

## 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) 221-3520
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

# *September 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**  
Thursday, September 7th.  
Beginning Thursday 10/5 EP on  
Wheels will be here the 1st & 3rd  
Thursdays.  
No sign up needed. NO questions  
asked, only love served.  
(schedule is subject to change).

**Upcoming Events:**  
**Please register.**  
**Tuesday, 9/12 at 2 pm**  
**FLU SHOTS administered by**  
**Rite Aid**

**Thursday, 9/14 at 1 pm**  
**Lunch & Learn: Goldenview**  
**Living**

**Wednesday, 9/20 10 am-1 pm**  
**Bus departs at 9:15 am**  
**Senior Health & Fitness Walk**  
Register by 9/4— bus  
transportation with enough  
participants

**Friday, 9/22 at 1:30 pm**  
**Elijah's Promise Food**  
**Demonstration**

**Movie Social**  
**Wednesday, 9/27**  
**Book Club:**  
**The Next Chapter**  
**At 1:30 pm**

**Starring: Jane**  
**Fonda, Diane**  
**Keaton &**  
**Candice**  
**Bergen**



**Monday, September 18th**  
**1:30 pm**

**Grandparents Day**  
**Celebration & Luncheon \$4**



**Entertainment by**  
**Entertainers Plus**

# 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.

**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.

**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!**



# September 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					<p><b>1</b> 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio</p>	<p><b>2</b> <b>PLEASE REGISTER FOR ALL PROGRAMS AT THE MAIN OFFICE OR CALL 732-418-2222</b></p>
<p><b>3</b></p>	<p><b>4</b> <b>Center Closed-</b>  <b>HAPPY LABOR DAY</b></p>	<p><b>5</b> 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p>	<p><b>6</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p><b>7</b> 9- Wood Carvers <b>10- BOCCE vs. New Brunswick</b>(weather permitting) 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck</p>	<p><b>8</b> 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1:30 Bingo Social</b> <b>4 cards for \$1</b></p>	<p><b>9</b></p>
<p><b>10</b>  <b>HAPPY GRANDPARENTS DAY</b></p>	<p><b>11</b> 9 am-9:45 am Chair Yoga 11:45 am-12:15 pm Zumba Toning 1 pm- AARP Meeting  <b>9-11-01 NEVER FORGET</b></p>	<p><b>12</b> 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>2 pm- FLU SHOTS administered by RITE AID</b></p>	<p><b>13</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p><b>14</b> 9- Wood Carvers <b>10- BOCCE</b> (weather permitting) 11 am-11:45 am Chair Yoga <b>1- Lunch &amp; Learn Goldenview Living</b></p>	<p><b>15</b> 10 am-10:30 am- Zumba <b>10 am-12 pm Podiatrist Dr. Poonai- appt. needed</b> 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Indoor Cornhole</b></p>	<p><b>16</b> <i>Rosh Hashana</i></p>
<p><b>17</b> <b>PLEASE REGISTER FOR ALL PROGRAMS AT THE MAIN OFFICE OR CALL 732-418-2222</b> <i>Rosh Hashana</i></p>	<p><b>18</b> 9 am-9:45 am Chair Yoga 12:20 pm-12:50 pm- Zumba Toning <b>1:30 pm- Grandparents Day Celebration &amp; Luncheon \$4</b></p>	<p><b>19</b> 9:30 am- 10 am Zumba <b>10 am-1 pm Trader Joe's Shopping Center</b> 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p>	<p><b>20</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg <b>9:15 am Senior Health &amp; Fitness Walk (preregistration required)</b> 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p><b>21</b> 9- Wood Carvers <b>10- BOCCE vs North Brunswick Police Department</b> (weather permitting) 11 am-11:45 am Chair Yoga</p>	<p><b>22</b> 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1:30 pm- Elijah's Promise Food Demo with Chef J</b></p>	<p><b>23</b>  <b>Hello autumn</b></p>
<p><b>24</b>  <b>Yom Kippur</b></p>	<p><b>25</b> 9 am-9:45 am Chair Yoga 10:30 am- AARP Board Meeting 12:20 pm-12:50 pm- Zumba Toning</p>	<p><b>26</b> 9:30 am- 10 am Zumba <b>11:30 am-12:30 pm Wendy's</b> 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p>	<p><b>27</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p><b>28</b> 9- Wood Carvers <b>10- BOCCE</b> (weather permitting) 11 am-11:45 am Chair Yoga</p>	<p><b>29</b> 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1:30 Bingo Social</b> <b>4 cards for \$1</b></p>	<p><b>30</b>  <b>Yom Kippur</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

**All participants must register for a MONTHLY SENIOR FITNESS PASS at the cost of \$5/month. You can register with the main office 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

**\*\*\*New time: 9 am-9:45 am 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 \$1

10 am– 1 pm  
Tuesday, 9/19 Trader  
Joe's Shopping Center

11:30 am-12:30 pm  
Tuesday, 9/26 Wendy's

### Bingo Socials



Friday 9/8 & 9/29  
At 1 pm  
**4 cards for \$1**  
Pay that day

### Township Cable Channels:

- **Optimum Ch.15**
  - **FIOS Ch. 39**
- Township Website:**  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

**Please check for updates regarding programs.**