

# **Township of Ocean**

## **Services for Seniors**

Transportation

Recreation

Health & Wellness



*“The longer I live the more beautiful life becomes”*  
- Frank Lloyd Wright



**Township of Ocean**  
**Department of Human Services**  
601 Deal Road Ocean, NJ 07712  
732-531-2600 [www.oceantwp.org](http://www.oceantwp.org)



The Township of Ocean Department of Human Services is committed to providing recreation and counseling services for all residents. For residents age 60 and older, we offer the following services:

### **Transportation**

**Medical appointments:** Township vans transport passengers to appointments at nearby doctors offices and hospitals. ***Please note: Transportation for ongoing medical appointments is limited to 12 weeks per calendar year.*** FREE

**Shopping:** Township vans makes stops at Monmouth Mall twice a month. The Monmouth County SCAT service offers rides to Shoprite near the Asbury Circle in Neptune, Wegmans on Route 35 at Sunset Ave. in Ocean and Foodtown on Route 35 at Deal Road in Ocean. Please note that SCAT limits riders to 4 plastic grocery bags per trip. FREE

**Supplemental Medical Transportation:** The Monmouth County Division of Transportation also offers service to and from doctors' offices for a small fee. For information please call 732-431-6480.

### **Senior Center**

The Senior Center on West Park Ave. is a gathering and recreation space for seniors. There are comfortable chairs, a lending library, cards and board games. Drop-in hours are 11:30 a.m. - 3 p.m. on Mondays and 9 a.m. - 3 p.m. on Wednesdays, Thursdays and Fridays.

### **Counseling**

The Department of Human Services provides professional counseling services that address a variety of needs including: individual counseling, couples and family counseling, grief counseling. There is no charge for most services for residents of the Township of Ocean and transportation is available for those who request it. Please call 732-531-2600 for more information and to schedule an appointment.

### **Meals on Wheels**

Homebound seniors can apply to receive mid-day meals delivered Monday through Friday. The meals are prepared by Interfaith Neighbors and delivered by volunteer drives. A nominal fee is requested to help subsidize the cost of the meals. For information about applying for this service call 732-531-2600.

### **Health Screenings**

The Visiting Nurse Association conducts free health screenings on the third Monday of each month from 12:30 to 1:30 p.m. at the Senior Center. No appointment is necessary and transportation is available for those who request it.

### **Recreation**

The Township of Ocean offers plenty of fun-filled activities and helpful programs for a nominal fee. Senior programs include fitness classes, painting instruction and meditation. Please call 732-531-2600 for more information.

**Friendship Club:** Friendship Club is a gathering of resident seniors at the West Park Recreation Center. For more information, please contact Club President Lenore Stinnett at 732-663-0039.

**Social Bridge:** Enjoy a morning of social bridge on Thursday and Friday mornings from 9 a.m. to 12 noon. The program host will direct newcomers into games. Lessons are not provided.



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## **Senior Transportation Registration and Procedures**

Free transportation to local shopping, doctors and the library is available for residents age 60 and older.

In order to use the transportation service, you must register with the Department of Human Services.

Please call 732-531-2600 during regular business hours,  
Monday - Friday, 8:30 a.m. - 4:00 p.m.

To leave a message after hours, call 732-517-8568 and provide the following information:

- ◆ Name
- ◆ Complete Address
- ◆ Telephone Number
- ◆ Date of Birth
- ◆ Local Emergency Contact (Name & Phone Number)

For every trip, please, please call the office **at least two days in advance** to schedule. Always include your name, phone number, destination and date of needed transportation.

Please be ready at least five minutes before your scheduled pick-up time so that our drivers can stay on schedule.



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## Senior Transportation Schedule

<b>Destination</b>	<b>Day(s)</b>	<b>Time</b>	<b>Service</b>
Doctors Appointments	Monday Wednesday Friday	8:30am - 5:30pm 8:30am - 5:30pm 8:30am - 2:30pm (appointment times)	Township Van
Local Errands	2 Tuesdays per month	9:00 am - 3:00 pm	Township Van
Shoprite	Tuesday	12 - 1 pm pick-up (driver returns 90 min- utes after arrival)	SCAT Bus (limit 4 plastic grocery bags)
Library	Every other Wednesday	Approximately 1pm	Township Van
Monmouth Mall	Every other Thursday	10 am pickup (driver returns 2 hours after arrival)	Township Van
Foodtown/ Wegmans	Alternating Fridays	12 - 1 pm pickup (driver returns 90 minutes after arrival)	SCAT Bus (limit 4 plastic grocery bags)

***Times are approximate and subject to change.  
Please call at least two days in advance to schedule your ride.  
732-531-2600***



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# TOWNSHIP OF OCEAN SENIOR CENTER

615 WEST PARK AVENUE (REAR)

ALL TOWNSHIP RESIDENTS 60+ ARE WELCOME!

## DROP-IN HOURS

MONDAY	11:30 AM - 3 PM
WEDNESDAY	9 AM - 3 PM
THURSDAY	9 AM - 3 PM
FRIDAY	9 AM - 3 PM

## LENDING LIBRARY

CHESS, SCRABBLE AND CARDS

SOCIAL BRIDGE THURSDAY & FRIDAY 9 AM - NOON

MONTHLY HEALTH SCREENINGS

FREE!

AGING IS NOT "LOST YOUTH" BUT A NEW STAGE  
OF OPPORTUNITY AND STRENGTH.

- BETTY FRIEDAN



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# LET'S TALK



*A support and learning program for adults age 60 and older*

**Join us and other seniors living in Ocean Township for friendly conversation, coffee and light refreshments. Moderated by licensed counselors, together we'll explore topics of interest such as health & wellness, family relationships and who we are today. There is no cost to join and transportation is available.**

**WEDNESDAYS  
10:30 AM—12 NOON  
TOWNSHIP OF OCEAN SENIOR CENTER  
615 WEST PARK AVENUE**

**Call 732-531-2600 and speak to Jennifer Appio to register and schedule transportation if needed.**

***Please note that transportation must be scheduled by the Monday prior to each meeting.***



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