

JANUARY 2024



CALENDAR OF ACTIVITIES



BRICK TOWNSHIP OFFICE OF SENIOR SERVICES

Location: 500 Aurora Drive, Brick, NJ 08723

Phone: 732-920-8686 Email: brickseniors@bricktownship.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>Office Closed for New Year's Day</p>	<p>2</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am</p>	<p>3</p> <p>Stretch & Stronger...10:30am-11:30am Mah Jong.....12:30pm-3:30pm</p>	<p>4</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Tai Chi.....1:30pm-3:30pm</p>	<p>5</p> <p>Community Cafe.....11am-1:30pm</p>
<p>8</p> <p>Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>9</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am</p>	<p>10</p> <p>Stretch & Stronger...10:30am-11:30am Mah Jong.....12:30pm-3:30pm</p>	<p>11</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Tai Chi.....1:30pm-3:30pm</p>	<p>12</p> <p>The Book Nook Club.....10am Community Cafe.....11am-1:30pm</p>
<p>15</p>  <p>Office Closed in observation of Martin Luther King Jr. Day</p>	<p>16</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Acrylic Art Class.....1:15pm <i>Bring your own canvas</i></p>	<p>17</p> <p>Stretch & Stronger...10:30am-11:30am Mah Jong.....12:30pm-3:30pm Ocean County Mall Bus Trip</p>	<p>18</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Tai Chi.....1:30pm-3:30pm</p>	<p>19</p> <p>Crafts.....10am-11am Community Cafe.....11am-1:30pm</p>
<p>22</p> <p>Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>23</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am</p>	<p>24</p> <p>Stretch & Stronger...10:30am-11:30am Mah Jong.....12:30pm-3:30pm</p>	<p>25</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Tai Chi.....1:30pm-3:30pm</p>	<p>26</p> <p>Community Cafe.....11am-1:30pm Movie</p>
<p>29</p> <p>Zumba.....9:15am-10:15am Line Dancing.....10:30am-12pm Community Cafe.....11am-1:30pm Mahjong.....12:30pm-3:30pm</p>	<p>30</p> <p>Floor Yoga.....9am-9:45am Chair Yoga.....10am-11am Chair Aerobics.....11:30am-12:30am Acrylic Art Class.....1:15pm <i>Bring your own canvas</i></p>	<p>31</p> <p>Stretch & Stronger...10:30am-11:30am Mah Jong.....12:30pm-3:30pm</p>	<p><i>Mayor Lisa Crate, the Township Council and the staff of Brick Township Senior Services wish everyone a Happy and Healthy New Year!</i></p>	

Brick Senior Services

Mayor Lisa Crate
Councilman Perry Albanese
Councilman Derrick Ambrosino
Councilwoman Heather deJong
Councilman Steve Feinman
Councilman Vince Minichino
Councilwoman Marianna Pontoreiro
Councilwoman Melissa Travers

Director of Senior Services
Zulma Soto

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 & services are available that may assist you in caring for a loved one, call 732-920-8686

The Community Cafe

Mondays and Fridays, 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.

Staff is available to help with applications for various benefit programs to help with Utility, Property Tax and Rx expenses such as PTR, Senior Gold, PAAD, Home Energy Assistance, Meals on Wheels and to provide you with information on other senior benefits.

Call to schedule – 732-920-8686.

2024 PAAD Annual Income Guidelines

PAAD

Individual: Less than \$52,142

Couple: Less than \$59,209

Senior Gold

Individual: Less than \$62,142

Couple: Less than \$69,209

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 - \$2,096

2 - \$2,823

3-\$3,551

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

Its MEDICARE ADVANTAGE OPEN ENROLLMENT TIME!

January 1 to March 31

Switch Medicare Advantage Plans

Or

Leave Medicare Advantage and return to Original Medicare with a Part D Plan

Schedule an appointment with a SHIP (State Health Insurance Counselor) at the Brick Senior Center by calling 732-920-8686

SENIOR SERVICES ACTIVITIES

The Book Nook Club Meets

Friday, January 12 at 10 am

Join us for exciting discussions & review the latest best sellers

Acrylic Art Class

Tuesday, January 16 and Tuesday, January 30

1:15pm

Students are required to bring their own canvas of any size.

We will provide paints & brushes for your use

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.

January Senior Shuttle Trip:

Ocean County Mall
Toms River Township

Wednesday, January 17

Call 732-920-8686 to reserve a trip



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