

Mayor John G. Ducey

August 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

www.bricktownship.net

732-920-8686

Monday	Tuesday	Wednesday	Thursday	Friday
1 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers* 1:00-3:00	2 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00 -11:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30	3 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Mahjong 12:30-3:30 Computers* 1:00-3:00	4 Floor Yoga** 9:00-9:45 Chair Yoga ** 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	5 Tai Chi with Stephanie 9:30-10:30 Movie 12:15
8 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Technology Class 1:30	9 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00 -11:00 Chair Aerobics 11:30-12:30	10 Pen to Paper Writing Group 9:00 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Mahjong 12:30-3:30 Computers* 1:00-3:00	11 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	12 Tai Chi with Stephanie 9:30-10:30 Cedar Post Farm Trip Must Register Craft Project 11:00 Must Register
15 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers* 1:00-3:00	16 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00 -11:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30	17 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Talking Food with Jen 12:00 Mahjong 12:30-3:30 Computers* 1:00-3:00	18 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	19 Tai Chi with Stephanie 9:30-10:30 Labor Day BBQ & Games Traders Cove (weather permitting) 11:00-2:00 Must Register
22 Zumba 9:30-10:30 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers* 1:00-3:00	23 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00 -11:00 Chair Aerobics 11:30-12:30	24 Pen to Paper Writing Group 9:00 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Age Related Hearing Loss 12:00 Mahjong 12:30-3:30 Computers* 1:00-3:00	25 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00-11:00 Chair Aerobics 11:30-12:30 Mahjong 12:30-3:30	26 Tai Chi with Stephanie 9:30-10:30 Ice Cream Truck Social & Driving through the Ages 11:00 Must Register
29 The Book Nook Club 10:00-11:00 Zumba 9:00-10:00 Stretch & Stronger 11:00-12:00 Community Café 11:00-1:30 Computers* 1:00-3:00	30 Floor Yoga** 9:00-9:45 Chair Yoga** 10:00 -11:00 Chair Aerobics 11:30-12:30 Acrylic Art Class 1:30	31 Line Dancing 10:00-12:00 Community Café 11:00-1:30 Mahjong 12:30-3:30 Computers* 1:00-3:00	** All Yoga Classes are now held at Traders Cove by Gazebo (weather permitting)	*Must register for computers on Monday & Wednesday call 732-920-8686

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

TRADERS COVE CONCERT SERIES

August 3rd, August 10th, August 17th, August 24th

Transportation available, call to reserve a seat on the bus

Fruit & Vegetable Vouchers are available for distribution

Monday through Friday between 9 am – 3 pm at the 270 Chambers Bridge Road location

Household Size – Annual Income:

1 person \$25,142; 2 person \$33,874; 3 person \$42,606; 4 person \$51,338

You must present address & income information

Are you a Caregiver?

Are you helping an elderly parent, friend, neighbor or someone who is frail or disabled?

Are you assisting with their food shopping, driving them to doctors, preparing their meals?

Caregiving for an elderly person can be difficult.

Resources & services are available that may assist you in caring for a loved one, call 732-920-8686

The Community Café (suggested donation is \$2.00)

Mondays & Wednesdays from 11 am to 1:30 pm

Lunch Reservation by 11 am the day before is required

Transportation provided to site, 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.

Transportation on the bus is available to the Senior Center to attend all classes, activities & appointments. Call to schedule your ride.

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

OPEN ACCESS MONDAY -FRIDAY 10:00-3:00 (on your own)

Assistance is available every Monday & Wednesday 1:00 – 3:00. Call to schedule your time.

ACTIVITIES

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, August 8th at 1:30

Bus Trip to Cedar Post Farm

Farmer Market in Lakehurst

Friday, August 12th

Call to reserve the bus

Talking Food with Jen

presented by Community Service, Inc

Wednesday, August 17th at 12:00

Call to reserve lunch in the Café

Free Health Screening

Blood Pressure, BMI, Bone Density & Diabetes Risk Assessment

provided by RWJ Barnabas Health

Thursday, August 18th from 10:45 – 11:45

Labor Day BBQ & Games

provided by Ambassador Day Care, Veteran Care & BP Senior Care

held at Traders Cove, weather permitting,

otherwise inside Senior Center at 373 Adamston Rd

Friday, August 19th at 11:00

Must Register beginning July 21st

Age Related Hearing Loss Presentation

presented by RWJ Barnabas Health

Wednesday, August 24th at 12:00

Ice Cream Truck Social & Driving through the Ages Presentation

provided by Willow Springs

Friday, August 26th at 11:00

Must Register beginning July 29th

The Book Nook Club Meets Monday, August 29th at 10:00

join us for exciting discussions & review the latest best sellers