

# NOVEMBER 2022 CALENDAR OF ACTIVITIES



## BRICK TOWNSHIP OFFICE OF SENIOR SERVICES

Office Location: 270 Chambers Bridge Road, Unit 12, Brick, NJ 08723

Activity Location: 373 Adamston Road, Brick, NJ 08723

Phone: 732-920-8686 Email: brickseniors@bricktownship.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chair Aerobics.....11:30am-12:30pm	2 Line Dancing.....10am-12pm Community Cafe.....11am-1:30pm Mah Jong.....12:30pm-3:30pm	3 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mah Jong.....12:30pm-3:30pm	4 Thanksgiving Feast.....11am-1pm <i>Registration begins October 11</i>
7 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	8 <i>Office Closed in Observance of Election Day</i>  <i>Polls Open 6am-8pm</i>	9 Line Dancing.....10am-12pm Community Cafe.....11am-1:30pm Chronic Back, Neck and Sciatic Pain Management Presentation.....12pm Mah Jong.....12:30pm-3:30pm	10 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mah Jong.....12:30pm-3:30pm	11 <i>Office Closed in Observance of Veterans Day</i>  <i>Brick Twp. Veterans Day Ceremony 11am - Municipal Building</i>
14 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Technology Class “Phishing”.....1:30pm	15 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am B/P & Shingles Presentation.....11am Chair Aerobics.....11:30am-12:30pm Acrylic Art Class .....1:15pm	16 Pen to Paper Writing Group.....9am Line Dancing.....10am-12pm Community Cafe.....11am-1:30pm Mah Jong.....12:30pm-3:30pm	17 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Ocean County Mall Bus Trip Mah Jong.....12:30pm-3:30pm	18 Flu/Pneumonia/COVID Vaccinations provided by OC Health Dept....10am-1pm  Delicious Orchards Bus Trip
21 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	22 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm	23 Line Dancing.....10am-12pm Community Cafe.....11am-1:30pm CSI Presentation.....12pm Mah Jong.....12:30pm-3:30pm	24 <i>Office Closed in Observance of Thanksgiving Day</i>	25 <i>Office Closed in Observance of Thanksgiving Holiday</i>
28 The Book Nook Club.....10am-11am Zumba.....9am-10am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Craft Project (must register).....1pm-2pm	29 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Acrylic Art Class .....1:15pm	30 Line Dancing.....10am-12pm Community Cafe.....11am-1:30pm Mah Jong.....12:30pm-3:30pm	<i>The staff of Brick Township Senior Services wishes everyone a Happy, Healthy and Safe Thanksgiving</i>	

## ***Brick Senior Services***

**Mayor John G. Ducey**  
***Council President Vin Minichino***  
***Council Vice President Lisa Crate***  
***Councilman Perry Albanese***  
***Councilwoman Heather deJong***  
***Councilwoman Marianna Pontoriero***  
***Councilwoman Andrea Zapcic***

***Director of Senior Services***  
**Zulma Soto**

### **Medicare Open Enrollment**

October 15 through December 7

Review your Prescription Drug Coverage, Advantage & Medigap Plans for 2023.

Drug coverage costs change every year, review your options. Free Counseling will be provided by our SHIP counselors, call to schedule an appointment  
732-920-8686

Homeowners & Tenants will soon receive filing information mailers for the 2019 Anchor which replaces the Homestead Benefit Program.

The Deadline is 12/30/2022

We are providing appointments to our Seniors with application assistance, call to schedule

### ***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 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 732-920-8686 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.

### **2022 PAAD & Senior Gold Annual Income Guidelines**

PAAD: Individual: \$38,769 Couple: \$45,270  
Senior Gold: Individual: \$48,76 Couple: \$55,270

Computers Available for Your Personal Use  
OPEN ACCESS MONDAY -FRIDAY 10am-3pm  
(on your own)

## **SENIOR SERVICES NOVEMBER ACTIVITIES**

Thanksgiving Feast  
Entertainment by Vinny Cupo  
Meal provided by Complete Care  
Friday, November 4 at 11am  
Must Register beginning October 11th

Chronic Back, Neck and Sciatic Pain  
Management Presentation by  
Orthopedic Institute / Brielle Orthopedics  
Wednesday, November 9 at 12pm

Community Services Presentation  
Wednesday, November 23 at 12pm

The Book Nook Club Meets  
Monday, November 28 at 10pm  
*Join The Book Nook for exciting discussions & review the latest best sellers*

### **FREE HEALTH SCREENINGS**

Blood Pressure & Shingles Presentation  
provided by Nursing Students from  
Georgian Court University  
Tuesday, November 15 at 11am

Flu / Pneumonia / Covid Vaccines  
provided by the Ocean County Health Dept  
Friday, November 18 10am-1pm

## **Brick Township SENIOR SHUTTLE**



*The Brick Senior Shuttle Service was started in 2019 by Mayor Ducey, the Township Council and Brick Senior Services. The Senior Shuttle provides residents ages 60 and over with free transportation to Brick Township's shopping areas as well as to special events in the township and surrounding communities.*

Senior Shuttles are wheelchair accessible.

Senior Shuttle rides are free; seating is limited and filled on a first-come, first-served basis.

November's Senior Shuttle Trips are:

Ocean County Mall  
Thursday, November 17

Delicious Orchards  
Colts Neck  
Friday, November 18

Call 732-920-8686 to reserve a trip