



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Stretch & Stronger 10:00 Via Zoom</p>	<p>4</p> <p>Yoga 10:00 Via Zoom</p> <p>Alzheimer's Association 11:00 Understanding Alzheimer's & Dementia Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p> <p>Acrylic Art 1:30 Via Zoom</p>	<p>5</p> <p>Caregiver Support Group 10:00 Via Zoom</p>	<p>6</p> <p>Walking Club 9:00</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>7</p> <p>Zumba 11:30 Via Zoom</p> <p>Tai Chi 1:30 Via Zoom</p>
<p>10</p> <p>Stretch & Stronger 10:00 Via Zoom</p>	<p>11</p> <p>Yoga 10:00 Via Zoom</p> <p>Alzheimer's Association 11:00 Legal & Financial Planning Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>12</p> <p>"Pen to Paper" Writing Group 11:00 Via Zoom</p>	<p>13</p> <p>Walking Club 9:00</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>14</p> <p>Zumba 11:30 Via Zoom</p> <p>Tai Chi 1:30 Via Zoom</p>
<p>17</p> <p>Stretch & Stronger 10:00 Via Zoom</p>	<p>18</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p> <p>Acrylic Art 1:30 Via Zoom</p>	<p>19</p> <p>Caregiver Support Group 10:00 Via Zoom</p> <p>Garden Event & Picnic 11:00 Traders Cove ... Must Register Rain Date 5/26</p>	<p>20</p> <p>Walking Club 9:00</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>21</p> <p>Craft Project "Get & Go" 11:15</p> <p>Zumba 11:30 Via Zoom</p> <p>Tai Chi 1:30 Via Zoom</p>
<p>24</p> <p>Stretch & Stronger 10:00 Via Zoom</p> <p>The Book Nook Club 1:00 Gazebo at Windward Beach call for book title</p>	<p>25</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>26</p> <p>"Pen to Paper" Writing Group 11:00 Via Zoom</p>	<p>27</p> <p>Walking Club 9:00</p> <p>Yoga 10:00 Via Zoom</p> <p>Chair Aerobics 11:30 Via Zoom</p>	<p>28</p> <p>Zumba 11:30 Via Zoom</p> <p>Tai Chi 1:30 Via Zoom</p>
<p>31</p> <p>HOLIDAY</p>			<p>ACTIVITIES ARE MODIFIED DUE TO COVID 19</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 Older

FOR ZOOM MEETING INFORMATION EMAIL US AT BRICKSENIORS@BRICKTOWNSHIP.NET FOR MEETING ID AND PASSCODE

Must include name, address, phone number and date of birth in e-mail

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 Transportation

Bus Service has resumed on a modified schedule.

Social Distancing and Face Masks will be 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.

There will only be a few people on the bus at one time so it is important for you to return to the bus at your assigned time.

The Lunch site will remain closed until further notice

VIRTUAL PROGRAMS

FOR ZOOM MEETING INFORMATION, EMAIL US AT BRICKSENIORS@BRICKTOWNSHIP.NET FOR MEETING ID AND PASSCODE. INCLUDE IN EMAIL: NAME, ADDRESS, PHONE NUMBER AND DATE OF BIRTH

The Alzheimer's Association is hosting the following Caregiver Support Zoom forums
To register call 1-800-272-3900 or www.communityresourcefinder.org

Caregiver Alzheimer's Support Group Via Zoom
1st & 3rd Wednesday at 10:00

Understanding Alzheimer's & Dementia
Examine what happens in a Brain affected by Alzheimer's, Risk Factors & 3 Stages of the Disease, FDA-approved Treatments Available
Tuesday, May 4th at 11:00

Legal & Financial Planning
Legal & Medical Instructions & Advance Directives, Guardianship & Conservatorship, The Role of Legal Advisors, Financial Instructions, Paying for LTC, Ethical Issues Surrounding Decision Making Care
Tuesday, May 11th at 11:00

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. Please call to schedule.

Face Masks are required.

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

The Walking Club meets every Thursday at 9:00 at Drum Point Complex parking lot by the soccer fields

**Outdoor Gardening Event & Picnic at Traders Cove sponsored by Marquis Health
Plant some favorite vegetables to take home with you
Social distance while enjoying lunch
supplies will be provided
Wednesday, May 19th at 11:00 am
rain date May 26th
Must Register**