



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>Income Tax Assistance***</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>3 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>	<p>4 <i>Blood Pressure, Glucose, BMI, Stroke Risk Assessment, Bone Density Free Wellness Screenings 9:30</i> Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I &amp; II 10:00-12:00 <i>Take Control of Your Health 1:00-3:30</i></p>	<p>5 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>6 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>9 <i>Income Tax Assistance***</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>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</p>	<p>11 Line Dancing I &amp; II 10:00-12:00</p>	<p>12 <i>NJ Lottery Presentation 10:30 Must Register</i> Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>13 Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>16 <i>Income Tax Assistance***</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>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</p>	<p>18 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I &amp; II 10:00-12:00 <i>O.C. Health Department Presentation "Emergency Preparedness" 10:15</i></p>	<p>19 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>20 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>23 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>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 <i>Alzheimer's Support Group 3:00</i></p>	<p>25 <i>Lunch &amp; Learn Seminar 12:00 Comparing Acute &amp; Subacute Rehabs Must Register</i> Line Dancing I &amp; II 10:00-12:00</p>	<p>26 <i>Walking Club ** 9:00</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>27 Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>30 Book Nook 9:30-10:30 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>			<p><i>*Activity is in the Nutrition Site must register for lunch **Call for additional information ***Volunteer AARP Income Taxes by appointment only</i></p>	<p><b><i>Donations for all programs &amp; services are accepted</i></b></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**

***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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Hackensack Meridian Health  
**Free Health Screenings**  
Bone Density, Glucose,  
Cholesterol, BMI,  
Stroke Risk Assessment,  
Pulse & Blood Pressure  
Wednesday, April 4<sup>th</sup>  
9:30 am

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***New Alzheimer's Support  
Group starting April 24<sup>th</sup>  
3pm***

***Ocean County Health  
Department  
Emergency Preparedness  
Disaster Tips  
Be prepared & Informed  
Wednesday, April 18<sup>th</sup>  
10:15***

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Join the  
Brick Nutrition Site  
Monday - Friday  
11:00 am for lunch  
You must call by 10:00 am the  
day prior to register  
Call 732-920-0700

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***Join our "Walking Club"  
every Thursday  
morning (weather  
permitting) beginning  
April 26<sup>th</sup>. Meet at Senior  
Center before 9:00 am.  
Call 732-920-8686 for  
additional information.***

**HealthSouth Rehab Hospital Presents  
Complimentary Lunch & Learn Seminar**

**Shopping for a Rehab is like comparing  
apples to oranges...**

**Learn how to compare acute &  
subacute rehabs, and the difference  
between assisted living & nursing homes**

**Wednesday, April 25<sup>th</sup>**

**12:00 – 1:30**

***Must Register***

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**N.J. State Lottery Presentation  
Find out where lottery revenue goes...  
stories of jackpot winners...**

**Get Your Free Instant Lottery Ticket  
Win prizes & have fun!**

**Thursday, April 12<sup>th</sup>**

**10:30**