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

July 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

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*

**Elijah’s Promise On Wheels**
**Thursdays From 12 pm–12:30 pm**

The North Brunswick Senior Center is joining with Elijah’s Promise to bring Seniors and residents Hot Food. Elijah’s Promise on Wheels will be parked at the Senior Center on Thursdays. No sign up needed. No questions asked, only love served.

**Mobile Family Success Center**

**UV Safety Program**
**Thursday, July 7th**
**11:15 am**

Presented by Regional Chronic Disease Coalition Coordinator, Middlesex County Office of Health Services Department of Public Safety and Health present about the dangers of Ultraviolet light and how to stay safe.

**Elijah’s Promise will provide**
senior nutrition information sessions
Presented by Mia Funcheon, RDN
Assistant Director of Community Health
Thursdays: 7/21, 7/28, 8/4, and 8/11
At 12:30 pm

Please help encourage others to join the programs at the Senior Center! We are open for programs and would love new members!

**SENIOR DATA**

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

**Refund Policy**

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

---

**Club Corner**

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

**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 1 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 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 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 Bob Davis
Councilman Ralph Andrews
Councilwoman Amanda Guadagnino
Councilman William Lopez
Councilman Rajesh Mehta
Councilman Carlo Socio

---

Please note:

Copies of the Senior Sage will be available to pick up at the Senior Center or be accessed online.

Please keep checking Channel 15, the website, and Senior Center for additional programs that are added throughout the Month.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Signs Up Starts begin on July 5th for trips and special programs.</td>
<td>5:00 am-10 am Zumba w/Millie 11 am-12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club</td>
<td>9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:00 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:30-10 Zumba w/Millie 11-11:30 am Strength &amp; Cardio w/Jaclyn</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Center Closed</td>
<td>Independence Day</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>9:30 am-10 am Zumba w/Millie 11 am-12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club</td>
<td>9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:00 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:30-10 Zumba w/Millie 11-11:30 am Strength &amp; Cardio w/Jaclyn 12- Center Bingo</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>9:30 am-10 am Zumba w/Millie 10:30 am- Rts. 1 Farm Market &amp; IHOP 11 am-12 pm Senior Aquacise at HS (preregister) 1:30 pm Gardening/Craft Club</td>
<td>9:30 am- Line Dancing 9:30 am- Mah Jongg 10- Friends Meeting 11 am-12 pm Senior Aquacise at HS (preregister) No strength training</td>
<td>9:00 am- Line Dancing 9:30 am- Mah Jongg 10- Friends Meeting 11 am-12 pm Senior Aquacise at HS (preregister) No strength training</td>
<td>9:30-10 Zumba w/Millie 11-11:30 am Strength &amp; Cardio w/Jaclyn 12- Center Bingo</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>9:30 am-10 am Zumba w/Millie 11 am-12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club</td>
<td>9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:00 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister) No strength training</td>
<td>9:30-10 Zumba w/Millie 10:30 am- Shrimp Box Trip 11-11:30 am Strength &amp; Cardio w/Jaclyn</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning</td>
<td>9:30 am-10 am Zumba w/Millie 11 am-12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club</td>
<td>9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister)</td>
<td>9:00 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 11 am-12 pm Senior Aquacise at HS (preregister) No strength training</td>
<td>9:30-10 Zumba w/Millie 10:30 am- Shrimp Box Trip 11-11:30 am Strength &amp; Cardio w/Jaclyn</td>
<td>30</td>
</tr>
</tbody>
</table>
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 reap-
ply 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
Please Register for trips and programs at the Senior Center
Return Times are Approximate.

- **Bocce**
  - Thursdays at 10 am
  - (weather permitting)

- **EXERCISE PROGRAMS!**
  - **Mondays**
    - 11:30 am-12:15 pm Chair Yoga with Jaclyn
    - 12:20 pm-12:50 pm Zumba Toning
  - **Tuesdays**
    - 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

- **Minibus Trips**
  - **Sign ups begin 7/5**
  - **Friday, 7/15 at 10:30 am** Boscov’s
  - **Tuesday, 7/19 at 10:30 am** Rt. 1 Farm Market & IHOP
  - **Friday, 7/29 at 10:30 am** The Shrimp Box in Pt. Pleasant

- **Gardening & Craft Club**
  - 12 pm-1 pm
  - Tuesdays
  - All are welcome to join!