



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><i>Donations for all programs &amp; services are accepted</i></b></p>	<p><b>1</b>                      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><b>2</b>                      Putting Pen to Paper Writing Group                      9:00- 10:00                      Preventative Heat Presentation &amp;                      Immediate Care Walk-in Facility 10:15                      Line Dancing I &amp; II                      10:00-12:00</p>	<p><b>3</b>                      Walking Club ** 9:00                      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><b>4</b>                      Tai Chi 9:45-10:45                      Chair/Aerobics 11:00-12:00                      Mother's Day Dance** 1:00-3:00</p>
<p><b>7</b>                      Chair/Aerobics 11:00-12:00                      Tai Chi 12:00-1:00                      Water/Oil/ Acrylic Class 1:25-3:45</p>	<p><b>8</b>                      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><b>9</b>                      Line Dancing I &amp; II                      10:00-11:00                      Membership Meeting 11:00                      Lunch &amp; Learn Seminar ** 12:00                      Diabetes Management</p>	<p><b>10</b>                      Cattus Island County Park Trip                      with the Walking Club** 9:00                      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><b>11</b>                      Crafty Friday* 9:30-10:30                      Tai Chi 9:45-10:45                      Chair/Aerobics 11:00-12:00</p>
<p><b>14</b>                      Chair/Aerobics 11:00-12:00                      Tai Chi 12:00-1:00                      Water/Oil/ Acrylic Class 1:25-3:45</p>	<p><b>15</b> Blood Pressure, Blood Glucose                      &amp; Oxygen Screenings 9:30                      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><b>16</b>                      Line Dancing I &amp; II                      10:00-12:00                      Multi-Cultural Explorations 10:00                      Bag Pipe Entertainment **</p>	<p><b>17</b>                      Walking Club ** 9:00                      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><b>18</b>                      Tai Chi 9:45-10:45                      Chair/Aerobics 11:00-12:00</p>
<p><b>21</b>                      Craft &amp; Refreshments** 9:30                      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><b>22</b>                      Bingo for Fun * 10:15-11:15                      Zumba 9:30-10:30                      Chair/Aerobics 11:00-12:00                      Chair Yoga 12:00-1:00                      Alzheimer's Support Group 3:00</p>	<p><b>23</b>                      A New Spin On Energy Savings                      NJ Natural Gas Presentation 10:15                      Line Dancing I &amp; II                      10:00-12:00</p>	<p><b>24</b>                      Walking Club ** 9:00                      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><b>25</b>                      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><b>28</b>  <b>Holiday</b>  <b>Memorial Day Observed</b></p>	<p><b>29</b>                      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><b>30</b>                      Putting Pen to Paper Writing Group                      9:00- 10:00                      Line Dancing I &amp; II                      10:00-12:00</p>	<p><b>31</b>                      Morning Social 9:00-9:30                      Walking Club ** 9:00                      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>*Activity is in the Nutrition Site                      must register for lunch                      **Must Register .. Call for                      additional information</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

## 2018- MAY IS OLDER AMERICANS MONTH - "ENGAGE AT EVERY AGE"

### *Celebrate Older Americans Month*

at the Brick Senior Center.  
Meet new friends while participating in  
exercise classes and educational  
seminars or come enjoy our  
social and recreational activities!

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#### **Free Health Screenings**

provided by Genesis Living & Rehab Center  
Blood Pressure, Glucose &  
Blood Oxygen  
Tuesday, May 15<sup>th</sup> 9:30

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A special *Thank you* to all our  
*Volunteers!* We appreciate all  
that you do for our program.  
You're the Best!

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Join us for our  
1<sup>st</sup> Membership Meeting- Learn about  
our services, share your ideas and  
thoughts!

Wednesday, May 9<sup>th</sup> 11:00 am followed  
by a speaker from HealthSouth Rehab  
on Diabetes Management

Wednesday, May 9<sup>th</sup>

Complimentary Lunch will be served  
*Must Register so we can get a head count  
for Lunch*

"A New Spin on Energy Savings"  
NJ Natural Gas Presentation  
Prize Wheel filled  
with ways to save energy  
Wednesday, May 23<sup>rd</sup> at 10:15

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Cattus Island County Park  
trip on Thursday, May 10<sup>th</sup>  
a guided nature walk &  
tour inside the  
Cooper Environmental Center  
Thursday, May 10<sup>th</sup>  
9:00 am-12:00 noon  
Meet at Senior Center at  
9:00- registration required.

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Our "Walking Club" meets  
every Thursday morning  
(weather permitting).  
Meet at the Senior Center  
before 9:00 am  
Call 732-920-8686  
for additional information.

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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

*Prepare yourself for the  
hot summer months with tips on how to beat the heat  
presented by  
Immediate Care Walk-In  
Wednesday, May 2<sup>nd</sup> at 10:15*

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Friday, May 4<sup>th</sup> we have a special  
Mothers' Day Dance sponsored by  
Brandywine Living at Reflections & Gables  
Dancing, enjoy coffee & desserts.  
1:00 - 3:00

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Multi-Cultural Explorations will have  
Bag Pipe Entertainment this month  
by Frank Johnson  
Wednesday, May 16<sup>th</sup> at 10:00

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Sign up for an exciting Craft Hour  
with morning refreshments  
sponsored by Alcoeur Gardens  
on Monday, May 21<sup>st</sup> at 9:30

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Alzheimer's Support Group for all Caregivers  
presented by the Alzheimers Association of Greater  
New Jersey - May 22<sup>nd</sup> at 3:00 pm