



Senior Center Staff

Jessica Prinzivalli	Supervisor
Carmella Varga	Clerk 3
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
Emergency	9-1-1

November 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.

A free Cannabis Education Session for North Brunswick Township Senior Citizens

**Tuesday, November 15 at 1:00pm 15 Linwood Place
North Brunswick Senior Center**

Learn the new laws and trends that will assist you in understanding the regulations for your State and Township. Wellspring Prevention Center will be available to answer questions during the session.
Lunch 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.

Hunterdon Hills Playhouse Christmas Show

Wednesday, December 14th
10 am-5 pm
\$90/person
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 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
Councilwoman Mary Hutchinson
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.

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 am– 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club w/Sharon	2 9:30 am– Line Dancing 10:30 am– Senior Walking Club 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am– Medicare Counseling (appt needed) 1 pm– Pioneers Meeting	3 9– Wood Carvers 10– BOCCE (weather permitting) 11 am– 11:45 am Chair Yoga w/Jaclyn 12 pm-12:30 pm Elijah’s Promise Food Truck 12:30 pm-2 pm Take Control of Your Health	4 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	5
6	7 11 am-11:40 am Chair Yoga w/ Jaclyn 11:45 am-12:15 pm pm Zumba Toning 1 pm– AARP Meeting	8 Center Closed Election Day	9 9:30 am– Line Dancing 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am– Medicare Counseling (appt needed)	10 9– Wood Carvers 10– BOCCE (weather permitting) 11 am– 11:45 am Chair Yoga w/Jaclyn 12 pm-12:30 pm Elijah’s Promise Food Truck 12:30 pm-2 pm Take Control of Your Health	11 Center Closed Veterans Day	12
13	14 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	15 9:30 am– 10 am Zumba w/ Millie 1– Wellspring Cannabis Education program Lunch & Learn- sign up	16 9:30 am– Line Dancing 10 am– Friends 10:30 am– Senior Walking Club 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am– Medicare Counseling (appt needed) 12:30 pm– Thanksgiving Luncheon \$4	17 9– Wood Carvers 10– BOCCE (weather permitting) 11 am– 11:45 am Chair Yoga w/Jaclyn 12 pm-12:30 pm Elijah’s Promise Food Truck 12:30 pm– BOCCE LUNCHEON	18 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	19
20	21 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	22 9 am– Delicious Orchards Trip \$1 9:30 am– 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club	23 9:30 am– Line Dancing 10:30 am– Senior Walking Club 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am– Medicare Counseling (appt needed)	24 Center Closed Thanksgiving Day	25 Center Closed	26
27	28 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	29 9:30 am– 10 am Zumba w/ Millie 12 pm-1 pm Gardening/Craft Club	30 9:30 am– Line Dancing 10:30 am– Senior Walking Club 11 am-11:45 am Strength Training/Tai Chi w/Donna 11:30 am– Medicare Counseling (appt needed) 12:15 pm Movie & Snacks “Where The Crawdads Sing”			

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 Jaelyn
12:20 pm-12:50 pm Zumba Toning

Tuesdays

9:30 am-10 am Zumba with Millie

Wednesdays

9:30 am- Line Dancing
10:30 am- Senior Walking Club
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
Jaelyn

Senior Walking Club

10:30 am

Wednesdays (unless otherwise noted). Bus will leave Senior Center at 10:30 am and head to the East Brunswick Mall for Indoor Walking and return 12 pm.
Please register first.

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

Senior Center Thanksgiving Luncheon

Wednesday, November
16h at 12:30 pm
Hot Turkey dinner will
be served.
\$4/person