



# Special Events & News

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

## AARP VOLUNTEER TAX PREPARATION

Will be offered on Mondays/  
Wednesdays beginning 2/5/24  
From 9:30 am-1:30 am  
By appointment only.  
732-418-2222.

## A Matter of Balance (MOB)

is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

Classes will be held Mondays &  
Wednesdays:  
February 12, 14, 21, 26,28  
March 6, 11, 13  
1:30 pm-3:30 pm

There will be an information session held before the start on Monday, 2/5 at 10 am.

**RWJ**Barnabas  
HEALTH

## Valentine's Day Pizza Party

Friday, February 9th  
12:30 pm  
\$4/person  
Please register.



## Chinese New Year Celebration

Friday, February 16th  
12:30 pm  
\$4/person



## Cannabis Education:

### Understanding the Drug Trends

presented by  
North Brunswick Municipal  
Alliance & WellSpring  
Thursday, 2/22 at 1 pm  
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.

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 Mary  
Hutchinson  
Councilman Rajesh Mehta  
Councilwoman Amanda  
Guadagnino  
Councilman Ralph Andrews  
Councilman Bob Davis  
Councilman Carlo Socio

**There will be no Elijah's  
Promise this month due to  
staffing issues.  
Thank you for understanding.**

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

## Township Cable Channels:


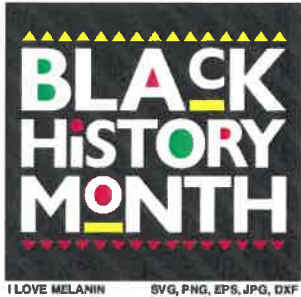

- **Optimum Ch.15**
- **FIOS Ch. 39**

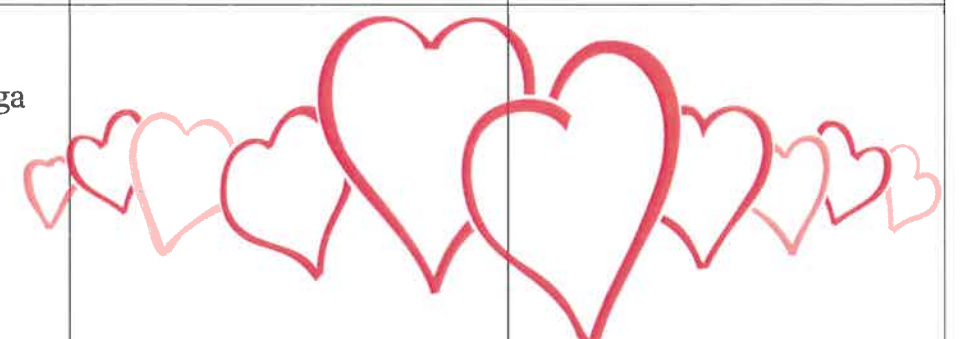
**Township Website:**  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

**Please check for updates  
regarding programs.**

# February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9- Wood Carvers <b>9 am-9:30 am- Zumba</b> 11 am-11:45 am Chair Yoga	2 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	3 <b><u>THERE WON'T BE ANY ELIJAH'S PROMISE FOOD TRUCK FOR THIS ENTIRE MONTH</u></b>
4	5 9:30 am-1:30 pm Taxes (appointment needed) 9 am-9:45 am Chair Yoga 10 am- Matter of Balance info session 11:45 am-12:15pm Zumba Toning 1 pm- AARP Meeting	6 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club (with instructor)	7 <b>No fitness--moved to Thursday</b> → 9:30 am- Mah Jongg 9:30 am-1:30 pm Taxes (appointment needed)	8 9- Wood Carvers <b>9 am-9:30 am- Zumba</b> 9:45 am-10:45 am Line Dancing 11 am-11:45 am Chair Yoga	9 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 12:30 pm Valentine's Pizza Party \$4	10 
11 	12 9:30 am-1:30 pm Taxes (appointment needed) 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1:30 pm-3:30 pm Matter of Balance	13 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club (with instructor)	14 <b>No fitness--moved to Thursday</b> → 9:30 am- Mah Jongg 9:30 am-1:30 pm Taxes (appointment needed) 1:30 pm-3:30 pm Matter of Balance	15 9- Wood Carvers 9 am-9:30 am- Zumba 9:45 am-10:45 am Line Dancing 11 am-11:45 am Chair Yoga 12:30 pm-2 pm CPR Adult & Child Session hosted by Penn Medicine—please register, limited space.	16 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 12:30 pm- Chinese New Year Celebration & Lunch \$4	17 <b>PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS</b>
18	19 <b>Center Closed</b> 	20 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club (with instructor)	21 <b>No fitness--moved to Thursday</b> → 9:30 am- Mah Jongg 9:30 am-1:30 pm Taxes (appointment needed) 10 am- Friends 1:30 pm-3:30 pm Matter of Balance	22 9 am-9:30 am- Zumba 9:45 am-10:45 am Line Dancing 9- Wood Carvers 11 am-11:45 am Chair Yoga 1 pm-2 pm Cannabis Education: Understanding the Drug Trends presented by North Brunswick Municipal Alliance & WellSpring	23 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 1 pm- Bingo Social	24
25 <b>PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS</b>	26 9 am-9:45 am Chair Yoga 9:30 am-1:30 pm Taxes (appointment needed) 10:30 am- AARP Board meeting 11:45 am-12:15pm Zumba Toning 1:30 pm-3:30 pm Matter of Balance	27 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club (with instructor)	28 9:30 am- Line Dancing 9:30 am- Mah Jongg 9:30 am-1:30 pm Taxes (appointment needed) 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1:30 pm-3:30 pm Matter of Balance	29 9- Wood Carvers 11 am-11:45 am Chair Yoga 12:30 pm- Leap Day Lunch & Bingo Social \$4		



# 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.

- The program is for North Brunswick Township Seniors age 62 and over or bona fide disabled residents. **Qualified residents do not drive and do not have an ACTIVE drivers license.** It cannot be used for transportation to work.
- You will need to prepay for your rides (\$25 minimum). When your balance gets low, you will be notified to replenish your account funds. 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.
- **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

9 am-9:45 am Chair Yoga  
11:45 am-12:15 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

## Leap Day Lunch & Bingo Social \$4



**Bingo cards 4 for \$1 (buy that day)**

## Crochet Club With Instructor

**Bring your supplies.**

**Tuesdays 2/6, 2/13, 2/20, 2/27 at 1:45 pm**



## Bingo Social 1 pm Friday 1/23



**4 cards for \$1**