

MARCH 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 Jewish Traditions Presentation....12:15pm	7 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	8 St. Patrick's Day Party 11am <i>Must register beginning 2/15</i>	9 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Diabetes Lecture & Blood Pressure Screening..11am Chair Aerobics.....11:15am-12:15pm Mahjong.....12:30pm-3:30pm Tai Chi with Stephanie.....1:30pm	10 Tax Appointments
13 Bingo & Luncheon 11:30am <i>Must register beginning 2/21</i>	14 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	15 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-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 Bus Trip to Ocean County Mall
20 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	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 Talking with Jen Presentation.....12pm Mahjong12:30pm-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 Zumba.....9:30am-10:30am The Book Nook Club.....10am-11am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	28 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	29 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm	30 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	31 Tax Appointments

Brick Senior Services

Mayor Lisa Crate

*Council President Heather deJong
Council Vice President Andrea Zaptic
Councilman Perry Albanese
Councilman Derrick Ambrosino
Councilman Vince Minichino
Councilwoman Marianna Pontoriero*

*Director of Senior Services
Zulma Soto*

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 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.

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 MARCH ACTIVITIES

Multicultural Club

A Look at Jewish Traditions Presentation by the Ladies Auxiliary of Jewish War Veterans Post 178
Monday, March 6 12:15pm
Entertainment provided by Jersey Jugglers
Register by March 2

St. Patrick's Day Party
sponsored by Brandywine Living at the Gables & Reflections, Grace Healthcare, Willow Springs, Crest Point & Home Care.
Celebrate St. Patrick's Day with food and friends.
Wednesday, March 8 11:30am
Register beginning February 15

Diabetes Lecture & Blood Pressure Screening
provided by nursing students at Georgian Court University.
Thursday, March 9 11am

Lunch & Bingo
sponsored by Complete Care Laurelton and Shorrock Gardens
Monday, March 6 11:30am
Register beginning February 21

Talking with Jen Presentation
Discussing healthy eating habits
Wednesday, March 22 12pm

The Book Nook Club meets on
Monday, March 27 at 10am.
Join us for exciting discussions and review the latest best sellers. The book for March is *The Book Woman of Troublesome Creek* by Kim Michele Richardson.



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 the Mayor, 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.

March Senior Shuttle Trip:

Ocean County Mall
Friday, March 17

Call 732-920-8686 to reserve a trip