

FEBRUARY 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
		1 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm	2 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	3 Tax Appointments
6 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	7 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	8 Valentine's Day Bingo & Lunch 11am <i>Must Register beginning 1/26</i>	9 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	10 Tax Appointments
13 Heart Healthy Luncheon, Food Demo and Lecture 12:30pm <i>Must register beginning 1/27</i>	14 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	15 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	16 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	17 Tax Appointments Senior Shuttle Trip to Bell Works, Holmdel Township
20 Office Closed in Observance of President's Day	21 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	22 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	23 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	24 Tax Appointments Craft Class.....11am-12pm
27 The Book Nook Club.....10am-11am Zumba.....9am-10am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Talking with Jen Presentation.....12pm	28 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm			

Brick Senior Services

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

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 and
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.

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 FEBRUARY ACTIVITIES

Talking with Jen Presentation
Discussing healthy eating habits
Monday, February 27 12pm

Valentine's Day Bingo and Lunch
provided by Brandywine Living at the Gables
& Reflections
Win bingo prizes while enjoying pizza for lunch
Wednesday, February 8 11am
Register beginning January 26

Heart Healthy Luncheon, Food Demo and Lecture
Lecture by Dr. Cohen, Cardiologist
provided by Willow Springs
Monday, February 13 12:30pm
Register beginning January 27

The Book Nook Club Meets
Monday, February 27 at 10pm
Join The Book Nook for exciting discussions & review
the latest best sellers

**Activities are held at the
Senior Services Activity Center
373 Adamston Road
(located in VFW Post 8867)**



**Funded in part by a grant
from the Ocean County
Board of Commissioners**

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.

February Senior Shuttle Trip:

Bell Works
Holmdel Township

*Stroll along the indoor block for
shopping and eateries*

Friday, February 17

Call 732-920-8686 to reserve a trip