

APRIL 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
3 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	4 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	5 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Fall Prevention Presentation.....12pm Mahjong12:30pm-3:30pm	6 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	7 Tax Appointments
10 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Technology Class.....1:30pm	11 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	12 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm	13 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	14 Tax Appointments Senior Shuttle Bus Trip to Vintage Automobile Museum and breakfast at diner (your expense) Call to Register
17 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Talking with Jen Presentation.....12pm “Got Your Ducks in a Row?” Financial Workshop 1:30pm	18 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm Acrylic Art Class.....1:15pm	19 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm	20 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	21 Chronic Disease Workshop.....10am-12pm Craft Class.....11am-12pm
24 Zumba.....9am-10am The Book Nook Club.....10am-11am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm “Got Your Ducks in a Row?” Financial Workshop 1:30pm	25 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:15am-12:15pm	26 Ice Cream Social & Bingo 12:30pm <i>Must Register Beginning April 4</i>	27 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	28 Chronic Disease Workshop...10am-12pm “Got Your Ducks in a Row?” Financial Workshop 1:30pm Ocean County Mall Bus Trip Call to Register

Brick Senior Services

Mayor Lisa Crate
Council President Heather deJong
Council Vice President Andrea Zapic
Councilman Perry Albanese
Councilman Derrick Ambrosino
Councilman Vince Minichino
Councilwoman Marianna Pontoriero
Councilwoman Melissa Travers

Director of Senior Services
Zulma Soto

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.

Fall Prevention Presentation
provided by the Brain Injury Alliance
Wednesday, April 5 at 12pm

Technology Class with an IT Professional from
Monmouth Computer Associates
Monday, April 10 at 1:30pm

“Talking with Jen” Presentation
Monday, April 17 at 12pm

“Got Your Ducks in a Row”
Preparing your financial and personal matters
April 17, 24, 28 and May 1 at 1:30pm
Call 732-920-8686 to register

Chronic Disease Workshop
6-Week Class on Fridays from 10am-12pm
April 21, 28 & May 5, 12, 19, 26
Call 732-920-8686 to register

SENIOR SERVICES ACTIVITIES

Ice Cream Social & Bingo
sponsored by Concord Rehab
Wednesday, April 26 at 12:30pm
Suggested Donation \$2
Must register beginning April 4

The Book Nook Club
meets April 24 at 10am
Join us for exciting discussions and review the
latest best sellers

April's Book:
Mother Angelica by Raymond Arroyo

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.

April 2023 Bus Trips

Vintage Automobile Museum
and Breakfast at Diner (your expense)
Friday, April 14

Ocean County Mall
Friday, April 28

Call 732-920-8686 to reserve a trip



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