

Mayor John G. Ducey

July 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
<p>2</p> <p>Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Bingo &amp; Ice Cream Social ** 12:30-2:00 Must Register Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>3</p> <p>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</p> <p><i>Closed</i>  <i>4<sup>th</sup> of July</i></p>	<p>5</p> <p>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</p> <p>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</p> <p>Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>10</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Yoga 12:00-1:00</p>	<p>11</p> <p>Line Dancing I &amp; II 10:00-12:00</p>	<p>12</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Movie 12:00-2:00</p>	<p>13</p> <p>Crafty Friday* 9:30-10:30 Cattus Island Trip 9:15** Must Register Tai Chi 9:45-10:45 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>16</p> <p>Blood Pressure, Blood Glucose 9:30 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>17</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Yoga 12:00-1:00</p>	<p>18</p> <p>Multi-Cultural Explorations 9:00 Line Dancing I &amp; II 10:00-12:00 Consumer Affairs Scams/ Fraud Presentation 10:15</p>	<p>19</p> <p>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</p> <p>Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Chocolate Belles Trip 1:00** Must Register Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>23</p> <p>Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>24</p> <p>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>25</p> <p>Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I &amp; II 10:00-12:00</p>	<p>26</p> <p>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>27</p> <p>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</p> <p>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>31</p> <p>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>Vouchers now available for the Senior Farmer Market Nutrition Program. Must meet qualification requirements. Call to inquire.</p>	<p><b>Donations for all programs &amp; services are accepted</b></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

**Closed - No Activities  
On Wednesday, July 4<sup>th</sup>**

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**Chocolate Belles Trip  
Create a box of delicious  
chocolate candies  
Friday, July 20<sup>th</sup>  
Depart Center at 1:00 pm  
Transportation available  
Must Register  
Call for Details**

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**Free Health Screening  
Blood Pressure & Blood Glucose  
provided by  
Comfort Care at Laurelton Village  
Monday, July 16<sup>h</sup> 9:30 am  
Fasting Recommended**

***Let's Go "Down Under"  
to Australia for our  
Multi-Cultural Club  
Wednesday, July 18<sup>th</sup>  
9:00 am***

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**Scams & Fraud Presentation  
presented by  
Ocean County Department of  
Consumer Affairs  
Wednesday, July 18<sup>th</sup>  
at 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  
at 732-920-8686**

***The annual SFMNP Program for vouchers to be  
used at farm stands for fruits & vegetables are  
now available. Must qualify  
Call to be screened***

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***Celebrate Summer  
with a Bingo and Ice Cream Social  
sponsored by Claremont Center  
Monday, July 2<sup>nd</sup>  
12:30 – 2:00 pm  
Transportation available  
Must Register***

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***Cattus Island County Park Trip  
Join us for a "seining" adventure  
Cast our nets & see what we can find !  
Friday, July 13<sup>th</sup>  
Bus Departs at 9:15 am  
Bus Returns approximately 12:00 noon  
Must Register for trip***