



**Mayor John G.  
Ducey**

**BRICK TOWNSHIP  
SENIOR OUTREACH SERVICES**  
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**November  
2016**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 Medicare Part D Presentation 1:30	<b>2</b> Line Dancing I & II 10:00-12:00 Public Information Seminar 1:30 Must Register	<b>3</b> D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	<b>4</b> 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
<b>7</b> 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	<b>8</b> <i><b>General Election Holiday</b></i>	<b>9</b> Putting Pen to Paper 9:00- 10:00* Trip "Rat Pack" Must Register Multicultural Explorations 9:00-10:00 Line Dancing I & II 10:00-12:00	<b>10</b> D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	<b>11</b> <i><b>Holiday</b></i>
<b>14</b> 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	<b>15</b> FREE Blood Pressure & Blood Glucose 9:30 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	<b>16</b> <i><b>Harvest Brunch</b></i> 10:00-12:00 Must Register	<b>17</b> D.J. Dancing 9:30-11:00 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	<b>18</b> 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
<b>21</b> 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	<b>22</b> Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	<b>23</b> Putting Pen to Paper 9:00- 10:00* Line Dancing I & II 10:00-12:00	<b>24</b> <i><b>Holiday</b></i>	<b>25</b> <i><b>Holiday</b></i>
<b>28</b> Book Nook 9:30-10:30 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	<b>29</b> Trip "Christmas Cheer" Must Register Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	<b>30</b> Line Dancing I & II 10:00-12:00	*call for additional information & to register 732-920-8686	

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](http://www.bricktownship.net)

**Happy Birthday to everyone born in November!**

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

**Educational Seminar Medicare Changes for 2017  
Tuesday, November 1<sup>st</sup>, 1:30 to 3:30 pm presented by the  
Ocean County Office of Senior Services**

**FREE Blood Pressure & Blood Glucose Screening on Tuesday, November 15<sup>th</sup>**

**Register for our Harvest Fest - enjoy brunch, entertainment & win prizes  
Wednesday, November 16<sup>th</sup> from 10 am to 12 noon - Registration Mandatory**