

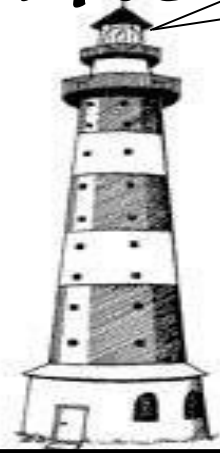
# THE SENIOR BEACON

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

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

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WWW.NEPTUNETOWNSHIP.ORG



SEPTEMBER  
2025



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

*The month that days start to be noticeably longer. The shadows seem to lengthen, and twilight comes before I am ready. That is September. September is about migration. The birds begin to prepare for their fall flight to warmer climates for the winter. Children migrate from summer sun to the cloisters of the classroom as school begins in earnest*

*I, too, begin to start my transition from the growing season to the harvest season. From urging flowers to bloom to helping them settle down for their winter's nap. From planning to get away to planning my homebased adventures.*

*September, a time when memories come calling. Ever catch a faint scent on the wind that swiftly transports you to another time? There is the distinct smell in fall rain, an intoxicating scent of earth and fading flowers. Sun warms pinecones and their woody tart fragrance seeps into the air.*



*Jacqueline Kennedy Onassis once said of nostalgia "that's autumn dreaming through September. Just a million lovely things I remember." That for me is so true. It's not a melancholy but a sense warmth and reflection. I find a certain comfort in the sights, sounds and smells of September days and nights. As I hear the crickets chirp it brings back memories of twilights sitting quietly after dinner on the back porch, the waning warmth giving way to the chill of the evening. A time that I felt safe, loved and ready to face the future – successes, failures, joy and tears. I keep these memories safe in the storehouse of my heart.*

*So here's to the memories September brings. But don't let the past be your end but a start. Today start making new memories, new friends, new challenges and let us be a part of those recollections. Keep adding to that depository of treasures so that come next September maybe we will just have to add an addition to that storehouse!*

Randy



# ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 1 FOR LABOR DAY



## From the Desk of Committeeman Stroud, Senior Center Liaison

### *It's National Senior Center Month*

*September isn't just about back-to-school energy and pumpkin spice everything. It's Nation Senior Center Month! The truth is, senior centers have been quietly revolutionizing what it means to age in America. They've become vibrant community hubs where older adults are creating art, mentoring young people, and yes, even falling in love.*

*Take a moment to think about the older adults in your life. Your grandmother who raised multiple kids while working two jobs. Your neighbor who served in Vietnam and still volunteers at the local food bank. That retired teacher who shaped hundreds of young minds. These are the people filling senior centers every day, bringing decades of wisdom, experience, and energy to everything they do.*

*We live in a society that often views aging as decline, when research shows that many people report their 60s, 70s, and beyond as some of their most fulfilling years. Senior centers are proving this every single day, creating spaces where creativity flourishes, new friendships bloom, and purpose gets redefined and not retired.*

*More than one million older Americans visit senior centers daily. They're not just going for the meals (though the sense of community around a shared lunch is pretty amazing). They're going for fitness classes that keep them stronger than people half their age, art workshops that unlock talents they never knew they had, and volunteer opportunities that let them give back in meaningful ways.*

*I've learned that senior centers aren't just serving older adults, they're serving the community at large by showing what's possible when we refuse to let age define our limitations. They're proving that the best years don't have to be behind us, and that's a script worth celebrating all month long.*

*With Love,*

*Committeeman Derel M. Stroud*

## **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.

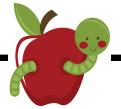
### **PROTECT YOURSELF WITH TELEPHONE REASSURANCE**

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. Call X589 to sign up.



### **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.



### **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.



### **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.

### **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.

### **NEPTUNE DAY 2025 SATURDAY, SEPTEMBER 6 FROM 12PM - 5PM (RAINDATE SEPTEMBER 7)**

Mayor Robert Lane, and the Township Committee invite you to join this annual celebration of our Community. The Neptune Day celebration will be held at Neptune Middle School. Attractions will include food, crafts, music, games, children's activities, local organizations and so much more. Come see us there!

**CONGRATULATIONS  
TO OUR SENIOR CENTER  
ART SHOW WINNERS  
AND PARTICIPANTS!**



**Monmouth County Fair Art Show**

1st Pl. Carving: Marilyn  
1st Pl. Painting: Beverly  
1st Pl. Painting: Marion  
2nd Pl. Painting: Helene  
2nd Pl. Drawing: Linda  
3rd Pl. Painting: Lynette  
Honorable Mention: Lilla,  
Elsie, and Vivalyn.

**Monmouth Arts Art Show**

2nd Pl. Mixed Media: Susan  
2nd Pl. Works on Paper:  
Michele  
3rd Pl. Works on Paper: Linda

***HOMEBOUND MEAL DELIVERY  
VOLUNTEERS NEEDED***

We are in need of drivers to deliver meals in our community. You must drive your own vehicle. Call X589 to sign up.

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



***LINE DANCING CLUB  
THURSDAY, SEPTEMBER 4  
THURSDAY, SEPTEMBER 25  
AT 11AM***

Come dance with us! Beginners to advanced students are welcome. A fitness waiver must be completed prior to attending the class. Call X587 for info.



***NEW FOREVER YOUNG  
MEMBERS WANTED!***

Forever Young meets the second and fourth Thursday of the month. The "Welcome Back Social" meeting will be on Thursday, September 11 at the Senior Center. Refreshments will be served. Our "Forever Young" club is open to anyone. Contact X587 for more info.

***PRE-DIABETES  
INFORMATION SESSION  
PRESENTED BY  
HACKENSACK MERIDIAN  
HEALTH***



***THURSDAY, SEPTEMBER 11  
AT 11AM***

Come learn about the condition, it's risk factors, and how to potentially prevent or delay the onset of Type 2 Diabetes.

## **BOOK CLUB RETURNS!**

**FRIDAY, SEPTEMBER 12**

**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 a variety of books, make friends, have fun, and stimulating those brain cells! New members welcome!



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

**MONDAY, SEPTEMBER 15**

**AT 10AM**

The Parker Clinic joins us to provide information about their services followed by blood pressure and health screenings.



## **WALK THE BOARDS**

**FRIDAY, SEPTEMBER 19**

**AT 10AM**

Walk the Boards in Asbury Park! Enjoy local summer and all the boardwalk has to offer such as fantastic food, eclectic boutiques, historical landmarks, and vibrant murals. Registration is required and begins on Friday, September 5 at 9:30am.

## **LONG-TERM CARE**

**OMBUDSMAN'S OFFICE**

**WEDNESDAY, SEPTEMBER 17**

**AT 11AM**

The Long-Term Care Ombudsman Office will provide info about their services and how you can get involved to advocate for yourself and for others.



## **"WHAT'S THE SCOOP?"**

**PRESENTED BY MARCY MCGINNIS**

**FRIDAY, SEPTEMBER 26 AT 10AM**



Marcy returns with special guest Alice Gabriner, Deputy Director of Photography at the Obama White House. Alice is a visual editor and educator with over 30 years of experience at publications including TIME, National Geographic, The New York Times, and The New Yorker. She has produced over 100 cover stories and has worked with some of the world's most acclaimed photographers. Enjoy a delicious breakfast made by Jose and his kitchen staff followed by Marcy's monthly edition of, "What's the Scoop?". Reservations required and begin on Friday, September 12 at 9:30am.





## **"THE EFFECTS OF DEPRESSION"**

**PRESENTED BY**

**GEORGIAN COURT UNIVERSITY NURSING STUDENTS**

**TUESDAY, SEPTEMBER 30 AT 11AM**



Learn about how the effects Depression can have on your life and the different things you can do in order to live a happier life. Don't miss this potentially life-saving program.

## **NJNG ENERGY ASSISTANCE DAY AT THE SENIOR CENTER**

**WEDNESDAY, OCTOBER 1 FROM 10AM - 5PM**

Your home should always feel warm – let NJNG connect you to programs and resources to help pay your energy bills.

Attend our upcoming "Energy Assistance Day" where NJNG reps will be at the Center to guide you through eligibility and the application process for energy assistance. Income-eligible households may also qualify for home-energy improvement programs to help manage energy bills.

### **\*Please Bring Current Documents\***

- Social Security cards for all household members  
(Households where no members have Social Security may apply for USF ONLY)
- Proof of income for **ALL** household members ages 18 and older.  
(Proof includes but is not limited to pay stubs, unemployment, SSI, pension, self-employment federal tax income, rental income, TANF)
- Proof of residence: mortgage/tax bill or lease from landlord.



## **OKTOBERFEST LUNCH AT THE SENIOR CENTER**

**FRIDAY, OCTOBER 3 AT 12PM**



Enjoy a delicious Oktoberfest lunch created and prepared by Jose and his kitchen staff. Reservations are required and can be made starting on Monday, September 15 at 9:30. Attendees must be registered to the Center and a Neptune Township resident. There is a \$5.00 requested donation for lunch.

**Doors will open at 11:00am. Breakfast Bar will also be cancelled that day.**



## **SAVE THE DATE!**

**"SONGWRITERS IN THE ROUND"**  
**PRESENTED BY JANET BASSANO**  
**THURSDAY, OCTOBER 23 AT 1PM**



Share your musical talents, passions, and stories with fellow local musicians during this "in the round" style jam session.

All musicians are encouraged to attend. Instruments are encouraged. Contact Lindsay at X587 for more info.

## **UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2025**

All Senior Center participants are asked to update their Senior Center identification cards for 2025. **We will only be doing updates for registered participants with last names that start with letters A thru S for the month of September.** 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 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.



## 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.**



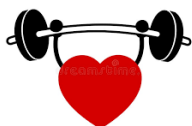


## **Fitness Facts**

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.



**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 Okuszkil - 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**

**Jennifer Nurse - Aide**

**Terence McCorry - Aide**

**Carol McDonald - Aide**

**Dorothy Wilson - Aide**

**Administrative Office**

**Michelle A. Swift - Administrative Assistant**

**Mary DiSpigna - Customer Service Representative**

*And an Army of Dedicated Volunteers!*

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RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE  
DEPARTMENT OF SENIOR SERVICES  
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