

JANUARY 2023 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
2 <i>Offices Closed in observance of New Year's Day</i>	3 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	4 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	5 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Mahjong.....12:30pm-3:30pm Tai Chi with Stephanie.....1:30pm	6 Movie.....12pm
9 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	10 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	11 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	12 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Mahjong.....12:30pm-3:30pm Tai Chi with Stephanie.....1:30pm	13
16 <i>Offices Closed in observance of Martin Luther King Jr. Day</i>	17 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	18 Pen to Paper Writing Group.....9am Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	19 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Mahjong.....12:30pm-3:30pm Tai Chi with Stephanie.....1:30pm	20 Ocean County Mall Bus Trip
23 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	24 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	25 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	26 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Mahjong.....12:30pm-3:30pm Tai Chi with Stephanie.....1:30pm	27 Craft Class.....11am-12pm
30 The Book Nook.....10am-11am Zumba.....9am-10am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	31 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm			

Brick Senior Services

Mayor John G. Ducey
Councilman Perry Albanese
Councilwoman Lisa Crate
Councilwoman Heather deJong
Councilman Vin Minichino
Councilwoman Marianna Pontoriero
Councilwoman Andrea Zapic

Director of Senior Services
Zulma Soto

2023 Medicare Advantage Open Enrollment
January 1 - March 31

Review and change your Advantage Plans for 2023 or switch to Original Medicare with a Part D Plan. Review your options. Free counseling will be provided by our SHIP counselors. Call 732-920-8686 to schedule an appointment.

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 and services are available that may assist you in caring for a loved one. Call 732-920-8686 for information.

The Community Cafe

Mondays and Wednesdays, 11am-1:30pm
Lunch reservation by 11am the day before is **required**. Transportation provided to site.

Suggested donation of \$2.

Call 732-920-8686 for reservations.

Senior Services staff is available to help you with applications for PTR, Senior Gold, PAAD, Home Energy Assistance, Meals on Wheels and to provide you with information of other senior benefits. Call to schedule an appointment. Appointments held at the Civic Plaza, 270 Chambers Bridge Road Unit 12.

Need Help with Food Shopping?

On-line food shopping services are still available through Jersey Cares. Call 732-920-8686 for assistance with placing your order. Volunteers are available to do your food shopping.

2023 PAAD & Senior Gold Annual Income Guidelines

PAAD

Individual: Less than \$42,142

Couple: Less than \$49,209

Senior Gold

Individual: \$42,142 - \$52,142

Couple: \$49,209 - \$59,209

Computers available for your personal use.
Open access Monday through Friday, 10am-3pm.

SENIOR SERVICES
JANUARY ACTIVITIES

Movie Day

Come out to enjoy a new release movie with snacks. Call 732-920-8686 for movie title.

Friday, January 6 12pm

Pen to Paper Writing Group

Join our writing groups. Group meets the 3rd Wednesday of each month at 9am.

The Book Nook Club meets Monday, January 30 at 10am. Join us for exciting discussions and review the latest bestsellers.

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.

January's Senior Shuttle Trips are:

Ocean County Mall
Friday, January 20

Call 732-920-8686 to reserve a trip