



December Senior Sage



Senior Center Staff

Jessica Zink	Supervisor
Christine Reinson	Clerk 2
Carmella Varga	Clerk 3
Xiomara Espinal, Jenny Meshriky	Drivers

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
Roundtrip	877-396-8080
Middlesex County Area Transit (MCAT)	800-221-3520
Municipal Building	732-247-0922
Department of Public Works	732-297-1134
Library	732-246-3545
North Brunswick Police	732-545-3200
Emergency	9-1-1

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

The Senior Center is your home away from home. We are happy to have you join us any weekday from 8:30 am to 4:00 pm. The Senior Center is an active, comfortable place to spend some time, meet with other seniors, and to enjoy your leisure hours.

Special Events & News

PLEASE REGISTER FOR ALL PROGRAMS AND SPECIAL EVENTS

(You do not have to register for exercise on-site).

Help decorate the Senior Center
for the Holidays!

All are welcome

Wednesday, 12/8 at 11 am

NJ Hope & Healing will host:

Tip of the Month Program

12/10 At 1 pm

DIY Holiday Cards

12/20 at 1 pm

Presented by Mobile Family
Success Center of Middlesex County

SENIOR DATA

In order to assure we have
your proper mailing/phone in-
formation, please fill out a
Data Sheet.

Please keep checking
Channel 15, the website, and
Senior Center for additional
programs that are added
throughout the Month.

Senior Walking Club -10:30 am

Tuesdays (unless otherwise noted)

Bus will leave Senior Center at
10:30 am and head to the East
Brunswick Mall for Indoor Walk-
ing and return 12 pm

MOVIE SOCIAL! (title TBA)

Wednesday, 12/15 at 12:30 pm

Provided by the NB Library.

HOLIDAY GRAB AND GO

BOXED LUNCH TO GO

Thursday, December 16th

12 PM- 1PM

Space is limited, sign up ASAP.

Gardening & Craft Club

12 pm-1 pm

12/7, 12/14, 12/21, 12/28

(Unless otherwise noted)

Refund Policy:

In accordance to the Department of Parks,
Recreation, & Community 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

Senior Club members will receive communication from your
Club Presidents when meetings are scheduled.

AARP is planning on resuming in January. More info to follow.

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

Join us for trips, parties, speakers, & entertainment. Past activities everyone 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: Patricia Wright 908-239-6089

Pioneers: Our motto is "*teamwork and friendship,*" make new friends, but keep the
old. Everyone in their Golden Years (55 and older) are welcome. 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 restau-
rants. Contact Donna Carolan, President, for more information 732-297-4654.

Friends of the Senior Center: The Friends were formed to promote the Senior Cen-
ter 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. The Friends contribute towards activities by providing
entertainment, transportation, decorations, supplies, and many items to enhance the
Senior Center. Pat Murphy, President 732-821-5980.

North Brunswick Governing Body

Mayor Francis "Mac" Womack III

Council President Carlo Socio

Councilman Ralph Andrews

Councilman Bob Davis

Councilwoman Amanda Guadagnino

Councilman William Lopez

Councilman Rajesh Mehta

Please note:

**Copies of the Senior Sage will be
available to pick up at the
Senior Center or can be
accessed on line.**

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna	2 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna	3 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	4
5	6 11:30 am-12:15 pm Chair Yoga w/Jaclyn	7 9:30 am- 10 am Zumba w/Millie 10:30 am- Walking Club 12 pm- Gardening/Craft Club	8 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am- Holiday Decorating All are welcome!	9 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna 12:30 pm-3:30 COVID Booster Shot- please register for more info and make an appointment.	10 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 1 pm- NJ HOPE and HEALING program	11
12	13 11:30 am-12:15 pm Chair Yoga w/Jaclyn	14 9:30 am- 10 am Zumba w/Millie 9:30 am- Christmas Tree Shoppes (no walking club) 12 pm- Gardening/Craft Club	15 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 12:30 pm- MOVIE social Provided by NB Library	16 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna 12 pm-1 pm Holiday Grab and Go Boxed Lunch, please register. SPACE IS LIMITED.	17 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	18
19	20 11:30 am-12:15 pm Chair Yoga w/Jaclyn 1 pm- Mobile Family Success Center DIY Holiday Cards	21 9:30 am- 10 am Zumba w/Millie 10:30 am- Walking Club 12 pm- Gardening/Craft Club	22 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna	23 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna	24 Center Closed Christmas Eve	25 Christmas Day
26	27 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:30 pm- Center Bingo	28 9:30 am- 10 am Zumba w/Millie 10:30 am- Walking Club 12 pm- Gardening/Craft Club	29 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna	30 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna	31 Center Closed New Year's Eve	1

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 (who does not drive or have an active license) 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.

Food/Drink Policy

For now please bring your own drinks/prepackaged refreshments if you would like. Please socially distance while eating.

EXERCISE PROGRAMS!

Mondays

11:30 am-12:15 pm
Chair Yoga with Jaclyn

Tuesdays

*9:15 am-11:30 am Walking Club
at EB Mall*
9:30 am-10 am Zumba with Millie

Wednesdays

9:30 am– Line Dancing
11 am-11:45 am Strength Training & Tai
Chi with Donna

Thursdays

11 am-11:45 am Chair Yoga/Tai Chi
with Donna

Fridays

9:30 am-10 am Zumba with Millie
11 am-11:30 am Strength & Cardio with
Jaclyn

****COVID BOOSTER SHOTS****

Administered by the VNA
Thursday, December 9th
12:30 pm-3:30 pm

Please fill out a registration form available in the office when you sign up. Bring your insurance card and vaccine card. There is no charge. Program coordinated with Mobile Family Success Center.

*AARP will be offering
TAX AIDE
Beginning in February.
Dates and times TBA.
Sign ups will begin mid-
January.*

Masks are required at this time to attend indoor programs. This is subject to change.

