



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 Closed Labor Day | 3 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 BRIDGE – Card players 1:00 | 4 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:30 | 5 <i>Free Health Screenings 9:30</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 | 6 Game Day* 10:15 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 |
| 9 <i>Alzheimer's Support Group for Caregivers 10:00</i> Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 <i>CHESS 1:00</i> | 10 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Aerobics 11:00-12:00 <i>PICNIC with Lunch & DJ 12:00</i> | 11 <i>"Opera Singer" Entertainer Music Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Mahjong 12:30 | 12 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 | 13 Crafty Friday* 9:30-10:30 Game Day* 10:15 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 |
| 16 Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 <i>CHESS 1:00</i> <i>WISE Wellness Program 1:30-3:30</i> | 17 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 BRIDGE – Card players 1:00 <i>WISE Wellness Program 1:30-3:30</i> | 18 Putting Pen to Paper Writing Group 9:00- 10:00 <i>Multi-Cultural Explorations 9:00-10:00</i> <i>Providence House Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:30 <i>Self Defense 2:00</i> | 19 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 | 20 Game Day* 10:15 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 |
| 23 Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 <i>CHESS 1:00</i> <i>WISE Wellness Program 1:30-3:30</i> | 24 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 BRIDGE – Card players 1:00 <i>WISE Wellness Program 1:30-3:30</i> | 25 <i>Retirement Planning Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:30 | 26 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 | 27 Crafty Friday* 9:30-10:30 Game Day* 10:15 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 |
| 30 Book Nook 9:30-10:30 Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 <i>CHESS 1:00</i> <i>WISE Wellness Program 1:30-3:30</i> | | | *Activity is in the Nutrition Site must register for lunch **Must Register - call for additional information | <i>Senior Farmer's Market</i> <i>Vouchers available</i> Call for additional information see other side |

Call in advance to reserve the Bus (732-920-8686). Call the day before for Nutrition Lunch (732-920-0700) ~ Must be 60 Years or Older

End of Summer Hoedown *PICNIC*
Enjoy a BBQ & Entertainment
Tuesday, September 10th at 12:00 noon
(rain date Thursday, September 12th)
Register in Office or call 732-920-8686

Learn how to stay healthy in a 6 week
WISE Wellness Program
Wellness Initiative for Senior Education
Stress Management, healthy living, medication
management & prescription abuse
FREE LUNCH included

Senior Farmer's Market Nutrition Program
Vouchers available at the Senior Center
Income Guidelines:
Household size 1- Annual Income \$23,107
Household size 2- Annual Income \$31,284
additional information call 732-920-8686

Property Tax Freeze
Our staff is available to assist with your
Property Tax Freeze (PTR) applications.
Call to schedule appointment

Ocean County Office of Senior Services
Presentation on Medicare Changes for 2020
Tuesday, October 8th at 12:30
Bus Transportation Available
Call 732-920-8686

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 732-920-8686

Self Defense returns
the 1st & 3rd Wednesday at 2:00

Meet new friends. Beginners welcome !

CHESSE Players
Mondays at 1:00

BRIDGE Card Players
Tuesdays at 1:00

MAHJONG Card Players
Wednesdays at 12:30 pm

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
September Book: *Killers of the Flower Moon*
By: David Grann

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.

Free Health Screenings
B/P, Blood Glucose, Blood Oxygen
provided by Complete Care at Laurelton
Thursday, September 5th at 9:30
Fasting Recommended

Alzheimer's Support Group
for all Caregivers presented by the
Alzheimer's Association of Greater New Jersey
2nd Monday of every month at 10:00 am

Senior Bus Transportation
for food shopping, Senior Center activities and lunch.
Available Monday thru Friday.
Call between 8 am and 3 pm to reserve your ride.
First come - first serve.

FRIDAY BUS TRIPS (*Weather permitting*)
Limited Seats – You can only book one trip at a time to
give everyone a chance to attend a trip. Bus pick up at
your home starts at 9:30am
Sept. 6 – Jackson Outlets
Sept 13 – Pt. Pleasant Aquarium
Sept 20 – Delicious Orchard
Sept 27 – Ocean County Mall

Multi-Cultural Club
Take a ride along the Lincoln Highway this month
Wednesday, September 18th at 9:00

Opera Singer Mary Bogan will present a tribute to 9/11
through the singing of patriotic songs & discussion
while enjoying refreshments
provided by Alcoeur Gardens
Wednesday, September 11th at 10:15

Providence House Presentation
Living a happier & safer aging life
Wednesday, September 18th at 10:15

Retirement Planning Presentation
provided by Greg Sabo
Wednesday, September 25th at 10:15