



Monday	Tuesday	Wednesday	Thursday	Friday
Classes are held in-person at the Senior Center Call to sign up for classes	<i>National Senior Center Month</i>  *Friendly Social – Fruit, Cheese & Crackers after class	1 “Pen to Paper” Writing Group 9:00  Line Dancing 10:00-12:00  Mahjong 12:30-3:30  Computers 1:00-3:00	2 Walking Club 8:30  Chair Yoga 10:00 @ Traders Cove  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	3 Tai Chi 9:30-10:30  Movie 12:15 Summer Thriller “Great White”
6 <b>Closed</b>  Labor Day	7 Walking Club 8:30 @ Brick Reservoir  Chair Aerobics 11:30-12:30	8 Line Dancing 10:00-12:00  Mahjong 12:30-3:30  Computers 1:00-3:00	9 Walking Club 8:30 @ Drum Point Complex  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	10 Tai Chi 9:30-10:30  Bingo & Pizza 12:00-1:30
13 Zumba 9:30-10:30 (in parking lot)  Alzheimer’s Support Group 11:00  “Italian Ice On Wheels” with Live Music 11:00-12:00 / Must Register  Computers 1:00-3:00	14 Walking Club 8:30  Chair Yoga 10:00 @ Traders Cove  Chair Aerobics 11:30-12:30 Dental Awareness 11:30 “The Oral Health Program”  Acrylic Art 1:30	15 Line Dancing 10:00-12:00  Mahjong 12:30-3:30  Computers 1:00-3:00 “How To” Presentation	16 Walking Club 8:30  Chair Yoga 10:00 @ Traders Cove  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	17 Tai Chi 9:30-10:30  Craft Project 11:00 Create a Decorated Mod Podge Cup
20 Zumba 9:30-10:30  Stretch & Stronger 11:00-12:00  Computers 1:00-3:00	21 Walking Club 8:30  Chair Yoga 10:00 @ Traders Cove  Chair Aerobics 11:30-12:30	22 Line Dancing 10:00-12:00  Mahjong 12:30-3:30  Computers 1:00-3:00	23 Walking Club 8:30  Chair Yoga 10:00 @ Traders Cove Blood Pressure Screening & Healthy Diet for Older Adults 10:45 @ Traders Cove Mahjong 12:30-3:30	24 Tai Chi 9:30-10:30  Bingo & Pizza 12:00-1:30
27 The Book Nook Club* 9:00 Social  Zumba* 9:30-10:30  Stretch & Stronger* 11:00-12:00  Computers* 1:00-3:00	28 Walking Club 8:30  Chair Yoga* 10:00 @ Traders Cove Social Chair Aerobics* 11:30-12:30  Acrylic Art* 1:30	29 “Pen to Paper” Writing Group* 9:00  Line Dancing* 10:00 -12:00  Mahjong* 12:30-3:30  Computers* 1:00-3:00	30 Walking Club 8:30  Chair Yoga * 10:00 @ Traders Cove  Chair Aerobics* 11:30-12:30  Mahjong 12:30-3:30	Walking Club on Tuesdays meet at Brick Reservoir  Walking Club on Thursdays meet at the Drum Point Complex

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

## SERVICES

### 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

Computers Available for Your Personal Use assistance is available

every Monday & Wednesday 1:00 – 3:00

Call to schedule your time

OPEN ACCESS MONDAY -FRIDAY 10:00-3:00 (on your own)

### **The Lunch Site**

**will remain closed until further notice**

## VIRTUAL PROGRAMS

Exercise classes are being held in person at the Senior Center and also via ZOOM.

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, September 13<sup>th</sup> at 11:00

*National Senior Center Month  
Celebrate You !*

Engage in activities at our Center for physical & social wellbeing while meeting new friends

## ACTIVITIES

Pen to Paper Club meets twice a month at 9 am  
Come out and share your journalistic stories, poems and essays.

Fun and exciting !

September 1<sup>st</sup> topic is "See You in September"

September 29<sup>th</sup> topic is "The Colors of Autumn"

The Movies Have Returned to the Center  
Friday, September 3<sup>rd</sup> at 12:15  
Summer Thriller "Great White" / call to register

Bingo and Lunch  
Friday, September 10<sup>th</sup> sponsored by  
Brick Township Senior Center & Marquis Health &  
Friday, September 24<sup>th</sup> sponsored by  
Brick Township Senior Center, Lares Home Care & Caring Hospice  
12:00 – 1:30 / Must Register

Join us for a cool refreshing Italian Ice while enjoying live entertainment / sponsored by  
Brandywine Living at The Gables & at Reflections  
Monday, September 13<sup>th</sup> at 11:00 / Must Register

Dental Awareness, The Oral Health Program provided by the Ocean County Health Dept discussion & literature on the importance of dental health, keeping your mouth healthy & receive a free toothbrush  
Tuesday, September 14<sup>th</sup> at 11:30

Healthy Diet for Older Adults Discussion & Blood Pressure Screening sponsored by Georgian Court University  
Thursday, September 23<sup>rd</sup> at 10:45 @ Traders Cove

The Book Nook Club Meets Monday, September 27<sup>th</sup> at 9:00  
Join us for exciting discussions & review the latest best sellers.  
September – "On Walden Pond" by Henry Thoreau  
October – "Last Days of Ptolemy Grey" by Walter Mosley