





# FEBRUARY 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
  <h3>MEDICATION DROP BOX</h3> <p><i>Monday, February 12 at 11am and Thursday, February 22 at 11am</i>  <i>Bring any expired &amp; unused medications, prescriptions &amp; over the counter to be disposed of properly by the Brick Township Police Dept.</i></p>			<p>1            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Tai Chi.....1:30pm-3pm</p>	<p>2            Community Cafe.....11am            Tax Appointments</p>
<p>5            Zumba.....9:15am-10:15am            Line Dancing.....10:30am-12pm            Community Cafe.....11am-1:30pm            Mahjong.....12:30pm-3:30pm</p>	<p>6            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Musical Connections...1:45pm-2:30pm</p>	<p>7            Stretch &amp; Stronger....10:30am-11:30am            Mahjong.....12:30pm-3:30pm            Ocean County Mall Bus Trip</p>	<p>8            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Tai Chi.....1:30pm-3pm</p>	<p>9            The Book Nook Club.....10am            Community Cafe.....11am            Tax Appointments</p>
<p>12            Zumba.....9:15am-10:15am            Line Dancing.....10:30am-12pm            Community Cafe.....11am-1:30pm            Medication Drop Box.....11am            What's Your Energy IQ? NJNG Presentation and Trivia Game.....12pm            Mahjong.....12:30pm-3:30pm</p>	<p>13            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Acrylic Art Class.....1:15pm  <i>No instructor; work on your own</i>  <i>Bring your own canvas - 16"x20" recommended</i></p>	<p>14            Stretch &amp; Stronger....10:30am-11:30am            Mahjong.....12:30pm-3:30pm            Cooking with Kristen.....1:30pm  <i>Must register beginning 2/1</i></p>	<p>15            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Tai Chi.....1:30pm-3pm</p>	<p>16            Community Cafe.....11am            Tax Appointments</p>
<p>19   <b>ALL OFFICES AND THE SENIOR CENTER ARE CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</b> </p>	<p>20            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Chair Aerobics.....11:30am-12:30am            Musical Connections...1:45pm-2:30pm</p>	<p>21            Stretch &amp; Stronger....10:30am-11:30am            Mahjong.....12:30pm-3:30pm</p>	<p>22            Floor Yoga.....9am-9:45am            Chair Yoga.....10am-11am            Medication Drop Box.....11am            Chair Aerobics.....11:30am-12:30am            Tai Chi.....1:30pm-3pm</p>	<p>23            Community Cafe.....11am            Tax Appointments</p>
<p>26            Zumba.....9:15am-10:15am            Line Dancing.....10:30am-12pm            Community Cafe.....11am-1:30pm            Talking with Jen Presentation.....12pm            Mahjong.....12:30pm-3:30pm</p>	<p>27            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 - 16"x20" recommended</i></p>	<p>28            American Heart Month Presentation &amp; Lunch followed by Yoga/Breathing Session.....11:30am  <i>Must register beginning 2/2</i></p>	<p>29            Chair Aerobics.....11:30am-12:30am            Tai Chi.....1:30pm-3pm</p>	



### 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

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**

### 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 Program) Counselor at the Brick Senior Center by calling **732-920-8686**



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**

### PAAD

NEW JERSEY PHARMACEUTICAL ASSISTANCE TO THE AGED AND DISABLED

2024 Annual Income Guidelines  
**PAAD**

Individual: Less than \$52,142  
Couple: Less than \$59,209

**SENIOR GOLD PRESCRIPTION DISCOUNT PROGRAM**

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



### WHAT'S YOUR ENERGY IQ TRIVIA GAME

Monday, February 12 at 12pm  
Call to Register

*If you would like to enjoy our Cafe lunch prior to the presentation, kindly call to register*



**American Heart Month Presentation & Luncheon**  
presentation by  
Shore Cardiology

Yoga/Breathing Session with  
Gerry from Alvita  
Wednesday, February 28  
at 11:30am

Lunch sponsored by  
Willow Springs Rehab

Must Register beginning 2/2  
*Space is Limited*



**Tax Time !**  
**Schedule your**  
**Income Tax Appointment**  
**with our AARP Volunteers**  
**call 732-920-8686.**

*Currently, all appointments are full & there is only a waiting list*



### Cooking with Kristen

making Chocolate Covered Strawberries & Hot Chocolate!

Wednesday, February 14 at 1:30pm  
Space is limited; registration required.  
Register beginning 2/1

### MUSICAL CONNECTIONS

Intergenerational Program with Brick High School Students. This is a science based, fun program that stimulates the brain & body, promotes both social interaction & music engagement & strengthens sense of community in a safe environment.

Fun music related activities for our seniors' enjoyment!

**1ST & 3RD TUESDAY OF EACH MONTH**  
**AT 1:45PM**  
**CALL 732-920-8686 TO REGISTER**

### Acrylic Art Class

February 13 & 27 1:15pm

You must bring your own canvas.  
Paints & Brushes will be provided.

*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

# Brick Township SENIOR SHUTTLE

The Senior Shuttle provides residents ages 60 and over with free transportation to the Brick Senior Center, medical appointments, Brick Township's shopping areas as well as to special events in the township and surrounding communities.

**FEBRUARY TRIP**  
Ocean County Mall  
Wednesday, February 7  
Call 732-920-8686 to register

**WE NOW HAVE A SENIOR SHUTTLE DEDICATED TO TRANSPORTATION FOR DIALYSIS PATIENTS**

Call for a screening and scheduling your rides.  
Service is available Monday through Friday.  
Appointments within Brick Township only.

**FOR MORE INFORMATION OR TO SCHEDULE A RIDE CALL**

# 732-920-8686



**FRIDAY, FEBRUARY 9 10am**  
*Join us for an exciting discussion & review the latest best sellers*



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