



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*NEW PROGRAM</b> Computers available for our Seniors to use. See more information on the back page</p>			<p>1 Walking Club 9:00 Yoga 10:00 Chair Aerobics 11:30</p>	<p>2 Zumba 11:30 Tai Chi 1:00</p>
<p>5 <b>Closed</b></p>	<p>6 Yoga 10:00 Chair Aerobics 11:30 Acrylic Art 1:30</p>	<p>7 Line Dancing 10:00 – 12:00 *Computers* 1:00-3:00</p>	<p>8 Walking Club 9:00 Yoga 10:00 Chair Aerobics 11:30</p>	<p>9 Zumba 11:30 Tai Chi 1:00</p>
<p>12 Stretch &amp; Stronger 10:00 Alzheimer's Support Group 11:00 Bingo &amp; Box Lunch 11:00 at Trader's Cove Must Register *Computers 1:00-3:00</p>	<p>13 Yoga 10:00 Chair Aerobics 11:30 Acrylic Art 1:30</p>	<p>14 Line Dancing 10:00 – 12:00 "Pen to Paper" Writing Group 9:00 *Computers 1:00-3:00</p>	<p>15 Walking Club 9:00 Yoga 10:00 Chair Aerobics 11:30</p>	<p>16 Craft Project 9:30 Zumba 11:30 Tai Chi 1:00</p>
<p>19 Stretch &amp; Stronger 10:00 *Computers 1:00-3:00</p>	<p>20 Yoga 10:00 Chair Aerobics 11:30</p>	<p>21 Line Dancing 10:00 – 12:00 "Pen to Paper" Writing Group 9:00 *Computers 1:00-3:00</p>	<p>22 Walking Club 9:00 Yoga 10:00 Chair Aerobics 11:30</p>	<p>23 Zumba 11:30 Tai Chi 1:00</p>
<p>26 The Book Nook Club 9:00 Stretch &amp; Stronger 10:00 *Computers 1:00-3:00</p>	<p>27 Yoga 10:00 Chair Aerobics 11:30</p>	<p>28 Line Dancing 10:00 – 12:00 *Computers 1:00-3:00</p>	<p>29 Walking Club 9:00 Yoga 10:00 Free Blood Pressure and Glucose Screenings 10:00 at Traders Cove Marina Chair Aerobics 11:30</p>	<p>30 Zumba 11:30 Tai Chi 1:00</p>

Call in advance to reserve the Bus (732-920-8686) for food shopping & medical transportation. First come – first serve. Must be 60 Years or Old

**SERVICES**

**NJ State Senior Farmers' Market  
Nutrition Program Vouchers are Now Available**

Household size 1 - annual income \$23,828  
monthly income \$1,986  
Household size 2 – annual income \$32,227  
monthly income \$2,686

**Need help with Food Shopping?**

**ON-LINE Food Shopping Services are still available through  
Jersey Cares.**

**Call us for assistance in placing your food order.  
Volunteers are available to do your food shopping.**

**Senior Bus Shuttle Transportation**

**Bus Service has resumed.**

**Social Distancing and Face Masks are required!  
Call to schedule your transport.**

**You will be picked up, taken to the shopping area and then taken  
home. Drivers are not allowed to enter your home for any reason.**

**Our Senior Services Outreach staff is available to  
help with applications for: PTR, Senior Gold, PAAD,  
Home Energy Assistance, Meals on Wheels and to provide you with  
information on other senior benefits**

**This service is by appointment only, call to schedule.**

**2021 Home Energy Assistant / USF Guidelines**

Household size 1 - Monthly Income HEAP \$2,127  
USF \$1,967  
Household size 2 - Monthly Income HEAP \$2,873  
USF \$2,658

**VIRTUAL PROGRAMS**

**For Zoom exercise classes,  
e-mail us at**

**[BRICKSENIORS@  
BRICKTOWNSHIP.NET](mailto:BRICKSENIORS@BRICKTOWNSHIP.NET)**

**for the meeting ID and  
Passcode.**

**Include in e-mail: name,  
address,  
phone number and  
date of birth**

**Caregiver Alzheimer's  
Support Group  
will meet in person at the  
Senior Center  
Monday, July 12<sup>th</sup> at 11:00**

**The Lunch Site will  
remain closed until  
further notice**

**ACTIVITIES**

**Classes are being held in person at the Senior Center  
call to sign up for classes**

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**\*Computers Available for Your Personal Use  
assistance is available if needed  
every Monday & Wednesday 1:00 – 3:00  
Must call to schedule your time**

**Look for “How To” Workshops in the future**

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**Bingo with Prizes and Boxed Lunch  
Monday, July 12<sup>th</sup> at 11:00  
rain date July 14<sup>th</sup>  
sponsored by Lares & Caring Hospice Services  
Must Register**

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**Book Nook is Back !  
Monday, July 26<sup>th</sup> at 9:00  
Join us for exciting discussions and  
review the latest best seller books.  
July – “Home Again” by Kristin Hannah  
August – “One Thousand White Women”  
by Jim Fergus**

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**Free Health Screenings  
Blood Pressure & Body Mass Index  
provided by RWJ Barnabas Health  
Thursday, July 29<sup>th</sup> at 10:00  
held at the Traders Cove Marina under the gazebo**