



### Senior Center Staff

Jessica Prinzivalli	Supervisor
Carmella Varga	Clerk 3
Marly Espinal	Clerk 1
Xiomara Espinal	Driver
Donna Sanders	Driver

### 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



# *December Senior Sage*



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 11:45 am-12:10 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.

## Storyteller Queen Nur will present

### Sweet Potato Pie & Such:

A flavorful seasoning of tales from the African and African American Oral Tradition that will ground you in tradition, butter you up with joy and delightfully sweeten your mind. Designed for audiences to participate, celebrate and "Jubilate." Values are indelibly remembered through lively folktales, fables, and fairytales.

Thursday, December 15th at 12 pm

Please register.

## Our Holiday Party is back!

Join us to celebrate on Monday, December 19th at 1:30 pm for a delicious lunch, music, and treats!

\$4/person

Please register.

## SENIOR DATA

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

## Hunterdon Hills Playhouse

### Christmas Show

Wednesday, December 14th

10 am-5 pm

Departs Senior Center

15 Linwood Place

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.

Minibus rides are sponsored in part by a grant through Middlesex County. The suggested contribution is \$1, 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 parties, speakers, & entertainment. 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. Janet Camastra, President.

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

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

**North Brunswick Governing Body**  
Mayor Francis "Mac" Womack III  
Council President Bob Davis  
Councilman Ralph Andrews  
Councilwoman Amanda Guadagnino  
Councilwoman Mary Hutchinson  
Councilman Rajesh Mehta  
Councilman Carlo Socio

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

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wishing all of our members a peaceful holiday season!		<i>Welcome to our new staff members!</i> <u>Marly Espinal</u> , Clerk 1 <u>Donna Sanders</u> , P/T Driver		1 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna <b>11:45 am-12:10 pm Elijah's Promise Food Truck</b> 12 pm-3 pm AARP Lunch at Leone's	2 10 -10:30 am Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn <b>12 pm- Holiday Decorating All are welcome to help!</b> 1 pm- Scrabble Match	3
4	5 11 am-11:40 am Chair Yoga w/Jaclyn 11:45 am-12:15 pm pm Zumba Toning <b>1 pm- AARP Meeting</b>	6 9:30 am- 10 am Zumba w/Millie 12 pm-1 pm Gardening/Craft Club	7 9:30 am- Mah Jongg 9:30 am- Line Dancing 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am- Medicare Counseling (appt needed) 1 pm- Pioneers Holiday Party	8 <b>9:30 am- Delicious Orchards \$1</b> 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna <b>11:45 am-12:10 pm Elijah's Promise Food Truck</b>	9 10 -10:30 am Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 1 pm- Scrabble Match	10
11	12 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	13 9:30 am- 10 am Zumba w/Millie <b>11 am- Inner Wellbeing Vihangam Yoga session</b> 12 pm-1 pm Gardening/Craft Club	14 9:30 am- Mah Jongg 9:30 am- Line Dancing <b>10 am-Hunterdon Hills</b> 11 am-11:45 am Strength Training/Tai Chi w/Donna	15 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna <b>11:45 am-12:10 pm Elijah's Promise Food Truck</b> <b>12 pm- QUEEN NUR : Sweet Potato Pie &amp; Such Storytelling</b>	16 <b>9:30 am- Christmas Tree Shoppes</b> 10 -10:30 am Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn 1 pm- Scrabble Match	17
18 <b><u>First Night of Hanukkah</u></b>	19 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning <b>1:30- Senior Center Holiday Party! \$4 Sign up.</b>	20 <b>9:30 am- BOSCOV'S \$1</b> 9:30 am- 10 am Zumba w/Millie 12 pm-1 pm Gardening/Craft Club	21 9:30 am- Mah Jongg 9:30 am- Line Dancing 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12 pm- Painting Class</b>	22 9- Wood Carvers 11 am- 11:45 am Chair Yoga w/Donna <b>11:45 am-12:10 pm Elijah's Promise Food Truck</b> <b>1 pm- INDOOR CORNHOLE</b>	23 10 -10:30 am Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	24 <b><u>Christmas Eve</u></b>
25 <b><u>Christmas Day</u></b>	26 <b><u>Center Closed</u></b>	27 9:30 am- 10 am Zumba w/Millie 12 pm-1 pm Gardening/Craft Club	28 9:30 am- Mah Jongg 9:30 am- Line Dancing	29 9- Wood Carvers <b>11:45 am-12:10 pm Elijah's Promise Food Truck</b> <b>1 pm- INDOOR CORNHOLE</b>	30 10 -10:30 am Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	31

## 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.*

Let's get some  
CORNHOLE started!! Thursdays,  
beginning 12/22 at 1 pm!  
In the main hall

Keep busy and have fun  
during the winter months with  
CORNHOLE!  
Please sign up.

### EXERCISE PROGRAMS!

#### Mondays

11:30 am-12:15 pm  
Chair Yoga with Jaelyn  
12:20 pm-12:50 pm Zumba Toning

#### Tuesdays

9:30 am-10 am Zumba with Millie

#### Wednesdays

9:30 am– Line Dancing  
9:45 am– Senior Walking Club  
11 am-11:45 am Strength Training &  
Tai Chi

#### Thursdays

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

#### Fridays

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

### Minibus Trips

- Thurs, 12/8 9:30 am  
Delicious Orchards
- Fri, 12/16 9:30 am  
Christmas Tree Shoppes
- Tues, 12/20 9:30 am  
Boscov's

### *Find your Peace*

**Tuesday, 12/13 at 11 am**  
**We are hosting an**  
**Inner Wellbeing**  
**Vihangam Yoga session**

**Please register.**

Medicare Open Enrollment  
begins October 15th-December  
7th. We are taking appoint-  
ments for Medicare Help on  
Wednesdays  
Between 11:30 am-1:30 pm.

### Gardening & Craft Club

12 pm–1 pm  
Tuesdays (unless noted)  
All are welcome to join!