

Mayor John G. Ducey

August 2018



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
<p><i>*Activity is in the Nutrition Site must register for lunch</i> <i>**Must Register</i> <i>Call for additional information</i></p>	<p>Senior Farmer Market Nutrition Program <i>Vouchers now available</i> <i>Must meet qualification requirements. Call to inquire !</i></p>	<p>1 Line Dancing I & II 10:00-12:00</p>	<p>2 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>3 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>6 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>7 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>8 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00</p>	<p>9 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>10 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>13 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>14 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>15 Line Dancing I & II 10:00-12:00</p>	<p>16 Blood Pressure, Blood Glucose 9:30 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>17 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>20 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>21 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>22 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00</p>	<p>23 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>24 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>27 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 Computer Class** 1:30</p>	<p>28 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>29 Fire Safety Presentation 10:15 Line Dancing I & II 10:00-12:00 Computer Class ** 1:30</p>	<p>30 Morning Social 9:00-9:30 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>31 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>

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

Beat the Heat...Hot Weather Tips

**Drink plenty of fluids
Stay out of direct sunlight
Avoid strenuous activity
Take cool baths or showers
Stay in air-conditioned rooms**

**Stop in the office to pick up a
Beat the Heat brochure**

**Free Health Screening
Blood Pressure & Blood Glucose
provided by
RWJ Barnabas Health
Thursday, August 16^h 9:30 am
Fasting Recommended**

**To Read or Not to Read
is never a question for the Book Nook.
Join us the last Monday of
every month to discuss our book
over a cup of coffee.**

**Come see a great movie just out of
the theatre every Thursday
and munch on a
complimentary snack
Bring a Friend**

**Fire Safety Prevention
presented by
Brick Township Bureau of
Fire Safety**

**Wednesday, August 29th
at 10:15**

**Join the Brick Nutrition Site
Monday – Friday 11:00 am
for lunch.**

**You must call by 10:00 am the
day prior to register
at 732-920-8686**

**Surflight Theatre Trip
in September
register in person or
call for additional information**

Pen to Paper

***Come out and exercise your writing skills –
It's creative and fun !
No experience needed and you will amaze
yourself by discovering a hidden talent.***

***Learn Computer Skills...
Register for our six week computer class on
Monday & Wednesday afternoons at 1:30
beginning August 27th. Call for additional details.
Space is limited – must register.***

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

***Final Call for the annual
SFMNP Program vouchers to be used at farm
stands for New Jersey grown fruits & vegetables
are now available. Call to be screened.***

**Eligibility Guidelines - Age 60 +
Household size:
1 person - \$1,872 monthly
2 person - \$2,538 monthly**