

JULY 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
<p>3</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm</p>	<p>4</p> <p><i>Closed in observation of Independence Day</i></p>	<p>5</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Talking with Jen Presentation.....12pm Mahjong12:30pm-3:30pm</p>	<p>6</p> <p>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</p>	<p>7</p> <p>Community Cafe.....11am-12pm Movie.....12:15pm</p>
<p>10</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm</p>	<p>11</p> <p>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></p>	<p>12</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>13</p> <p>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</p>	<p>14</p> <p>Senior Shuttle Bus Trip Jenkinson's Aquarium Lunch on Boardwalk Included Call to register</p>
<p>17</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Technology Class.....1:30pm</p>	<p>18</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm</p>	<p>19</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>20</p> <p>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</p>	<p>21</p> <p>Overactive Bladder Presentation and Lunch.....12pm Registration required; call to register</p>
<p>24</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm</p>	<p>25</p> <p>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></p>	<p>26</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>27</p> <p>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</p>	<p>28</p> <p>Craft Class.....10am-11am Community Cafe.....11am-12pm</p>
<p>31</p> <p>Zumba.....9am-10am The Book Nook Club.....10am-11am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm</p>	<p>Senior Farmers Market Voucher Distributions Monday, July 10 9:30am - 12pm Thursday, July 20 10:45am - 1pm at the Senior Services Activity Center, 373 Adamston Road</p>			

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.

NJ has a new SNAP Minimum Benefit of \$95
Monthly SNAP benefits provide nutrition assistance so you can put more fresh, healthy food on your table.

Eligibility - Gross **Monthly** Income
Family Size
1 - \$2,098
2 - \$2,823
3 - \$3,551

Call 732-920-8686 for additional information or to schedule an appointment

Senior Farmer Market Nutrition Program
Promotes nutritional health among NJ's senior citizens by providing you with locally grown fresh fruits, vegetables and herbs -
receive a benefit of \$50
Eligibility: 60 years or older
Annual Gross Income

Family Size
1 - \$26,973
2 - \$36,482
3 - \$45,991

Distribution at the Senior Services Activity Center
373 Adamston Road
Monday, July 10 from 9:30am until 12pm
Thursday, July 20 from 10:45am until 1pm
You will receive information on participating vendor locations.

If you are unable to attend the above dates, call 732-920-8686 for additional information or visit the Senior Services Office, 270 Chambers Bridge Road, 9:30am-12pm or 1:30pm-3:30pm

SENIOR SERVICES JULY 2023 ACTIVITIES

Talking With Jen
Nutrition Presentation
Wednesday, July 5 at 12pm

Technology Class with an IT Professional
from Monmouth Computer Associates
Monday, July 17 at 1:30pm

Overactive Bladder Presentation and Lunch
provided by Garden State Medical Center
Friday, July 21 at 12pm
Must register beginning June 22

The Book Nook Club meets on
Monday, July 31 at 10am
Join us for an exciting discussion and review the latest best sellers.

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.

July Senior Shuttle Trip:
Jenkinson's Aquarium & Lunch
Enjoy a day at the Point Pleasant Boardwalk, visit the aquarium and enjoy a lunch (included). Souvenirs at your own expense.

Friday, July 14
Seating is limited; call to register.

Call 732-920-8686 to reserve a trip



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