

AUGUST 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>1</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm</p>	<p>2</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>3</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</p>	<p>4</p> <p>Ice Cream Social & Samba.....12pm Register beginning July 24</p>
<p>7</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>8</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>9</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm Rita's Italian Ice Trip (see back)</p>	<p>10</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</p>	<p>11</p> <p>Coffee & Donut Social and Craft....10am Register beginning July 27 Community Cafe.....11am</p>
<p>14</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm Technology Class.....1:30pm</p>	<p>15</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Cedar Post Farm Trip (see back) Register beginning July 28</p>	<p>16</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm Yellow Brick Road Ice Cream Trip (see back)</p>	<p>17</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</p>	<p>18</p> <p>Craft Class.....10am-11am Community Cafe.....11am Bus Trip to Allaire Village Register beginning July 31</p>
<p>21</p> <p>Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>22</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> Stewart's Root Beer Trip (see back) Register beginning July 25</p>	<p>23</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Talking with Jen Presentation.....12pm Mahjong12:30pm-3:30pm</p>	<p>24</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm Jenkinson's Aquarium Trip Register beginning August 2</p>	<p>25</p> <p>Brunch and a Movie.....10:30am Register beginning August 1 Movie.....12:15pm</p>
<p>28</p> <p>Zumba.....9am-10am The Book Nook Club.....10am-11am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>29</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Friendly's Ice Cream Trip (see back) Register beginning August 7</p>	<p>30</p> <p>Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>31</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</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.

Computers available for your personal use.
Open access Monday through Friday, 10am-3pm.

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

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 ACTIVITIES

Ice Cream Social & Samba
Friday, August 4 at 12pm
sponsored by Willow Springs
Register beginning July 24

Coffee & Donuts Social and Craft
Friday, August 11 at 10am
provided by Home Well Care Services
Register beginning July 27

Technology Class with an IT Professional
from Monmouth Computer Associates
Monday, August 14 at 1:30pm

Talking With Jen
Nutrition Presentation
Wednesday, August 23 at 12pm

Brunch & a Movie
Friday, August 25 at 10:30am
provided by Brandycare
Register beginning August 1

The Book Nook Club meets on
Monday, August 28 at 10am
Join us for an exciting discussion and review the latest best sellers.



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

Brick Township SENIOR SHUTTLE

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.*

August's Senior Shuttle Trips:

Rita's Italian Ice*

Wednesday, August 9

Cedar Post Farm*

Tuesday, August 15

Register beginning July 28

Yellow Brick Road Ice Cream*

Wednesday, August 16

Historic Allaire Village

Friday, August 18

(trip canceled in inclement weather)

Register beginning July 31

Stewart's Root Beer, Pt. Pleasant*

Tuesday, August 22

Register beginning July 25

Jenkinson's Aquarium and Lunch

Enjoy a day at the boardwalk, have lunch and visit the aquarium.

Thursday, August 24

Register beginning August 2

Friendly's Ice Cream, Toms River*

Tuesday, August 29

Register beginning August 7

Call 732-920-8686 to reserve a trip

**shopping and food at these trips at
your own expense*