

Mayor John G. Ducey

January 2020



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>*Activity is in the Nutrition Site May register for lunch</p> <p>**Must Register - call for additional information</p>		<p>1</p> <p>Holiday</p> <p>Closed</p>	<p>2</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>3</p> <p>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</p>
<p>6</p> <p>Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 Games / Cards 1:00</p>	<p>7</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>8</p> <p>Line Dancing I & II 10:00-12:00 Pen to Paper Writing Group 9:00-10:00 Game Day* 10:15 Mahjong 12:00</p>	<p>9</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>10</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>13</p> <p>Alzheimer's Support Group for Caregivers 9:30 Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 Games / Cards 1:00</p>	<p>14</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>15</p> <p>Multi-Cultural Club 9:00-10:00 Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:00</p>	<p>16</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>17</p> <p>Free Health Screening 9:30 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</p>
<p>20</p> <p>Holiday</p> <p>Closed</p>	<p>21</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>22</p> <p>Line Dancing I & II 10:00-12:00 Pen to Paper Writing Group 9:00-10:00 Power of Music & the Brain Presentation 10:15 Game Day* 10:15 Mahjong 12:00</p>	<p>23</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>24</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>27</p> <p>Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45 Games / Cards 1:00</p>	<p>28</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>29</p> <p>Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:00</p>	<p>30</p> <p>Morning Social 9:00 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>31</p> <p>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</p>

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

Medicare Advantage Open Enrollment

January 1st thru March 31st
Switch to any Advantage plan or go
back to original Medicare & enroll in
a part D plan.
Call to schedule an appointment

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

Multi-Cultural Club
Join us as we visit Germany
Wednesday, January 15th at 9:00 am

Free Health Screening
Blood Pressure
provided by RWJ Barnabas Health
Friday, January 17th at 9:30 am

Movies every Thursday at 12:00

Meet new friends. Beginners welcome !

Games / Card Players
Mondays at 1:00

MAHJONG Card Players
Wednesdays at 12:00 pm

To Read or Not to Read is never a question
for the Book Nook!

We invite you to join our club the last Monday
of every month to share your book reviews.

Pen to Paper Writing Group
The 2nd and 4th Wednesday at 9:00 am
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

Alzheimer's Support Group
for all Caregivers presented by the
Alzheimer's Association of Greater New Jersey
2nd Monday of every month at 9:30 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

Jan 3 - Chick-fil-A
Jan 10 - Turning Point & Christmas Tree Shoppe
Jan 17 - Meemom's Restaurant
Jan 24 - Target
Jan 31 - Ocean County Mall

Power of Music & the Brain
Educational presentation on why music is so powerful.
Playing & listening to music works several
areas of the brain...find out which areas do what
provided by Silver Woods Independent Living
Wednesday, January 22nd at 10:15 am
