

Mayor John G. Ducey

February 2019



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
				1 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
4 Income Tax Appointments** Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	5 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	6 Stop the Bleed Presentation 10:15 Putting Pen to Paper Writing Group 9:00- 10:00	7 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	8 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
11 Income Tax Appointments** Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	12 Free Health 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	13 Valentine's Day Breakfast ** 9:30-10:30 "I Love Gaming" Meet-Up ** Nintendo Switch Interactive Games & Board Games 10:30	14 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	15 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
18 Holiday	19 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	20 Healthy Heart Presentation 10:15 Putting Pen to Paper Writing Group 9:00- 10:00	21 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	22 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
25 Income Tax Appointments** 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	26 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 for Caregivers 3:00	27 "I Love Gaming" Meet-Up ** Nintendo Switch Interactive Games & Board Games 10:30	28 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	*Activity is in the Nutrition Site must register for lunch **Must Register - call for additional information

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
call 732-920-8686***

***Join us on game day
February 13th and 27th
at 10:30 am
Play Nintendo Switch Games***

***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***

***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***

***Stop The Bleed - Save a Life
Learn basic skills to stop bleeding until medical help
arrives. Proper techniques to apply a pressure bandage
& use a tourniquet.
Presented by Hackensack Meridian Health
Wednesday, February 6th at 10:15 am***

***Free Health Screenings
Stroke Risk Assessment, BMI, Cholesterol,
Blood Pressure, Blood Glucose, Blood Oxygen,
Pulse Screenings
provided by Hackensack Meridian Health
Tuesday, February 12th at 9:30***

***Valentine's Day Breakfast
Wednesday, February 13th
9:30 am
Followed by Nintendo Switch Interactive Games
& board games
Call to register***

***February is American Heart Awareness Month
Healthy Heart Presentation
Take action to promote heart health &
prevent heart disease
presented by The Chelsea at Brick
Wednesday, February 20th at 10:15 am***