



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:30-3:45 Games / Cards 1:00</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>Clear Captions Presentation* 10:15 Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:00</p>	<p>5</p> <p>Habitat for Humanity* 9:30 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>6</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>9</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 1:30-3:45 Games / Cards 1:00</p>	<p>10</p> <p>Habitat for Humanity 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</p>	<p>11</p> <p>Pen to Paper Writing Group 9:00-10:00 Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:00</p>	<p>12</p> <p>Morning Social 9:00 Medication Drop Box* 9:00 Free Health Screening* 9:30 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>13</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>16</p> <p>Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:30-3:45 Games / Cards 1:00</p>	<p>17</p> <p>St. Patrick's Celebration 11:00-1:00 <i>Must Register for a Ticket</i></p>	<p>18</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>19</p> <p>Medication Management Presentation* 10:15 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair Aerobics 11:00-12:00 Movie 12:00</p>	<p>20</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>23</p> <p>Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:30-3:45 Games / Cards 1:00</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>Pen to Paper Writing Group 9:00-10:00 Balance / Fall Prevention Presentation & Screening* 10:15 Line Dancing I & II 10:00-12:00 Game Day* 10:15 Mahjong 12:00</p>	<p>26</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>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 Game Day* 10:15 Chair Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:30-3:45 Games / Cards 1:00</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>WELCOME.... our new Art Instructor, ToniAnn, teaching our Water/Oil/Acrylic Class. Come meet the group and learn new painting techniques !</p>	<p>*Activity is in the Nutrition Site May register for lunch **Must Register - call for additional information</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

Clear Captions Presentation

Free phones for the hearing impaired.
Learn how you can qualify for a No-Cost
telephone that can help bridge the gap of
communication.

Wednesday, March 4th at 10:15 am

St. Patrick's Celebration

Enjoy a traditional lunch & entertainment
Lunch provided by Complete Care @ Laurelton
Tuesday, March 17th at 11:00 am
Must Register for a Ticket available Feb 7th

Medication Management Presentation

Discussion on correctly monitoring your
medications to confirm patient is complying
with a medication regimen. Avoid dangerous
drug interactions & other complications
provided by Encompass Health
Thursday, March 19th at 10:15 am

Balance & Fall Prevention Presentation & Screening

Join SportsCare Physical Therapists & Athletic
Trainers. Followed by screenings to evaluate if
you are a "Fall Risk".

provided by SportsCare Institute
Wednesday, March 25th at 10:15 am

Habitat for Humanity

"Aging in Place Program". Need home repairs?
Applications will be available at 9:30 am on
Thursday, March 5th & Tuesday, March 10th

Come meet our New Art Instructor !
Learn new painting techniques
Acrylic & Watercolor Mediums every Monday

FREE 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

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

**Come & discover with us the people, places &
topics which shape our lives.**
Wednesday, March 18th at 9:00-10:00

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

March 6 - Brookdale Museum \$8.00

Juried Art Exhibition & Member Miniatures

March 20 - I-Hop

March 27 - Ocean County Mall

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

Free Health Screening - Blood Pressure
provided by RWJ Barnabas Health
Thursday, March 12th at 9:30 am

Project Medicine Drop Box
**Bring your unused, expired or unwanted
medication and dispose of it properly.**
provided by: Brick Police
Thursday, March 12th at 9:00 am

Donations for all our programs & services
are gladly accepted.