



Mayor John G. Ducey

BRICK TOWNSHIP
SENIOR OUTREACH SERVICES
 373 Adamston Road, Brick Township, NJ 08723
 732-920-8686
 brickseniors@bricktownship.net

December
2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	2 Crafty Friday 9:15-10:15 Tai Chi On Your Own 9:45-10:15 Tai Chi with Instructor 10:15-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
5 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 Tai Chi On Your Own 12:00-12:30 Tai Chi with Instructor 12:30-1:00 Water/Oil/ Acrylic Class 1:25-3:45	6 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	7 Free Blood Pressure 9:30 Fasting Required Line Dancing I & II 10:00-12:00	8 D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	9 Tai Chi On Your Own 9:45-10:15 Tai Chi with Instructor 10:15-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
12 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 Tai Chi On Your Own 12:00-12:30 Tai Chi with Instructor 12:30-1:00 Water/Oil/ Acrylic Class 1:25-3:45	13 FREE Blood Pressure & Blood Glucose 9:00-10:30 Fasting Required Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	14 Holiday Brunch 10:00-12:00 Must Register	15 D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	16 Christmas Show Choir 10:00 <i>Must Register</i> Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
19 <i>Book Nook 9:30-10:30</i> Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 Tai Chi On Your Own 12:00-12:30 Tai Chi with Instructor 12:30-1:00 Water/Oil/ Acrylic Class 1:25-3:45	20 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	21 <i>Putting Pen to Paper</i> 9:00- 10:00 Line Dancing I & II 10:00-12:00	22 D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	23 Tai Chi On Your Own 9:45-10:15 Tai Chi with Instructor 10:15-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
26 Holiday	27 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	28 Line Dancing I & II 10:00-12:00	29 D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	30 Crafty Friday 9:15-10:15 Tai Chi On Your Own 9:45-10:15 Tai Chi with Instructor 10:15-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00

Call 24 hours in advance to reserve Bus (732-785-3000 option 2077) & Nutrition Lunch (732-920-0700) Must be 60 Years or Older
www.bricktownship.net

Happy Birthday to everyone born in December

**IMPORTANT REMINDER: Medicare Part D Open Enrollment
October 15th thru December 7th
contact us for free assistance to compare plans**

**FREE Blood Pressure & Blood Glucose Screening on Wednesday, December 7th at 9:30
and Tuesday, December 13th at 9:00 am
Fasting Required**

**Register for our Holiday Brunch on Wednesday, December 14th from 10 am to 12 noon
Registration Mandatory**

**Christmas Show Choir performed by Point Pleasant High School Chorus on
Friday, December 16th at 10:00 am Kindly call to register**