

Mayor John G. Ducey

October 2017



BRICK TOWNSHIP SENIOR OUTREACH SERVICES

373 Adamston Road, Brick Township, NJ 08723
732-920-8686

brickseniors@bricktownship.net

www.bricktownship.net

Monday	Tuesday	Wednesday	Thursday	Friday
2 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	3 <i>Delicious Orchard Trip **</i> Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	4 <i>Health & Wellness Screenings</i> 9:00-2:00 <i>brunch & pizza provided</i> <i>Must register for appointment</i>	5 Walking Club** 9:00 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	6 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
9 Holiday Office Closed	10 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	11 Putting Pen to Paper Writing Group 9:00- 10:00 <i>Breast Cancer Awareness Presentation</i> 10:15 Line Dancing I & II 10:00-12:00 <i>Medicare Presentation</i> 1:30-3:30	12 Walking Club** 9:00 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	13 Crafty Friday * 9:30 - 10:30 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
16 <i>Medicare D Open Enrollment Begins</i> Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	17 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	18 <i>Halloween Bingo Party**</i> 10:00-12:00 <i>Must register for ticket</i>	19 Walking Club** 9:00 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	20 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
23 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	24 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	25 Putting Pen to Paper Writing Group 9:00- 10:00 <i>Blood Pressure & Blood Glucose 9:30</i> Line Dancing I & II 10:00-12:00	26 Walking Club** 9:00 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	27 Crafty Friday * 9:30 - 10:30 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
30 Book Nook 9:30-10:30 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	31 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00		*Activity is in the Nutrition Site <i>Must register for lunch</i> ** <i>Must Register</i>	

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

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.

Donations for all programs & services are accepted

**Breast Cancer Awareness Presentation
by Hackensack Meridian
Wednesday, October 11th at 10:15 am**

It's that time of year again!

**MEDICARE D
OPEN ENROLLMENT**

from OCTOBER 15- DECEMBER 7

**Our staff is available
to assist you.**

Appointment required

**Presentation to discuss Medicare changes for 2018 by a representative from Ocean County Senior Services will be held at the Senior Center,
October 11th
1:30pm - 3:30pm**

Health & Wellness Screenings

A few testings are:

Bone Density, Peripheral Artery Disease, Peripheral Nerve, Abdominal Aorta Ultrasound Scan, Vision & Glaucoma, EKG, Balance, Pulmonary Function, Blood & Urine

sponsored by

Woodbridge Medical Group, P.A.

Wednesday, October 4th

9:00-2:00

Must Register

Halloween Bingo Party

Bingo & Prizes Sponsored by Genesis

Entertainment by "Flavian"

Spaghetti & Meatball Lunch & Dessert

Wednesday, October 18th

10:00-12:00

Prizes for Best Costumes

Must Register for Ticket

Suggested Donation \$2.00

**Blood Pressure & Blood Glucose
Screening
Wednesday, October 25th at 9:30 am**