wear a costume and participate in some spooky fun with our costume contest!

Reservations are required and will begin on  
Friday, October 16 at 9:30am.



**UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2026**

All Senior Center participants are asked to update their identification cards yearly. We will only be doing updates for registered participants with last names that start with letters A thru T during 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.



- 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

Beacon of Life - All Inclusive Care - 732-592-3400

Geriatric Health Center - 732-923-7550

Visiting Physicians Service - 732-571-1000

Visiting Nursing Association - 800-862-3330

Adult Protective Services - 732-531-9191

### **EVICTIION 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.



**OCTOBER  
2026**



# 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 Okuski - Coordinator**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**David Pyle - Driver**

**Ronald Raisin - Driver**

**Patti McCormick - Driver**

**Jennifer Welter - Driver**

**Robert White - Driver**

**Custodial Services**

**Ralph Parkman**

**John Clark**

**Dining Services**

**Jose Perez - Kitchen Manager**

**Terence McCorry - Aide**

**Dashawn Williams- Aide**

**Dorothy Williams - Aide**

**Administrative Office**

**Michelle A. Swift - Administrative Assistant**

**Mary DiSpigna - Departmental Secretary**

*And an Army of Dedicated Volunteers!*



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RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE  
DEPARTMENT OF SENIOR SERVICES  
AND SENIOR CENTER  
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