

Mayor John G. Ducey

December 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
Classes are held in-person at the Senior Center Call to sign up for classes		1 Line Dancing 10:00-12:00 Mahjong 12:30-3:30 Self Defense 1:00-2:00 Computers 1:00-3:00	2 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	3 Tai Chi 9:30-10:30 Movie 12:15
6 Zumba 9:30-10:30 Alzheimer's Support Group via Zoom 11:00 Stretch & Stronger 11:00-12:00 Computers 1:00-3:00	7 Chair Yoga 10:00 Chair Aerobics 11:30-12:30	8 "Pen to Paper" Writing Group 9:00 Line Dancing 10:00-12:00 Mahjong 12:30-3:30 Computers 1:00-3:00	9 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	10 Tai Chi 9:30-10:30 Bingo & Lunch 12:00-1:30 Must Register
13 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Computers 1:00-3:00	14 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30 no experience needed	15 Holiday Event 11:00 – 1:00 Must Register	16 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	17 Tai Chi 9:30-10:30 Craft Project 10:45 Sex, Drugs, Rock-n-Roll Lecture & Lunch 12:00 Must Register
20 Holiday Gameshow 12:00-2:00 Must Register	21 Chair Yoga 10:00 Chair Aerobics 11:30-12:30	22 Line Dancing 10:00-12:00 Mahjong 12:30-3:30	23 Chair Yoga 10:00 Chair Aerobics 11:30-12:30	24 Holiday Closed
27 The Book Nook Club 10:00-11:00 Zumba 9:00-10:00 Stretch & Stronger 11:00-12:00	28 Chair Yoga 10:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30 no experience needed	29 Line Dancing 10:00-12:00 Mahjong 12:30-3:30	30 No Activities	31 No Activities

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 via Zoom on the first Monday of every month

Call to register 1-800-272-3900 or communityresourcefinder.org

The Zoom Link is

<https://alz-org.zoom.us/j/99053752848?pwd=NnUramNlc3AOQkdqSEEOdkt6cTdlUT09>

The Lunch Site will remain closed until further notice

ACTIVITIES

Pen to Paper Club will meet on 12/8 at 9 am
Come out and share your journalistic stories, poems and essays
Fun and exciting ! The theme is "Magical Memories"

The Movies have returned to the Center
Friday, December 3rd at 12:15
"Senior Moment"

Acrylic Art Class
Follow along step-by-step with Instructor, no experience needed
supplies included, create a seasonal painting every class
Tuesday, December 14th & 28th at 1:30

Bingo and Lunch
Friday, December 10th, sponsored by Artis Senior Living
12:00 – 1:30 / Must Register

Holiday Event
sponsored by Leisure Park & entertainment by Vincent Cupo
Wednesday, December 15th
11:00 - 1:00 / Call to Register

Sex, Drugs, Rock-n-Roll Lecture & Lunch
presentation on Cardiac Health
presented by Dr. Michael R. Aaron, Cardiologist
& Marquis Health
Friday, December 17th at 12:00 / call to register

Holiday Gameshow & Lunch
Bob Scott's Game Show Night
Monday, December 20th at 12:00 / Must Register

The Book Nook Club Meets Monday, December 27th at 10:00
Join us for exciting discussions & review the latest best sellers
December's book is "The Return" by Nicholas Sparks