

## 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

## Important Phone Numbers

Senior Center Office	(732) 418-2222
Roundtrip	(877) 396-8080
Middlesex County Area Transit	(800) 221-3250
Municipal Building	(732) 247-0922
Department Of Parks, Recreation And Community Services	(732) 247-0922 ext. 475
Municipal Maintenance Facility	(732) 297-1134
Library	(732) 246-3545
North Brunswick Police	(732) 545-3200
Emergency	9-1-1

*March  
Senior  
Sage*



## North Brunswick Senior Center

15 Linwood Place

732-418-2222 Fax 732-418-3665

Website: [www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

[TWPNBseniors@northbrunswicknj.gov](mailto:TWPNBseniors@northbrunswicknj.gov)

Hours of Operation: Monday-Friday 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-4 pm.

The Senior Center is an active, comfortable place to spend some time, meet with other members, and to enjoy your leisure time!

# Special Events & News

**\*PLEASE REGISTER FOR ALL PROGRAMS & SPECIAL EVENTS\***

**Elijah's Promise on Wheels**  
**Thursdays from 11:45 am-12:10 pm**  
**Beginning Thursday, March 9th**

Elijah's Promise on Wheels will be parked at the Senior Center on Thursdays. No sign up needed. NO questions asked, only love served. (schedule is subject to change).

**Lunch & Learn**  
**Weds, 3/8 at 1:30 pm**  
**Millennium Memory Care**  
Please register. \$4

**Lunch & Learn**  
**Tuesday, 3/14 at 1:30 pm**  
**Join the Executive Director &**  
**Executive Director of Nursing**  
**from North Brunswick New**  
**Assisted Living :**  
**Graceland Gardens**  
Learn about their programs & have your blood pressure taken!  
Please register. \$4

**National Cheesesteak Day**  
**Thursday, 3/23 at 12:30 pm**  
Enjoy a delicious  
Cheesesteak! \$4

**A Celebration of**  
**Traditional Irish Music**  
**Thursday, 3/9 at 12 pm- 1 pm**  
**Light refreshments served.**

Enjoy a program of traditional Irish tunes played on Uilleann pipes and fiddle! The Uilleann pipes are the traditional bagpipe of Ireland. Our musicians will share a variety of great Irish music - from dance music like jigs, reels and hornpipes, to hauntingly beautiful airs and songs.



**St. Patrick's Day Party with**  
**Traditional Corned Beef**  
**Lunch & Lucky Bingo**  
**Thursday, 3/16 at 1 pm**  
Try your luck!  
\$4/person. Please register.

# Club Corner

**AARP Chapter #3885** If you believe in paying it forward and enjoying yourself, come join the local chapter of AARP! Only those who are member of the national AARP are eligible to join. Dues are \$10.00 a year. Join us for parties, speakers, and entertainment. Join us in raising money to give back to the community to support local organizations & make lives brighter to those less fortunate. Membership meetings are the 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 & friendship" - make new friends, but keep the old. Everyone in their Golden Years (55 and older) is 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. We finish the year with our Christmas luncheon held at one of our local restaurants. Contact Donna Carolan, President, 732-297-4654, for more information.

**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, rips, 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 is the President.

**North Brunswick Governing Body**

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

**Please help encourage**  
**others to join the**  
**programs at the Senior**  
**Center! You are always**  
**welcome to bring a**  
**friend!**



# March 2023



Sun




Mon

Tue

Wed

Thu

Sat

<p>5</p>	<p>6</p> <p>9:30 am- Tax Aide 11 am-11:40 am Chair Yoga 11:45 am-12:15 pm Zumba Toning 1 pm- AARP Meeting 2:45-3:45- Senior Swim at HS</p>	<p>7) 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm-1pm Gardening Club <b>1 pm- Snack on some cheese doodles for National Cheese Doodle Day!! Nom Nom!</b> <b>2:50-3:30 pm- Tech Help from HS Technology Club</b> 2:45-3:45- Senior Swim at HS</p>	<p>1</p> <p>9:30 am- Tax Aide 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training <b>1 pm- Pioneers</b> <b>2:30- ZUMBA (time change)</b></p>	<p>2</p> <p>9- Wood Carvers 11 am-11:45 am Chair Yoga 1 pm- Indoor Cornhole 2:45-3:45- Senior Swim at HS</p> <p><b>NO FOOD TRUCK</b></p>	<p>3</p> <p>10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Indoor Cornhole</b></p>	<p>4</p> <p><b><u>PLEASE REGISTER FOR ALL PROGRAMS AT THE MAIN OFFICE OR</u></b></p>
<p>12</p> <p><b><u>PLEASE REGISTER FOR ALL PROGRAMS AT THE MAIN OFFICE OR CALL 732-418-2222</u></b></p>	<p>13</p> <p>9:30 am- Tax Aide 11:30 am-12:15 pm- Chair Yoga 12:20 pm-12:50 pm- Zumba Toning 2:45-3:45- Senior Swim at HS</p>	<p>14</p> <p>9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm-1pm Gardening Club <b>1:30 Lunch &amp; Learn Executive Director of Nursing for Graceland Gardens &amp; Executive Director of Graceland Gardens Info &amp; Blood Pressure \$4</b> 2:45-3:45- Senior Swim at HS</p>	<p>8</p> <p><b>Woman's Day</b></p> <p><b>9:30 am- Trader Joe's \$1</b> 9:30 am- Tax Aide 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba <b>1:30 pm Lunch &amp; Learn Millennium Memory Care \$4</b></p>	<p>9</p> <p>9- Wood Carvers <b>*10:30 am-11:15 am Chair Yoga- note time change*</b> 11:45 am-12:10 pm Elijah's Promise Food Truck <b>12 pm-1 pm A Celebration of Traditional Irish Music &amp; Light refreshments</b> 2:45-3:45- Senior Swim at HS</p>	<p>10</p> <p>10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Indoor Cornhole</b></p>	<p>11</p> 
<p>19</p>	<p>20</p> <p>9:30 am- Tax Aide 11:30 am-12:15 pm- Chair Yoga 12:20 pm-12:50 pm- Zumba Toning 2:45-3:45- Senior Swim at HS</p>	<p>21</p> <p>9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm-1pm Gardening Club 2:45-3:45- Senior Swim at HS</p>	<p>22</p> <p>9:30 am- Tax Aide 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba <b>1:30 Chocolate &amp; Cheese Tasting w/Carla</b></p>	<p>23) 9- Wood Carvers <b>10- BOCCE (weather permitting)</b> 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck <b>1 PM- St. Patrick's Day Party &amp; Lucky Bingo!\$4</b> 2:45-3:45- Senior Swim at HS</p>	<p>24</p> <p>10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Indoor Cornhole</b></p>	<p>25</p>
<p>26</p> 	<p>27</p> <p>9:30 am- Tax Aide 10:30 am- AARP Board Meeting 11:30 am-12:15 pm- Chair Yoga 12:20 pm-12:50 pm- Zumba Toning 2:45-3:45- Senior Swim at HS</p>	<p>28</p> <p>9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm-1pm Gardening Club 2:45-3:45- Senior Swim at HS</p>	<p>29</p> <p><b>9:30 am- Boscov's Trip \$1</b> 9:30 am- Tax Aide 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p>30</p> <p><b>10- BOCCE (weather permitting)</b> 9- Wood Carvers 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck 2:45-3:45- Senior Swim at HS</p>	<p>31</p> <p>10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Indoor Cornhole</b></p>	





## 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 Checks payable to: Township of North Brunswick. 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**.
- **A cell phone is required to participate in this 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 Roundtrip after hours call line.
- For wheelchair transportation call Middlesex County Area Transit: (MCAT) 1-800-221-3520

## Program Information

**Please Register for trips and programs at the Senior Center.**

### Important Fitness Information

**Beginning April 1st, all participants must register for a MONTHLY SENIOR FITNESS PASS at the cost of \$5/month. You can register starting 3/20/23 We offer 9 classes/week for this cost. This fee will be devoted strictly for our fitness programs & instructors.**

### Exercise Programs

**(unless otherwise noted on the calendar)**

#### Mondays

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

#### Tuesdays

9:30 am-10 am Zumba  
11 am-11:45 am Gentle Mat Yoga

#### Wednesdays

9:30 am Line Dancing  
11 am-11:45 am Advanced Strength Training  
12:30 pm-1 pm Zumba

#### Thursdays

11 am-11:45 am Chair Yoga

#### Fridays

10 am-10:30 am Zumba  
11 am-11:30 am Strength & Cardio

### Minibus Trips

**9:30 am -\$1**

- **Trader Joe's Shopping Center, Weds 3/8**
- **Woodbridge Mall-Boscov's Weds, 3/29**

### Vihangam Yoga USA Guided Meditation Session

Friday, 3/17 at 12:30 pm

### Township Cable Channels:

- **Optimum Ch.15**
- **FIOS Ch. 39**

**Township Website:**  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

**Please check for updates regarding programs.**