

SEPTEMBER 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><i>Please note: for trips marked with an *, you should be prepared to pay for your own food and incidentals</i></p>				<p>1 Craft Class.....10am-11am</p>
<p>4 <i>Closed in observation of Labor Day</i></p>	<p>5 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> Wallach's Farm Bus Trip* Register beginning August 16</p>	<p>6 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm PNC Banks Art Center Bus Trip Register beginning August 18</p>	<p>7 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</p>	<p>8 Lunch & Bingo.....11:30am Register beginning August 23</p>
<p>11 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Dessert & Bingo.....12pm Call to Register Mahjong.....12:30pm-3:30pm Technology Class.....1:30pm Topic: Customizing Your Computer</p>	<p>12 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm PNC Banks Art Center Bus Trip Register beginning August 25</p>	<p>13 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm House Calls Presentation.....12pm Mahjong.....12:30pm-3:30pm</p>	<p>14 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm Jenkinsons Aquarium Bus Trip (trip is full)</p>	<p>15 Lunch & Learn.....11am Register beginning August 29 Ocean County Mall Bus Trip Call to Register</p>
<p>18 Zumba.....9:30am-10:30am Stretch & Stronger.....11am-12pm Community Cafe.....11am-1:30pm Talking with Jen Presentation.....12pm Mahjong.....12:30pm-3:30pm Writing Group.....1pm-3pm</p>	<p>19 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> Cedar Post Farm Bus Trip* Register beginning August 30</p>	<p>20 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Mahjong12:30pm-3:30pm</p>	<p>21 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm</p>	<p>22 Lunch & Bingo.....11am Register beginning September 1</p>
<p>25 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>26 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm PNC Bank Arts Center Bus Trip Register beginning September 5</p>	<p>27 Line Dancing.....10am-11:30am Community Cafe.....11am-1:30pm Bingo.....12pm Register beginning September 11 Mahjong12:30pm-3:30pm</p>	<p>28 Chair Aerobics.....11:30am-12:30pm Tai Chi with Stephanie.....1:30pm Smithville Village Bus Trip* <i>Weather permitting</i> Register beginning September 7</p>	<p>29 Vendor Fair.....9:30am-11:30am Enjoy music and pizza Call to Register</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.

Technology Class with an IT Professional from Monmouth Computer Associates
Monday, September 11 at 1:30pm
Topic: Customizing Your Computer



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

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
SEPTEMBER ACTIVITIES

Lunch & Bingo - Friday, September 8 at 11:30am
provided by Complete Care
Register beginning August 23

Dessert & Bingo - Monday, September 11 at 12pm
provided by Fountain View Care
Must register - seating is limited

House Calls Presentation presented by VNA
Wednesday, September 13 at 12pm

Lunch & Learn
Friday, September 15 at 11am
Provided by Beacon of Life.
Register beginning August 29

A new group is forming, Moments & Memories.
Leaving a legacy through words, wisdom and scrapbooking. Come Share your Heart. Join us to explore ways to tell your story through writing and different mediums! Getting to know each other will be our first meeting on Monday, September 18 from 1pm to 3pm. Call to register.

Talking With Jen
Nutrition Presentation
Monday, September 18 at 12pm

Lunch & Bingo - Friday, September 22 at 11am
provided by Beacon of Life
Register beginning September 1

The Book Nook Club meets on
Monday, September 25 at 10am
Join us for an exciting discussion and review the latest best sellers.

Bingo
Wednesday, September 27 at 12pm
Limited space; Register beginning September 11
Sponsored by Right at Home.

Annual Vendor Fair
Friday, September 29 from 9:30am-11:30am
Meet local businesses and agencies offering services to seniors. Enjoy music and pizza.
Call to register

PNC BANK ARTS CENTER TRIPS

Wednesday, September 6
Dom Scaglione, Jr sings classics of Sinatra, Dean Martin, Four Seasons and comedian Max Dolcelli
Register beginning August 18

Tuesday, September 12
Tony Orlando and comedian John Pizzi
Register beginning August 25

Tuesday, September 26
Elvis Tribute Artists
Register beginning September 5

PNC Bank Arts Center Trips are rain or shine. Concession stands are open (at your own expense). You may also bring a bagged lunch.

Brick Township SENIOR SHUTTLE

*Senior Shuttles are wheelchair accessible
Senior Shuttle rides are free; seating is limited and filled on a first-come, first-served basis.*

September's Senior Shuttle Trips:

Wallach's Farm & Mister Softee*
Tuesday, September 5
Register beginning August 16

Jenkinson's Aquarium
Thursday, September 14
Trip is full.

Cedar Post Farm*
Trip Includes a stop for lunch at own expense
Tuesday, September 19
Register beginning August 30

Smithville Village*
Thursday, September 28
Weather permitting
Register beginning September 7

Call 732-920-8686 to reserve a trip

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