

NOVEMBER 2023

CALENDAR OF ACTIVITIES

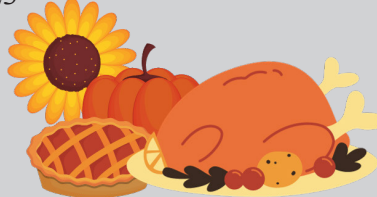


BRICK TOWNSHIP OFFICE OF SENIOR SERVICES

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 Stretch & Stronger...10:30am-11:30am Community Cafe.....11am-1:30pm Bingo & Dessert.....12pm <i>Must register beginning 10/23</i> Mahjong.....12:30pm-3:30pm	2 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi.....1:30pm-3pm	3 The Book Nook Club.....10am-11am
6 Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	7 <i>Election Day</i> <i>Offices Closed</i> <i>Polls Open 6am-8pm</i>	8 Stretch & Stronger...10:30am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	9 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi.....1:30pm-3pm	10 <i>Offices Closed in Observation of Veterans Day</i>
13 Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm Technology Class.....1:30pm	14 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm	15 Stretch & Stronger...10:30am-11:30am Community Cafe.....11am-1:30pm Talking with Jen Presentation....12pm Mahjong.....12:30pm-3:30pm	16 Flu Shots.....10am-2pm <i>Provided by Ocean County Health Department</i>	17 Friendsgiving Feast.....11:30am <i>Must register beginning 10/30</i>
20 Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	21 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Canasta.....1pm-3pm	22 Stretch & Stronger...10:30am-11:30am	23  24 <i>Offices closed in observation of</i> THANKSGIVING <i>Brick Senior Services wishes you a happy and joyous holiday</i>	
27 Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	28 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>	29 Stretch & Stronger...10:30am-11:30am Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm	30 Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30pm Tai Chi.....1:30pm-3pm	

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

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

It's MEDICARE OPEN ENROLLMENT TIME!
Now until December 7.

Now is the time to check your medical insurance coverage for 2024. See your options. Schedule an appointment with a SHIP (State Health Insurance Counselor) at the Brick Senior Center by calling 732-920-8686.

**NOVEMBER 2023
SENIOR CENTER ACTIVITIES**

Bingo & Dessert

Wednesday, November 1 at 12pm

Registration begins 10/23

Sponsored by Ambassador Adult Medical Day Program.

If you would like to attend lunch in the Community Cafe, call 732-920-8686 to register for lunch.

The Book Nook Club meets
Friday, November 3 at 10am.
Join us for exciting discussions and review the latest bestsellers.

Acrylic Art Class

Students are required to bring their own canvas of any size. We will provide paints and brushes for your use.

'Talking with Jen'

Nutrition Presentation

Wednesday, November 15 at 12pm

Flu Shots

Thursday, November 16 from 10am-2pm
provided by Ocean County Health Dept.

Friendsgiving Feast

Entertainment by Vincent Cupo

Friday, November 17 at 11:30am

Thanksgiving dinner provided by Complete Care.
Must register beginning 10/30

UPCOMING TOWNSHIP EVENTS

Veterans Day Ceremony

Saturday, November 11 at 11am

Brick Township Municipal Building

Christmas Tree Lighting

Wednesday, November 29 at 5:30pm

Brick Township Municipal Building
Featuring holiday music and a visit from Santa!



**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. 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.

Senior Shuttles are wheelchair accessible.

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

Call 732-920-8686 to reserve a trip