

# JUNE 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 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mahjong.....12:45pm-3:30pm Tai Chi with Stephanie.....1:30pm	2  Game Show & Lunch.....10am-12pm <i>Must register beginning 5/11</i> Medication Drop Box.....10am
5  Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	6  <i>Primary Election Office Open - No Activities</i>	7  Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong .....12:30pm-3:30pm	8  Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mahjong.....12:45pm-3:30pm Tai Chi with Stephanie.....1:30pm	9  Wood Sign Craft Project.....1pm <i>Limited Space; must register beginning 5/15</i>
12 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Technology Class.....1:30pm	13 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Acrylic Art Class.....1:15pm <i>Bring your own canvas</i>	14  Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong .....12:30pm-3:30pm	15  Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mahjong.....12:45pm-3:30pm Tai Chi with Stephanie.....1:30pm	16  BBQ at Traders Cove....11:30am (rain date 6/23) <i>Must register beginning 5/18</i>
19  Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm	20  Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm	21  Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong .....12:30pm-3:30pm	22  Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mahjong.....12:45pm-3:30pm Tai Chi with Stephanie.....1:30pm	23  Craft Class.....11am-12pm
26 Zumba.....9am-10am The Book Nook Club.....10am-11am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm “Talking with Jen Presentation”....12pm	27 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Acrylic Art Class.....1:15pm <i>Bring your own canvas</i>	28  Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong .....12:30pm-3:30pm	29  Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Mahjong.....12:45pm-3:30pm Tai Chi with Stephanie.....1:30pm	30  Senior Shuttle Bus Trip Smithville <i>Call to register</i>

## 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**

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.

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 ACTIVITIES

**Game Show & Lunch**  
Enjoy Bob Scott's interactive games while enjoying spaghetti & meatballs  
Friday, June 2 from 10am-12pm  
Must register beginning May 11  
Suggested donation \$4

**Medication Drop Box**  
Bring any expired and unused medications, prescription drugs and over-the-counter medicines to be disposed of properly by the Brick Township Police Department  
Friday, June 2 at 10am

**Wood Sign Craft**  
Create your own wood sign for your home. Light refreshments available.  
Sponsored by Imperial Healthcare & Right at Home.  
Friday, June 9 at 1pm.  
Space is limited.  
Register beginning May 15

Technology Class with an IT Professional from Monmouth Computer Associates  
Monday, June 12 at 1:30pm

**BBQ at Traders Cove**  
Friday, June 16 at 11:30am  
Rain date is 6/23 (same time)  
Music provided by Nick on keyboards.  
Sponsored by Complete Care.  
Must register beginning May 18

The Book Nook Club  
meets June 26 at 10am  
Join us for exciting discussions and review the latest best sellers

Talking with Jen  
A Nutrition Presentation  
Monday, June 26 at 12pm



**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.

June Senior Shuttle Trip:

Smithville  
*Enjoy the day shopping at Historic Smithville's wonderful shops*

Friday, June 30  
Call 732-920-8686 to reserve a trip