



# September Senior Sage



## Senior Center Staff

Jessica Zink	Supervisor
Christine Reinson	Clerk 2
Carmella Varga	Clerk 3
Xiomara Espinal	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](mailto: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.

## Flu Shots

Friday, 9/16 from 12 pm-2 pm  
Provided by Walgreens

## **Mobile Family Success Center & Provident Bank::**

### Financial Issues Facing Seniors

**Tuesday, 9/27**

**1 pm**

**Light refreshments will be served.**

## Adaptive Equipment & Caregiving

### Corner's presentation, "Age Well: Let's Talk Safety, Function & Movement"

will provide attendees with a closer look at how focusing on these three interrelated areas can help improve safety for individuals and caregivers, improve functional independence, decrease fall risk and assist with aging in place. Cindy, PT and Christina, ST will also introduce attendees to health equipment (awesome gadgets!) that may help individuals maintain functional independence and dignity during everyday activities.

**Tuesday, September 20th at 10:30 am**

In conjunction with Right at Home  
Light refreshments will be served.

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.

**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.

# September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Jaclyn <b>12 pm-12:30 pm Elijah's Promise Food Truck</b>	2 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	3
4	5 <b>Center Closed</b>  <b>Labor Day</b>	6 9:30 am- 10 am Zumba w/Millie No Gardening Club	7 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>1 pm- Pioneers Meeting</b>	8 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna <b>12 pm-12:30 pm Elijah's Promise Food Truck</b>	9 9:30- 10 Zumba w/Millie <b>10:45 am- Highland Park Farmer's Market</b> 11- 11:30 am Strength & Cardio w/Jaclyn <b>12 pm- Bingo</b>	10
11	12 11 am-11:40 am Chair Yoga w/Jaclyn 11:45 am-12:15 pm pm Zumba Toning <b>1 pm- AARP Meeting</b>	13 9:30 am- 10 am Zumba w/Millie 12 pm-1 pm Gardening/Craft Club	14 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna	15 9- Wood Carvers <b>10- BOCCE vs NBPD!</b> 11 am- 11:45 am Chair Yoga w/Jaclyn <b>12 pm-12:30 pm Elijah's Promise Food Truck</b>	16 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn <b>12 pm-2 pm Flu Shots Walgreens</b>	17
18	19 <b>10:30 am- Trader Joe's Shopping Center</b> 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	20 9:30 am- 10 am Zumba w/Millie <b>10:30 am- Adaptive Equipment &amp; Caregiving Corner: Age Well, Let's Talk Safety, Function, &amp; Movement</b> 12 pm-1 pm Gardening/Craft Club <b>2:45 pm-3:45 pm Senior Aquacise at HS</b>	21) 9:30 am- Line Dancing 9:30 am- Mah Jongg <b>9:30-MC Senior Walk</b> <b>10- Friends</b> 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>2:45 pm-3:45 pm Senior Aquacise at HS</b>	22 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna <b>12 pm-12:30 pm Elijah's Promise Food Truck</b>	23 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn <b>12 pm- Bingo</b>	24
25	26 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	27 9:30 am- 10 am Zumba w/Millie 12 pm-1 pm Gardening/Craft Club <b>1 pm- MFSC &amp; Provident Bank: Financial Issues Facing Seniors</b> 12 pm-1 pm Gardening/Craft Club <b>2:45 pm-3:45 pm Senior Aquacise at HS</b>	28 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>2:45 pm-3:45 pm Senior Aquacise at HS</b>	29 9- Wood Carvers 10- BOCCE (weather permitting) 11 am- 11:45 am Chair Yoga w/Donna <b>12 pm-12:30 pm Elijah's Promise Food Truck</b>	30 9:30- 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn <b>11:45 am-Movie Social &amp; Snacks- "Elvis"</b>	

## 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 to register.**

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. Contact the Senior Center office during business hours at least 2 days in advance to set up an Appointment: 732-418-2222, Monday-Friday, 8:30 am- 4 pm.
- 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**.
- 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.
- Rides originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going outside of the Township in any direction (up to 10 miles in total travel per one way trip) will be \$3 EACH WAY.
- Please call at least 2 days in advance to schedule your appointment at the Senior Center 732-418-2222. Rides are limited to a maximum of 3 trips per week.
- Weekend and after hours appointments (before 8:30 am – or after 4 pm, weekdays) can be made in advance through the Senior Center office. If Pick ups are after hours or the Senior Center is closed or unavailable call 877-396-8080, which is the after hours call line.
- For wheelchair transportation call Middlesex County Area Transit: (MCAT) 1-800-221-3520

## 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 (unless noted)  
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

### We are heading to

#### Atlantic City!

Bus trip to the Tropicana  
Tuesday, 10/18/22  
9 am-7 pm  
Trip cost: \$53/person  
Includes \$20 back in slot  
play and motorcoach  
transportation

### Minibus Trips

#### \$1 due at sign up

**Highland Park Farmers  
Market, Friday 9/9  
10:30 am**

**Trader Joe's Shopping  
Center  
Monday, 9/19 10:30 am**

**The cost of lunch/  
shopping is on your own.**