

**Mayor John G. Ducey**

**April 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
*Walking Club meets at Drum Pt Soccer Fields – 2 <sup>nd</sup> parking lot		**Walking Club meets at Lavallette Boardwalk on Ortley Ave		1 Tai Chi 9:30-10:30  Movie 12:15
4 Walking Club* 9:00  Zumba 9:30-10:30  Alzheimer’s Support Group via Zoom  Stretch & Stronger 11:00-12:00  Computers 1:00-3:00	5 Floor Yoga 9:00-9:45  Chair Yoga 10:00-11:00  Chair Aerobics 11:30-12:30	6 Tax Appointments Walking Club** 9:00 Line Dancing 10:00-12:00  Self Defense 1:00-2:00  Mahjong 12:30-3:30 Computers 1:00-3:00	7 Floor Yoga 9:00-9:45  Chair Yoga 10:00-11:00  Free Health Screening 10:45-11:45 B/P, BMI, Bone Density, Diabetes  Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	8 Game Show & Lunch 10:00-1:00 Must Register
11 Walking Club* 9:00  Zumba 9:30-10:30  Stretch & Stronger 11:00-12:00  Technology Class 12:30 “What is the Internet & what can I do with it”	12 Floor Yoga 9:00-9:40  Chair Yoga 10:00-11:00  Chair Aerobics 11:30-12:30  Acrylic Art Class 1:30	13 Tax Appointments Walking Club** 9:00 “Pen to Paper” Writing Group 9:00  Line Dancing 10:00-12:00  Mahjong 12:30-3:30 Computers 1:00-3:00	14 Floor Yoga 9:00-9:45  Chair Yoga 10:00-11:00  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	15 Tai Chi 9:30-10:30  Craft Project 11:00 Must Register
18 Walking Club* 9:00  Zumba 9:30-10:30  Stretch & Stronger 11:00-12:00  Computers 1:00-3:00	19 Floor Yoga 9:00-9:45  Chair Yoga 10:00 -11:00  Osteoporosis Lecture & Blood Pressure Screening 11:00  Chair Aerobics 11:30-12:30	20 Walking Club** 9:00 Line Dancing 10:00-12:00  Self Defense 1:00-2:00  Mahjong 12:30-3:30 Computers 1:00-3:00	21 Floor Yoga 9:00-9:45  Chair Yoga 10:00-11:00  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	22 Tai Chi 9:30-10:30
25 Walking Club* 9:00  Zumba 9:00-10:00  The Book Nook Club 10:00-11:00  Stretch & Stronger 11:00-12:00 Computers 1:00-3:00	26 Floor Yoga 9:00-9:45  Chair Yoga 10:00 -11:00  Chair Aerobics 11:30-12:30  Acrylic Art Class 1:30	27 Walking Club** 9:00 “Pen to Paper” Writing Group 9:00  Line Dancing 10:00-12:00  Mahjong 12:30-3:30 Computers 1:00-3:00	28 Floor Yoga 9:00-9:45  Chair Yoga 10:00-11:00  Chair Aerobics 11:30-12:30  Mahjong 12:30-3:30	29 Tai Chi 9:30-10:30  Freehold Mall Trip Call to Register

**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 shopping area or medical appointment and then taken home. Drivers are not allowed to enter your home. Social Distancing and Face Masks are required. Transportation on the bus is available to the Senior Center to attend all classes, activities & appointments. Call to schedule your ride.

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### 2022 Home Energy Assistance / 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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**The Community Café (lunch site) will resume May 2<sup>nd</sup> on Mondays & Wednesdays from 11 am to 1:30 pm suggested donation is \$2.00**

**Lunch Registration is required, call 732-920-8686  
Transportation provided to site, call 732-920-8686**

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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 ! Topics & themes vary month to month

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Enjoy an afternoon at The Movies  
Friday, April 1<sup>st</sup> at 12:15 - call for information

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Join our morning Walking Club  
every Monday & Wednesday at 9:00 (weather permitting)  
Mondays meet at Drum Pt Sports Complex by Soccer Fields  
in the 2<sup>nd</sup> parking lot  
Wednesdays meet at Lavallette Boardwalk at Ortley Ave

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Free Health Screening  
Blood Pressure, BMI, Bone Density & Diabetes Risk Assessment  
provided by RWJ Barnabas Health  
Thursday, April 7<sup>th</sup> 10:45 to 11:45

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Join us at the Center for fun exciting interactive  
Game Show & Win Prizes presented by Bob Scott  
Friday, April 8<sup>th</sup> at 10:00  
lunch provided by Beacon of Life  
Must Register beginning March 14<sup>th</sup>

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Acrylic Art Class  
Follow along step-by-step with Instructor, no experience needed  
create a seasonal painting every class  
you will need a 16x20 canvas & paint brushes

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Technology Class with an IT Professional  
from Monmouth Computer Associates  
all levels welcome, topics vary monthly, limited laptops supplied  
or bring your device if available (laptop, tablet, smart phone)  
Monday, April 11<sup>th</sup> at 12:30  
April Topic - "What is the Internet & What Can I Do With It"

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Osteoporosis Lecture & Blood Pressure Screening  
provided by Georgian Court College – Nursing Students  
Tuesday, April 19<sup>th</sup> at 11:00 am

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The Book Nook Club Meets Monday, April 25<sup>th</sup> at 10:00  
join us for exciting discussions & review the latest best sellers