

## Senior Center Staff

Jessica Zink     Supervisor, Senior Citizen Activities  
Carol Ann LaBarbera     Recreation Aide/Driver  
Rosemarie Hansen     Driver  
Gae Mangarella     Volunteer Coordinator  
**Office Volunteers:**     Beverly St. John, Carmen  
Sollod, Sandee Whitman, Anne Figgiani, Marlene  
Merrill

### Department of Parks, Recreation, & Community Services

**Lou Ann Benson**     **Director & Municipal**  
**Alliance Coordinator**     732-247-0922, ext. 475

### Important Phone Numbers

Senior Center	732-418-2222 or 732-247-0922, ext. 820
Amigo Medical Transportation	732-729-0002
Middlesex County Area Transit (MCAT)	800-221-3520
Municipal Building	732-247-0922
Department of Public Works	732-297-1134
North Brunswick Police	732-545-3200
Emergency	9-1-1

# *October Senior Sage*

North Brunswick Senior Center  
15 Linwood Place

732-247-0922, ext. 820 Fax 732-418-3665  
Amigo Medical Transportation 732-729-0002  
Email: [jzink@northbrunswicknj.gov](mailto:jzink@northbrunswicknj.gov)  
[clabarbera@northbrunswicknj.gov](mailto:clabarbera@northbrunswicknj.gov)  
Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III  
Council President Bob Davis  
Councilman Ralph Andrews~ Councilman Bob  
Corbin~ Councilwoman Shanti Narra~  
Councilwoman Cathy Nicola~  
Councilman Carlo Socio

# Special Events & News

**New! Chair Yoga with Donna**  
**Wednesdays**  
**10:30 am-11:15 am**  
**Bring a friend!**

**Men's Club**  
**Friday, October 4th**  
**At 9:30 am**

## Join us for our informative Health & Wellness Programs:

**Tuesday, 10/8 11:30 am**  
**Ask the Pharmacist, Ryan Mattioli,**  
**PharmD, North Brunswick**  
**Pharmacy**

**Friday, 10/18 Lunch & Learn \$4**  
**Vitamin D & Calcium,** presented by  
Lori Morell, BA, AFAA, CMP Parker

**Tuesday, 10/29 Medicare Workshop**  
**Q & A Ike Agudosi, Absolute**  
**Insurance Management**

**Lunch is available at these events \$4**

## FLEA MARKET

**Saturday, November 2nd- 8 am- 1pm**

*Proceeds from table rentals & items  
donated to the Friends table all go towards  
the Senior Center.*

*We are accepting donations for our tables.*

## FLU SHOTS

**Tuesday, October 15th**  
**10 am-12 pm**

Please bring your Medicare  
card- Clients with a  
Medicare Card will not be  
charged.

Available for Middlesex  
County residents 6  
Months of age and up.

## LUNCH NEWS!!

**We provide a delicious,  
homemade meal for you! Now  
you can enjoy someone cooking  
especially for you!**

**And a delicious soup du jour!**

**Monday, Tuesday, & Friday**  
**\$4/person**

## **HALLOWEEN PARTY!**

**Trick or Treat!!!**

**Friday, October 25th**  
**12 pm**

**Hot lunch & goodies**  
**for everybody! \$4**

# Club Corner

**Please note:** *You can be a member of either the Pioneers or the North Brunswick Club.*

**AARP Chapter #3885:** This chapter started in 1986 and only those who are members of the national AARP are eligible to join this chapter. The chapter's main emphasis is on community service. Dues are \$7/year per person. A schedule of meeting and activities is as follows:

- Membership meetings- 1st Monday of every month at 1 pm.
- Socials (bingo)- 3rd Monday of every month at 12:30 pm.
- Atlantic City trips (Showboat)- 2nd Wednesday of every month. Bus leaves Babbage Park parking lot at 8:45 am. Contact Rose Smoot: 732-398-9643.

For further information about the chapter contact Phyllis Andelman 732-297-5891.

**Pioneers:** Our motto is "*teamwork and friendship,*" make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Try your luck at Bingo on the 2nd & 4th Wednesday. Celebrate in style at all our holiday luncheons. Bring your ideas our meetings on the 1st & 3rd Wednesday of the month. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact James Grieco, 732-297-0969 for more information.

**North Brunswick Club (NBC):** We meet every Thursday- We have Social (Bingo) every Thursday, and the third Thursday is our regular meeting and executive board meeting. We celebrate our members birthdays at the first meeting of the month. We also have a party at least once a month, such as Valentine's Day, St. Patrick's Day, etc. (there is a charge).

Our membership is open, so wont' you consider joining our club on our **meeting day**? It's great to get together for a couple of hours a week to be amongst your peers for some talking, laughing, and sometimes singing. We would love to have you. We are a very gracious and understanding group of Senior Citizens. Thank you, Helen Schiavone, 732-846-3041.

**Friends of the Senior Center:** The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. Twice a year, they host the Flea Market, which raises money for events and activities at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many the items to enhance the Senior Center.

# October 2013

North Brunswick Senior Center 15 Linwood Place

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9- Walkers 9:30 Healthy Bones 12:30- Healthy Bones 1- Crochet	2) 9:30- Line Dancing 9:30- Swim at HS 11:30- Swim at Parker <b>No Yoga</b> 1- Pioneers Meeting	3) 9- Wood Carvers 10- Exercise Video 10:45- Healthy Bones 11:30- AARP Coupons 12:30- NBC Social	4) 9:30- Barber <b>9:30- Men's Club</b> No Swim at HS No Exercise with Donna <b>12:30- Center Bingo</b>	5
6	7 9- Zumba 9:30- Yoga 9:30- Swim at HS 10- Primetime Fitness 1 1- AARP Meeting	8 9- Walkers 9:30 Healthy Bones <b>11:30- Ask the Pharmacist</b> 12:30- Healthy Bones	9) 8:45- AARP to AC 9:30- Line Dancing 9:30- Swim at HS <b>10:30- Chair Yoga with Donna</b> 11:30- Swim at Parker 12:30- Pioneers Social	10 9- Wood Carvers 10- Exercise Video 10:45- Healthy Bones 12:30- NBC Social	11 9:30- Barber 9:30- Swim at HS 10- Exercise with Donna <b>12:30- Movie &amp; Snack</b>	12
13	14 <b>Senior Center Closed</b> <b>Columbus Day</b> 9:30- Swim at HS	15 9- Walkers <b>No Healthy Bones</b> <b>10 am-12 pm</b> <b>FLU SHOTS</b> 1- Crochet	16) 9:30- Line Dancing No Swim at HS 10- Friends Meeting <b>10:30- Chair Yoga with Donna</b> 11:30- Swim at Parker 1- Pioneers Meeting	17 9- Wood Carvers 10- Exercise Video 10:45- Healthy Bones 12:15- NBC Bd meeting 12:30- NBC Meeting	18) 9:30- Barber No Swim at HS 10- Exercise with Donna <b>12- Lunch &amp; Learn \$4</b> Vitamin D & Calcium presented by Lori Morell	19
20	21) 9- Zumba 9:30- Yoga 9:30- Swim at HS 10- Primetime Fitness 1 12:30- AARP Social	22 9- Walkers 9:30 Healthy Bones 12:30- Healthy Bones 1- Crochet	23 9:30- Line Dancing 9:30- Swim at HS <b>10:30- Chair Yoga with Donna</b> 11:30- Swim at Parker 12:30- Pioneers Social	24 9- Wood Carvers 10- Exercise Video 10:45- Healthy Bones 12- NBC Halloween Party	25) 9:30- Barber <b>9:30- Podiatrist</b> 9:30- Swim at HS 10- Exercise with Donna <b>12- Center Halloween Party \$4/person</b>	26
27	28) 8:30 am-5 pm <b>Haunted Manhattan Trip</b> 9- Zumba 9:30- Yoga 9:30- Swim at HS 10- Primetime Fitness 1 10:30- AARP Board Meeting 12:30- Center Bingo	29 9- Walkers 9:30 Healthy Bones 12:30- Healthy Bones 1- Crochet <b>1:30- Medicare Workshop</b>	30 9:30- Line Dancing 9:30- Swim at HS <b>10:30- Chair Yoga with Donna</b> 11:30- Swim at Parker 12- Pioneers Halloween Party	31 9- Wood Carvers 10- Exercise Video 10:45- Healthy Bones 12:30- NBC Social <b>Halloween</b>		

# Transportation Information

**\*\*Call 732-729-0002 to make an appointment 24 hours in advance\*\***

**PLEASE NOTE:** We use AMIGO Medical Transportation for all of our transportation services.

The following is the list of rates that is payable upon entering the vehicle to the driver:

- \$5.00 per roundtrip.
- \$2.50 per one way trip.
- \$1.50 to the Senior Center.
- \$1.50 per group trip (3 or more people traveling together, i.e. food shopping, senior trips, etc.)

These rates are a portion of the total cost, the remainder is being subsidized by the Township.

**You will receive a receipt from the driver– please keep the receipt for your records.**

## Types of Transportation:

- By appointment– call 24 hours in advance. The fee for these trips is \$5.00 roundtrip per person. One way trips are \$2.50.
- Groups of 3 or more, the fee is \$1.50 per person per roundtrip.
- Transportation to the Senior Center, the fee is \$1.50 per person per roundtrip.

# Travel Time

## Register for trips at the Senior Center

### **Norwegian Cruise Line- Cruise to the BAHAMAS on the BRAND NEW ship the Norwegian Breakaway!**

Sunday, November 10th-17th Trip departs right from New York City. Take a break before the holidays and enjoy this gorgeous brand new ship for a specially discounted rate of \$790/person (includes cruise, port charges, and government fees). All family, friends are welcome to join us on this trip!

**Haunted Manhattan!** *Monday, October 28th* Learn about the scary and spooky stories behind famous land marks in NYC without own personal tour guide! Motorcoach transportation. Lunch on your own. Trip departs from the senior center at 8:30am –4:15pm. \$45/person.

**A Branson Country Christmas At Hunderdon Hills Playhouse**  
*Friday, December 13th* A New COUNTRY MUSIC Christmas Show for 2013! Starring Tim Gillis Band & Comedian Crazy Elmer. Enjoy the show and delicious lunch! Trip departs senior center at 9:45am—5:00pm. Motorcoach transportation. \$75/person.

*Return Times are Approximate. Please make sure to have proper photo ID on trips.*

### **Please note:**

Seating is assigned by the date you pay for the trip.  
Not when you sign up.

### **Refund Policy:**

In accordance to the Department of Parks, Recreation, & Community services policy– all Senior Center trips & activities are  
**NON-REFUNDABLE**