

Mayor John G. Ducey

January 2019



BRICK TOWNSHIP SENIOR OUTREACH SERVICES

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www.bricktownship.net

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Holiday</i>	2 Line Dancing I & II 10:00-12:00	3 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	4 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
7 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	8 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	9 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	10 <i>Blood Pressure, Blood Glucose, Blood Oxygen & Pulse Screening 9:30</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	11 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
14 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	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	16 Line Dancing I & II 10:00-12:00	17 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	18 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
21 <i>Holiday</i>	22 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 for Caregivers 3:00</i>	23 <i>Good Hearing & a Healthy Mind... Beltone Hearing Presentation 10:15</i> Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	24 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	25 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
28 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	29 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	30 Line Dancing I & II 10:00-12:00	31 <i>Morning Social 9:00-9:30</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	*Activity is in the Nutrition Site must register for lunch **Must Register - call for additional information

*The Brick Senior Staff
Wishes all a Healthy and
Joyful New Year!*

*Medicare Advantage
Enrollment Period
January 1st – March 31st
Switch Advantage Plans
or
Leave Advantage Plan and
return to Original Medicare
with a Part D Drug Plan
Call to schedule
Appointment*

*Donations for all programs &
services are accepted*

Come see a great movie
just out of the theatre!
Every Thursday and munch on a
complimentary snack.
Bring a Friend!

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.

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.

Join the Brick Nutrition Site for a hot lunch.
Monday – Friday 11:00 am
You must call by 10:00 am the day prior
to register call 732-920-0700
Bus transportation is available
call 732-785-3000 x 2077

Free Health Screening
Blood Pressure, Blood Glucose, Blood Oxygen &
Pulse Screenings
provided by Complete Care at Laurelton

Thursday, January 10th at 9:30

Belton Hearing Center Presentation
Free hearing exam & presentation
Wednesday, January 23rd at 10:15 am

Monthly Alzheimer's Support Group for all Caregivers
presented by the
Alzheimer's Association of Greater New Jersey
every 4th Tuesday at 3:00 pm