

**Mayor John G. Ducey**

***February 2018***



**BRICK TOWNSHIP SENIOR OUTREACH SERVICES**

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

[brickseniors@bricktownship.net](mailto:brickseniors@bricktownship.net)

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	2 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
5 Income Tax Assistance*** 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	6 Habitat for Humanity Aging in Place 10:15 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	7 Putting Pen to Paper Writing Group 9:00- 10:00 Good Hearing & A Healthy Mind Beltone Presentation 10:15 Line Dancing I & II 10:00-12:00	8 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	9 Blood Pressure & Blood Glucose 9:30 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
12 Income Tax Assistance*** 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	13 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	14 Line Dancing I & II 10:00-12:00	15 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Valentine's Day Lunch 12:00-2:00 Must Register	16 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
19 <b><i>Holiday</i></b>	20 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	21 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	22 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	23 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
26 Income Tax Assistance*** 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	27 Bingo for Fun * 10:15-11:15 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		*Activity is in the Nutrition Site must register for lunch **Must Register ***Volunteer AARP Income Taxes by appointment only

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

***Tax Time !***

Schedule your  
Income Tax Appointment  
with our AARP Volunteers  
by appointment only  
February 5<sup>th</sup> thru April 16<sup>th</sup>

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Blood Pressure &  
Blood Glucose  
Screenings  
Friday,  
February 9<sup>th</sup>  
9:30 am

Beltone Hearing Aid  
Center of Central Jersey  
Presentation with  
Free Hearing &  
Earwax Exams  
Wednesday, February 7<sup>th</sup>  
10:15

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***Join us for a  
Valentine's Day  
Lunch  
Thursday, February 15<sup>th</sup>  
Must Register***

**Need Home Repairs ?**

**Stop by and meet with a representative  
from Northern Ocean Habitat for  
Humanity's Aging in Place Program**

**Tuesday, February 6<sup>th</sup> 10:15**

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**OPEN ENROLLMENT  
Switching from Medicare Advantage Plans  
back to Original Medicare  
January 1<sup>st</sup> – February 14<sup>th</sup>**

If you are enrolled in a Medicare Advantage plan, you can leave your plan and return to [original Medicare](#). You will have until February 14 to enroll in a Part D plan.

**Our staff is available to assist you  
*Appointment required***

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