

Senior Center Staff

Jessica Zink Supervisor, Senior Citizen Activities
CarolAnn LaBarbera Recreation Leader
Sande Whitman Keyboarding Clerk 1
Christine Reinson Clerk 1
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Mark Gicherman Building Maintenance Worker

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
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

September Senior Sage

North Brunswick Senior Center
15 Linwood Place

732-418-2222 Fax 732-418-3665

Email: TWPNBseniors@northbrunswicknj.gov

Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III
Council President Amanda Guadagnino
Councilman Ralph Andrews
Councilman Bob Corbin
Councilman Bob Davis
Councilman William Lopez
Councilman Carlo Socio

Special Events & News

On Friday, September 27th
at 11:30 AM
you're invited to tour the
North Brunswick
Library and get a behind the
scenes look at what they
offer!
You can update your library
card at this time!
Hosted by Ryan Miller
Transportation provided
from the Senior Center.

Shopping/Restaurant Trips

Monday, 9/23
10 am – Walmart

Monday, 9/30
11 am – Olive Garden

Meals served at the Senior
Center are sponsored in part
by a grant through Middlesex
County. The suggested
contribution for lunch is \$4,
unless otherwise noted.

Programs

Monday, 9/9

10 am Flu Shots by Rite Aid
12 pm Grandparents
Day Celebration \$4/contribution

Wednesday, 9/18 at 12 pm
Lunch & Learn
Milltown Pharmacy:
Medication Safety
\$2/contribution

Friday, 9/20 at 12 pm
Lunch followed by RWJUH
Silver Lining Chair Massage
1 pm – 3pm
By appointment only
\$2/contribution
Sign up starts 9/9/19

Refund Policy:

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

**Any events/programs that have a
fee/cost must be paid for and signed
up for in the office.**

Club Corner

AARP Chapter #3885: If you believe in paying it forward and enjoying
yourself, come join the local chapter of AARP! Only those who are mem-
bers of the national AARP are eligible to join. Dues are only \$10.00 a
year.

Join us for trips, parties, speakers, & entertainment. Past activities every-
one enjoyed were lunch & concerts at Hunterdon Hills Playhouse, an
overnight trip to Cape May, St. Patrick's Day celebrations, and Christmas
parties, just to name a few.

Last but not least, join us in raising money to give back to the community
to support local organizations & makes lives brighter those less fortunate.

Membership meetings– 1st Monday of every month at 12:30 pm.

For further information about the chapter contact : Rosemarie Kimmell
732-501-3224.

Pioneers: Our motto is “*teamwork and friendship,*” make new friends,
but keep the old. Everyone in their Golden Years (55 and older) are wel-
come. Celebrate in style at all our holiday luncheons. Bring your ideas to
our meetings on the 1st Wednesday of the month at 1 pm. 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
Donna Carolan, President, for more information 732-297-4654.

Friends of the Senior Center: The Friends were formed to promote the
Senior Center as a focus of activities, programs, and services for all sen-
ior citizens of North Brunswick. They meet once a month and discuss up-
coming events, trips, issues, and services at the Senior Center. The
Friends contribute towards activities by providing entertainment, trans-
portation, decorations, supplies, and many items to enhance the Senior
Center. Pat Murphy, President 732-821-5980.

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Senior Center Closed Labor Day	3 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12:30— AARP Meeting	4 9:30— Line Dancing 9:30— Mah Jongg 10:30— Chair Yoga 11:30— Zumba 11:30— Pioneers Board Meeting 1— Pioneers Meeting	5 9- Wood Carvers 10— Healthy Bones 10— Bocce Home 11:15-11:45 Strength & Cardio 12— Lunch \$4/contribution 12:30 -Center Bingo	6 9:30-10 Zumba 9:30— Mike the Barber 10— Exercise w/Donna	7
8	9 10— Flu Shots- Rite Aid 10:20 —Zumba 11 —Chair Yoga 11- Jewelry Showcase & exhibit 11:30— Coupon Club 12— Grandparents Day Program	10 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12— Gardening Club with Sharon	11 9:30— Line Dancing 9:30— Mah Jongg 10:30— Chair Yoga 11:30— Zumba	12 9- Wood Carvers 10— Healthy Bones 10— Bocce Home 11:15-11:45 Strength & Cardio 12— Lunch \$4/contribution 12:30 -Center Bingo	13 9:30-10 Zumba 9:30— Mike the Barber 10— Exercise w/Donna	14
15	16 **NEW** 9:30-10:15 Exercise with Jill 10:20 —Zumba 11 —Chair Yoga	17 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12— Gardening Club	18 9:30— Line Dancing 9:30— Mah Jongg 10— Friends 10:30— Chair Yoga 11:30— Zumba 12- Lunch & Learn Milltown Pharmacy— Medica- tion Safety \$2/person sign up	19 9- Wood Carvers 10— Healthy Bones 10— Bocce Home 11:15-11:45 Strength & Cardio 12— Lunch \$4/contribution 12:30 -Center Bingo	20 No Zumba 9:30— Mike the Barber 10— Exercise w/Donna 12:30— Lunch \$2/contribution 1 pm— 3 pm RWJUH presents Silver Lining Chair Massage— appointments necessary	21
22	23 9:30-10:15 Exercise with Jill 10— Walmart \$1 10:20 —Zumba 11 —Chair Yoga 1:30— Crochet Club	24 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12— Gardening Club with Sharon	25 9:30— Line Dancing 9:30— Mah Jongg 9:15(leave Center)—Middlesex County Senior Health & Fitness Walk at Roosevelt Park— pregister 10:30— Chair Yoga 11:30— Zumba	26 9- Wood Carvers 10— Healthy Bones 10— Bocce Home 11:15-11:45 Strength & Cardio 12— Lunch \$4/contribution 12:30 -Center Bingo	27 9:30— Podiatrist 9:30-10 Zumba 9:30— Mike the Barber 10— Exercise w/Donna 11:30— Tour of North Brunswick Library	28
29	30 9:30-10:15 Exercise with Jill 11— Olive Garden \$1 10:20 —Zumba 11 —Chair Yoga					

Transportation Information

You must BE PRE-REGISTERED and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services.

Contact the Senior Center office AT LEAST 2 days in advance to set up an Appointment 732-418-2222.

The transportation service is provided by Roundtrip using LYFT vehicles. The cost of this program is subsidized by the Township.

You will need to prepay for your rides (\$25 minimum). Forms are available at the Senior Center, 15 Linwood Place. You can mail in your payment or pay at the Senior Center.

Each qualified North Brunswick Township senior age 62 & over will complete a passenger data sheet. Returning participants do not need to reapply for the program. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Transportation Program.**

1. Rides will be \$2 EACH WAY within North Brunswick using North Brunswick Transportation with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be \$1 each way.
2. Rides originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going outside of the Township
3. **limits in any direction (up to 10 miles in total travel per one way trip) will be \$3 EACH WAY.**
4. **You must call AT LEAST 2 days in advance to schedule your appointment at the Senior Center 732-418-2222.**
5. **Weekend and after hours appointments (between 8:30 am – 4 pm) can be made in advance through the Senior Center office. For Pick ups after hours call 877-396-8080.**

Programs & Trips

Register for trips at the Senior Center

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

EXERCISE PROGRAMS!

Mondays

9:30 am-10:15 am Exercise with Jill*
****Starting Monday, 9/16****
10:20-10:50 am ZUMBA
11 am-Chair Yoga with Jaclyn

Tuesdays

9:30 am– Senior Walkers
(sign up at DPRCS office)
9:30 am Healthy Bones
10:30 am–Fall Prevention Exercise Class
11:15 –11:45 am Mat Yoga w/Jaclyn (for seniors who are comfortable using the mat on the floor)

Wednesdays

9:30 am– Line Dancing
10:30- 11:15 am Chair Yoga with Donna
***11:30 am– Zumba ***
New class

Thursdays

10 am– Healthy Bones
11:15 am-11:45 am Strength & Cardio with Jaclyn. Bring light weights if you have them!

Fridays

9:30 am– Zumba
10 am– Exercise with Donna

Hunterdon Hills
Playhouse Trip to
2019 Holiday
Musical! Monday
11/18 at 9:45 am
“The Three Scrooges”
Amazing Dance
numbers! Holiday
Songs!
\$60/person! Bus
sponsored by Friends
of the Senior Center
Sign up!

Clubs

Gardening Club meets on
Tuesdays
12 pm–1 pm

Mah Jongg – All levels
Welcome!
Wednesdays
9:30 am

Crochet Club
2nd & 4th Monday
1:30 pm