

Mayor John G. Ducey

April 2021



BRICK TOWNSHIP SENIOR OUTREACH SERVICES

373 Adamston Road, Brick Township, NJ 08723
732-920-8686

E-mail - brickseniors@bricktownship.net

www.bricktownship.net

Table with 5 columns (Monday-Friday) and 5 rows of activities. Monday: ACTIVITIES ARE MODIFIED DUE TO COVID 19. Tuesday: Yoga 10:00, Alzheimer's Association 11:00, COVID & Caregiving, Chair Aerobics 11:30, Acrylic Art Instruction 1:30. Wednesday: Caregiver Support Group 10:00, Rock Steady Boxing 11:15, Stretch & Stronger 2:00. Thursday: Walking Club 9:00, Yoga 10:00, Chair Aerobics 11:30. Friday: Zumba 11:30, Tai Chi 1:30. Includes dates 1, 5, 12, 19, 26 and 2, 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29, 30.

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](mailto: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**

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Rock Steady Boxing for Parkinsons Patients  
Non-contact boxing-style fitness has proven to lessen symptoms and lead a healthy & happier life provided by Busacca Fitness  
8 week session on Wednesdays at 11:15  
Via Zoom  
Call 732-920-8686 to register

The Alzheimer's Association is hosting the following Caregiver Support Zoom forums  
To register call 1-800-272-3900 or [www.communityresourcefinder.org](http://www.communityresourcefinder.org)

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

COVID and Caregiving  
Tips for Caregivers managing the Pandemic  
Relationship between Covid & Dementia  
Tuesday, April 6<sup>th</sup> at 11:00

10 Warning Signs of Alzheimer's  
Early detection, benefits of diagnosis, tests & assessments, age-related changes  
Tuesday, April 13<sup>th</sup> 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 resumes Thursday, April 1<sup>st</sup> at 9:00 meet at Drum Point Complex parking lot by the soccer fields

Outdoor Car Bingo with Lunch sponsored by Complete Care at Laurelton  
Social Distance in your vehicle while tuned to a radio station playing bingo. Supplies provided. Win prizes.  
Bag lunch offered  
Monday, April 19<sup>th</sup> at 12:00 noon  
rain date April 26<sup>th</sup>  
Must Register