



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
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| <p><i>*Activity is in the Nutrition Site<br/>Must register for lunch</i></p> <p><b>** Must Register</b></p>  |  |  |  | <p><b>1</b></p> <p>T'ai Chi Chih 9:45-10:45<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Ballroom Dancing 1:00-2:00<br/>                     Free Style Dancing 2:00-3:00</p>  |
| <p><b>4</b></p> <p><b><i>Labor Day</i></b></p> <p><b><i>Office Closed</i></b></p>  | <p><b>5</b></p> <p>Bingo for Fun * 10:15-11:15<br/>                     Zumba 9:30-10:30<br/>                     Chair/Aerobics 11:00-12:00</p>   | <p><b>6</b></p> <p>Putting Pen to Paper Writing Group<br/>                     9:00- 10:00<br/>                     Line Dancing I &amp; II<br/>                     10:00-12:00</p>   | <p><b>7</b></p> <p><i>Surflight Theatre Trip **</i><br/>                     Bingo for Fun * 10:15-11:15<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Movie 12:00-2:00</p> | <p><b>8</b></p> <p>Crafty Friday * 9:30 - 10:30<br/>                     T'ai Chi Chih 9:45-10:45<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Ballroom Dancing 1:00-2:00<br/>                     Free Style Dancing 2:00-3:00</p>  |
| <p><b>11</b></p> <p>Arm Aerobics 10:30-11:00<br/>                     Chair/Aerobics 11:00-12:00<br/>                     T'ai Chi Chih 12:00-1:00<br/>                     Water/Oil/ Acrylic Class 1:25-3:45</p>   | <p><b>12</b></p> <p>Bingo for Fun * 10:15-11:15<br/>                     Zumba 9:30-10:30<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Chair Yoga 12:00-1:00</p> | <p><b>13</b></p> <p><b><i>Health Fair</i></b><br/> <b><i>10:00 – 12:30</i></b></p>   | <p><b>14</b></p> <p>Walking Club** 9:00<br/>                     Bingo for Fun * 10:15-11:15<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Movie 12:00-2:00</p>             | <p><b>15</b></p> <p>T'ai Chi Chih 9:45-10:45<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Ballroom Dancing 1:00-2:00<br/>                     Free Style Dancing 2:00-3:00</p>   |
| <p><b>18</b></p> <p>Arm Aerobics 10:30-11:00<br/>                     Chair/Aerobics 11:00-12:00<br/>                     T'ai Chi Chih 12:00-1:00<br/>                     Water/Oil/ Acrylic Class 1:25-3:45</p>   | <p><b>19</b></p> <p>Bingo for Fun * 10:15-11:15<br/>                     Zumba 9:30-10:30<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Chair Yoga 12:00-1:00</p> | <p><b>20</b></p> <p>Putting Pen to Paper Writing Group<br/>                     9:00- 10:00<br/> <i>Multi-Cultural Explorations 9:00-10:00</i><br/>                     Line Dancing I &amp; II<br/>                     10:00-12:00<br/> <i>Identity Theft Presentation 10:15</i></p> | <p><b>21</b></p> <p>Walking Club** 9:00<br/>                     Bingo for Fun * 10:15-11:15<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Movie 12:00-2:00</p>             | <p><b>22</b></p> <p>Crafty Friday * 9:30 - 10:30<br/>                     T'ai Chi Chih 9:45-10:45<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Ballroom Dancing 1:00-2:00<br/>                     Free Style Dancing 2:00-3:00</p> |
| <p><b>25</b></p> <p>Arm Aerobics 10:30-11:00<br/>                     Book Nook 9:30-10:30<br/>                     Chair/Aerobics 11:00-12:00<br/>                     T'ai Chi Chih 12:00-1:00<br/>                     Water/Oil/ Acrylic Class 1:25-3:45</p> | <p><b>26</b></p> <p>Bingo for Fun * 10:15-11:15<br/>                     Zumba 9:30-10:30<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Chair Yoga 12:00-1:00</p> | <p><b>27</b></p> <p>Line Dancing I &amp; II<br/>                     10:00-12:00</p>   | <p><b>28</b></p> <p>Walking Club** 9:00<br/> <i>Flu &amp; Pneu Shots 10:00-12:00</i><br/>                     Bingo for Fun * 10:15-11:15<br/>                     Self Defense 2:30-3:30</p>              | <p><b>29</b></p> <p>T'ai Chi Chih 9:45-10:45<br/>                     Chair/Aerobics 11:00-12:00<br/>                     Ballroom Dancing 1:00-2:00<br/>                     Free Style Dancing 2:00-3:00</p>   |

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

### Fruit and Vegetable Vouchers

Vouchers are available at the Brick Senior Center to eligible Brick residents 60 and older during regular office hours.

Vouchers will be distributed while supplies last.

Please call the Brick Senior Center for more information - 732-920-8686.

#### Eligibility Guidelines for SFMNP vouchers is as follows:

Single - Maximum annual income \$22,311

Married - Maximum annual income \$30,044

*Proof of address and 2017 household income is required.*

### Coming up next month

MEDICARE D  
OPEN ENROLLMENT  
from OCTOBER 15-  
DECEMBER 7

Our staff will be available  
to assist you.  
*Appointment required.*

### Health Fair

*~Free screenings by Hackensack Meridian~*

**Wednesday, September 13<sup>th</sup>**

**10:00-12:30**

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### **Flu & Pneu Shots**

***Ocean County Health Department***

***~Free if enrolled in original Medicare Part B~***

**Otherwise there is a \$20 fee**

**Thursday, September 28<sup>th</sup>**

**10:00-12:00**

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**Multi-Cultural Explorations  
this month explores CHINA**

**Wednesday, September 20<sup>th</sup>**

**9:00-10:00**

Join us for a morning walk to explore some of Brick Township's scenic locations. We will meet on Thursdays at 9am at the Senior Center from September 14 - October 19. Please call to register and for additional information.

### **Identity Theft Presentation**

**by Navicore Solutions**

**Wednesday, September 20<sup>th</sup> at 10:15 am**

***Donations for all programs & services are  
accepted***