

Mayor John G. Ducey

November 2021



BRICK TOWNSHIP SENIOR OUTREACH SERVICES

373 Adamston Road, Brick Township, NJ 08723 - for activities
270 Chambers Bridge Road, Unit 12, Brick, NJ 08723 - for services

E-mail - brickseniors@bricktownship.net

www.bricktownship.net

732-920-8686

Monday	Tuesday	Wednesday	Thursday	Friday
1 Zumba 9:30-10:30 Alzheimer's Support Group 11:00 Stretch & Stronger 11:00-12:00 Computers 1:00-3:00	2 Holiday Closed	3 "Pen to Paper" Writing Group 9:00 Line Dancing 10:00-12:00 Mahjong 12:30-3:30 Self Defense 1:00 – 2:00 Computers 1:00-3:00	4 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	5 Tai Chi 9:30-10:30 Arts and Crafts – 10:45 Movie 12:15
8 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00	9 Chair Yoga 10:00 Chair Aerobics 11:30-12:30	10 "Pen to Paper" Writing Group 9:00 Line Dancing 10:00-12:00 Mahjong 12:30-3:30	11 Holiday Closed	12 Tai Chi 9:30-10:30 Bingo & Lunch 12:00-1:30 Must Register
15 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00	16 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Acrylic Art 1:30	17 Flu & Pneumonia Vaccines 10:00 – 2:00	18 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	19 Thanksgiving Event 10:00 – 12:00 Must Register
22 No Activities	23 Chair Yoga 10:00 Chair Aerobics 11:30-12:30	24 Line Dancing 10:00-12:00	25 Holiday Closed	26 Holiday Closed
29 The Book Nook Club 10:00-11:00 Zumba 9:00-10:00 Stretch & Stronger 11:00-12:00 Computers 1:00-3:00	30 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Acrylic Art 1:30			Classes are held in-person at the Senior Center Call to sign up for classes

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

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. Call to schedule. This service is by appointment only at 270 Chambers Bridge Road Unit 12, Brick Civic Plaza

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

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. Social Distancing and Face Masks are required!

2021 Home Energy Assistant / USF Guidelines

Household size 1: Monthly Income HEAP \$3,348 / USF \$4,293

Household size 2: Monthly Income HEAP \$4,379 / USF \$5,807

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)

2022 Medicare Open Enrollment is October 15th through December 7th

Review your Prescription Drug Coverage, Medicare Advantage & Medigap Plans for 2022

Drug coverage costs change every year, review your options

Call to schedule an appointment

Caregiver Alzheimer's Support Group will meet in person at the Senior Center
Monday, November 1st at 11:00

The Lunch Site will remain closed until further notice

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 !

11/3 - "Travel Memories"

11/10 - "Pilgrims & Turkeys"

The Movies have returned to the Center

Friday, November 5th at 12:15

"The Misfits"

Self Defense classes have resumed at the Center

Wednesday, November 3rd at 1:00

Bingo and Lunch

Friday, November 12th, sponsored by

Brandywine Living at the Gables & Reflections

12:00 – 1:30 / Must Register

FLU & Pneumonia Vaccines

provided by the Ocean County Health Department

Wednesday, November 17th

10:00 – 2:00

Thanksgiving Event

sponsored by Spring Oak Independent & Assisted Living

Friday, November 19th

10:00-12:00 / Call to Register

The Book Nook Club Meets Monday, November 29th at 10:00

Join us for exciting discussions & review the latest best sellers

November – "The Invention of Wings" by Sue Monk Kidd