

Mayor John G. Ducey

May 2022

Older Americans Month



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
2 Walking Club * 9:00 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers 1:00-3:00	3 Floor Yoga 9:00-9:45 Chair Yoga 10:00-11:00 Chair Aerobics 11:30-12:30	4 Walking Club** 9:00 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Stroke Awareness Presentation 11:45 Self Defense 1:00-2:00 Mahjong 12:30-3:30 Computers 1:00-3:00	5 Floor Yoga 9:00-9:45 Chair Yoga 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	6 Tai Chi 9:30-10:30 Movie 12:15
9 Walking Club * 9:00 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Technology Class 12:30 "E-mailing Basics"	10 Floor Yoga 9:00-9:45 Chair Yoga 10:00-11:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30	11 Walking Club** 9:00 Pen to Paper Writing Group 9:00 Community Café 11:00-1:30 Fall Prevention Presentation 11:45 Line Dancing 10:00-12:00 Mahjong 12:30-3:30 Computers 1:00-3:00	12 Floor Yoga 9:00-9:45 Chair Yoga 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	13 Tai Chi 9:30-10:30 Cinco de Mayo Taco Party 12:00 Must Register
16 Walking Club* 9:00 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers 1:00-3:00	17 No Activities	18 Walking Club** 9:00 Line Dancing 10:00-12:00 PNC Bank Arts Center Trip Community Café 11:00-1:30 Self Defense 1:00-2:00 Mahjong 12:30-3:30 Computers 1:00-3:00	19 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	20 Tai Chi 9:30-10:30 Free Health Screening 10:30-11:30 B/P, BMI, Bone Density, Diabetes Craft Project 11:00 Must Register
23 Walking Club* 9:00 The Book Nook Club 10:00-11:00 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers 1:00-3:00	24 Floor Yoga 9:00-9:45 Chair Yoga 10:00 -11:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30	25 Walking Club** 9:00 Pen to Paper Writing Group 9:00 Community Café 11:00-1:30 Line Dancing 10:00-12:00 Mahjong 12:30-3:30 Computers 1:00-3:00	26 Floor Yoga 9:00-9:45 Chair Yoga 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	27 Tai Chi 9:30-10:30 Ocean County Mall Trip Must Register
30 CLOSED Memorial Day	31 Floor Yoga 9:00-9:45 Chair Yoga 10:00 -11:00 Chair Aerobics 11:30-12:30	<i>The Community Café returns every Monday & Wednesday Call to register for lunch & or transportation</i>	<i>Celebrate Older Americans Month Join Our Senior Center "Age My Way"</i>	*Walking Club meets at Drum Pt Soccer Fields – 2 nd parking lot **Walking Club meets at Lavallette Boardwalk on Ortley Ave

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

**The Community Café (lunch site) will resume May 2nd
on Mondays & Wednesdays from 11 am to 1:30 pm
suggested donation is \$2.00
Lunch Reservation by 11am of the day before is required.
Transportation provided to site, call 732-920-8686**

**Tickets Available for the PNC Bank Arts Center
“Sinatra Forever” Show
Wednesday, May 18th at 1:30 pm Rain or Shine
Limited tickets to drive on your own or Reserve for Bus Transportation
Bring your bag lunch, for information call 732-920-8686**

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 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.

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

2022 PAAD & Senior Gold Annual Income Guidelines

PAAD - Individual: \$38,769 / Couple: \$45,270
Senior Gold - Individual: \$48,769 / Couple: \$55,270

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)

ACTIVITIES

Join our morning Walking Club
every Monday & Wednesday at 9:00 (weather permitting)
Mondays meet at Drum Pt Sports Complex by Soccer Fields
Wednesdays meet at Lavallette Boardwalk at Ortley Ave

Stroke Awareness Presentation
presented by RWJ Barnabas
Wednesday, May 4th at 11:45 am

Enjoy an Afternoon at The Movies
Friday, May 6th at 12:15 - call for information

**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, May 9th at 12:30

Fall Prevention & Safety Tips Presentation
presented by Brain Injury Alliance
Wednesday, May 11th at 11:45

Cinco de Mayo Taco Party & Games
sponsored by Willow Springs
Friday, May 13th at 12:00 noon
Must Register beginning April 14th

Free Health Screening
Blood Pressure, BMI, Bone Density & Diabetes Risk Assessment
provided by RWJ Barnabas Health
Friday, May 20th 10:30 to 11:30

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

The Book Nook Club Meets Monday, May 23rd at 10:00
join us for exciting discussions & review the latest best sellers