



Senior Center Staff

Jessica Zink	Supervisor
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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

August 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.

Elijah's Promise will provide senior nutrition information sessions Presented by Mia Funcheon, RDN Assistant Director of Community Health Thursdays 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.

Tuesday, August 9th 1 pm

8 Dimensions of Wellness

Join NJ Hope and Healing to discuss 8 different areas of Wellness.

Through Mobile Family Success Center

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.

Agencies that receive funds under the Middlesex County Office of Aging & Disabled Services Area Plan shall not deny any older person a service because the older person will not or cannot contribute to the cost of the service.

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

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 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 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 can be accessed on line.

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

August 2022

	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	2 9:30 am- 10 am Zumba w/ Millie 11 am- 12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club	3 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)	4 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna 11 am- 12 pm Senior Aquacise at HS (preregister) 12 pm-12:30 pm Elijah's Promise Food Truck- Free Hot Lunch Distribution 12:30 pm- Nutrition Classes presented by Elijah's Promise	5 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 12- Mediation program Presented by Right at Home	6
7	8 10:30- Kohl's/TJ Maxx/Perkins \$1 (lunch on your own) 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	9 9:30 am- 10 am Zumba w/Millie 11 am- 12 pm Senior Aquacise at HS (preregister) 12 pm-1 pm Gardening/Craft Club 1 pm- "8 Dimensions of Wellness NJ" presented by NJ Hope & Healing & MC Mobile Family Success Center	10 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)	11 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna 11 am- 12 pm Senior Aquacise at HS (preregister) 12 pm-12:30 pm Elijah's Promise Food Truck- Free Hot Lunch Distribution 12:30 pm- Nutrition Classes presented by Elijah's Promise	12 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 12- Center Bingo	13
14	15 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	16 9:30 am- 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club	17 9:30 am- Line Dancing 9:30 am- Mah Jongg 10- Friends 11 am-11:45 am Strength Training/Tai Chi w/Donna	18 9- Wood Carvers 9 am-12 pm AMISH Market Trip \$1 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna 12 pm-12:30 pm Elijah's Promise Food Truck- Free Hot Lunch Distribution	19 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	20
21	22 10:30- Confectionately Yours/Job Lot Shopping \$1 (lunch on your own) 10:30 am- AARP Board Meeting 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	23 9:30 am- 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club	24 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 12- Lunch & Learn presented by Right at Home	25 9- Wood Carvers 10- BOCCE (weather permitting) 10 am-2 pm Mobile DMV 11 am- 11:45 am Chair Yoga w/Donna 12 pm-12:30 pm Elijah's Promise Food Truck- Free Hot Lunch Distribution (enter in back parking lot)	26 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 11:30 am- Movie Social & Snacks "The Lost City" with Sandra Bullock & Channing Tatum	27
28	29 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	30 9:30 am- 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club	31 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna 12- Lunch & Learn presented by Right at Home			

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

Please Register for trips and programs at the Senior Center
Return Times are Approximate.

Bocce

Thursdays at 10 am
(weather permitting)

Gardening & Craft Club

12 pm-1 pm
Tuesdays
All are welcome to join!

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 \$1 due at sign up

The cost of lunch/
shopping is on your own.

Monday, 8/8 at 10:30 am
Kohl's/TJ Maxx/Perkins

Thursday, 8/18 at
9 am-12 pm
Amish Market in Kingston

Monday, 8/22 at 10:30 am
Confectionately Yours/Job Lot

Your MVC is coming to
you!

The NJ Motor Vehicle
Commission is bringing
it's "Agency on Wheels"
to the Senior Center on
From 10 am-2 pm.
They offer: driver licenses,
non-driver IDs, registra-
tions, Real ID, license
plates, placards.