

**Mayor John G. Ducey**

***January 2022***



**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](mailto:brickseniors@bricktownship.net)

[www.bricktownship.net](http://www.bricktownship.net)

732-920-8686

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Closed</b>  <b>Holiday</b>	4 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>  <b>Acrylic Art Class 1:30</b> <b>no experience needed</b>	5 <b>Line Dancing 10:00-12:00</b>  <b>Mahjong 12:30-3:30</b>  <b>Self Defense 1:00-2:00</b>  <b>Computers 1:00-3:00</b>	6 <b>Chair Yoga 10:00</b>  <b>Mahjong 12:30-3:30</b>	7 <b>Tai Chi 9:30-10:30</b>  <b>Movie 12:15</b>
10 <b>Zumba 9:30-10:30</b>  <b>Alzheimer's Support Group via Zoom</b> <b>11:00</b>  <b>Computers 1:00-3:00</b>	11 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>	12 <b>"Pen to Paper" Writing Group 9:00</b>  <b>Line Dancing 10:00-12:00</b>  <b>Mahjong 12:30-3:30</b>  <b>Computers 1:00-3:00</b>	13 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>  <b>Mahjong 12:30-3:30</b>	14 <b>Tai Chi 9:30-10:30</b>
17 <b>Closed</b>  <b>Holiday</b>	18 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>  <b>Acrylic Art Class 1:30</b> <b>no experience needed</b>	19 <b>Line Dancing 10:00-12:00</b>  <b>Mahjong 12:30-3:30</b>  <b>Self Defense 1:00-2:00</b>  <b>Computers 1:00-3:00</b>	20 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>  <b>Mahjong 12:30-3:30</b>	21 <b>Tai Chi 9:30-10:30</b>  <b>Craft Project 10:45</b>
24 <b>Zumba 9:30-10:30</b>  <b>Stretch &amp; Stronger 11:00-12:00</b>  <b>Computers 1:00-3:00</b>	25 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>	26 <b>"Pen to Paper" Writing Group 9:00</b>  <b>Line Dancing 10:00-12:00</b>  <b>Mahjong 12:30-3:30</b>  <b>Computers 1:00-3:00</b>	27 <b>Chair Yoga 10:00</b>  <b>Chair Aerobics 11:30-12:30</b>  <b>Mahjong 12:30-3:30</b>	28 <b>Tai Chi 9:30-10:30</b>
31 <b>The Book Nook Club 10:00-11:00</b>  <b>Zumba 9:00-10:00</b>  <b>Stretch &amp; Stronger 11:00-12:00</b>  <b>Computers 1:00-3:00</b>				<b>Call to sign up for classes</b>

**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

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### 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.

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### 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!

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### 2022 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

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### 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)**

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### 2022 Medicare Advantage Open Enrollment Period

**January 1<sup>st</sup> through March 31<sup>st</sup>**

Review & switch your Medicare Advantage Plans for 2022, or go to Original Medicare with a Part D plan  
Call to schedule an appointment

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**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](http://communityresourcefinder.org)

The Zoom Link is

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

## ACTIVITIES

### **Pen to Paper Club**

Come out and share your journalistic stories, poems and essays  
Fun and exciting !

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**The Movies have returned to the Center**  
Friday, January 7<sup>th</sup> at 12:15  
call for information

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### **Acrylic Art Class**

**Follow along step-by-step with Instructor,**  
**no experience needed**  
**supplies included, create a seasonal painting every class**

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**The Book Nook Club Meets Monday, January 31<sup>st</sup> at 10:00**  
**Join us for exciting discussions & review the latest best sellers**

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