

Mayor John G. Ducey

August 2017



BRICK TOWNSHIP SENIOR OUTREACH SERVICES

373 Adamston Road, Brick Township, NJ 08723

732-920-8686

brickseniors@bricktownship.net

www.bricktownship.net

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Arm Aerobics 10:30-11:00 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	2 <i>American Hearing Presentation 10:15</i> <i>Free hearing screening available**</i> Line Dancing I & II 10:00-12:00	3 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	4 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
7 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	8 Arm Aerobics 10:30-11:00 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	9 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	10 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	11 <i>Free Health Screenings** 9:30</i> T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
14 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	15 Arm Aerobics 10:30-11:00 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	16 Line Dancing I & II 10:00-12:00	17 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	18 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
21 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	22 Arm Aerobics 10:30-11:00 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	23 Putting Pen to Paper Writing Group 9:00- 10:00 <i>Fire Safety Presentation 10:15</i> Line Dancing I & II 10:00-12:00	24 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	25 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
28 Bingo for Fun * 10:15-11:15 Book Nook 9:30-10:30 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	29 Arm Aerobics 10:30-11:00 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	30 Line Dancing I & II 10:00-12:00	31 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	*Activity is in the Nutrition Site Must register for lunch ** Must Register

Call 24 hours in advance to reserve Bus (732-785-3000 option 2077) & Nutrition Lunch (732-920-0700) Must be 60 Years or Older

Fruit and Vegetable Vouchers

Vouchers are available at the Brick Senior Center to eligible Brick residents 60 and older during regular office hours. Vouchers will be distributed while supplies last. Please call the Brick Senior Center for more information - 732-920-8686.

Eligibility Guidelines for SFMNP vouchers is as follows:

Single - Maximum annual income \$22,311

Married - Maximum annual income \$30,044

Household size:

3- \$37,777

4- \$45,510

5- \$53,243

Proof of address and 2017 household income is required.

Free Health Screenings

**American Hearing Center (free on-site hearing screening available) –
Wednesday, August 2th at 10:15 am**

**Blood Pressure, Blood Glucose, BMI,
Bone Density
provided by RWJ Barnabas Health
on Friday, August 11th – 9:30 am**

Call to register 732-920-8686

**Fire Safety Presentation – Wednesday,
August 23rd at 10:15 am**

*Donations for all programs & services are
accepted*