

## 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

# *January 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**  
**\*\*1st & 3rd Thursdays\*\* from**  
**11:45 am-12:10 pm**

Elijah's Promise on Wheels will be parked at the Senior Center on Thursdays. No sign up needed. NO questions asked, only love served.

## **Senior Center Birthday Celebration!**

If you have a birthday in January & February

**HAPPY BIRTHDAY**

Please join us on  
Thursday, January 11th  
At 12:30 pm  
Please register.



**Minibus Trip**  
**(\$1 for bus)**  
**Olive Garden at 10:45 am**  
**Monday 1/29/24**  
**(lunch cost on your own).**



## **Lunch with Mayor Womack**

**Tuesday 1/23/24**  
**12 pm**

**Please join us for a meet and greet with the Mayor of North Brunswick**

**Please register.**

## **Movie Social- Monday,** **1/22/24** **"Love Again"**

A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number, and forms a connection with the man the number has been reassigned to.

# 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

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

## **Township Cable Channels:**


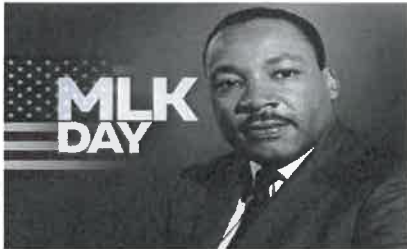
- **Optimum Ch.15**
- **FIOS Ch. 39**

**Township Website:**  
**www.northbrunswicknj.gov**

**Please check for updates regarding programs.**



# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Center Closed—</b> 	2 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club	3 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	4 9– Wood Carvers 11 am-11:45 am Chair Yoga	5 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio	6 
	8 9 am-9:45 am Chair Yoga <b>11:45 am-12:15pm Zumba Toning</b> <b>1 pm– AARP Meeting</b>	9 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club	10 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	11 9– Wood Carvers 11 am-11:45 am Chair Yoga <b>12:30 pm– Birthday Celebrations for Janu-February Birthdays</b>	12 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <b>1 pm– Bingo Social</b>	13 
	14 	15 <b>Center Closed—</b> 	16 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club <b>1:30 pm– 3 pm Bone density test St. Peter's</b>	17 9:30 am– Line Dancing 9:30 am– Mah Jongg <b>10 am– Friends</b> 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	18 9– Wood Carvers 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck	19 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <b>12 pm National Popcorn Grab a tasty popcorn treat!</b>
	21 	22 9 am-9:45 am Chair Yoga <b>11:45 am-12:15pm Zumba Toning</b> <b>1 pm– Movie Social “Love Again”</b>	23 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga <b>12 pm– Lunch with Mayor Womack</b>	24 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	25 9– Wood Carvers 11 am-11:45 am Chair Yoga <b>1 pm– National Pie Day Enjoy some delicious Pie with friends!</b>	26 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <b>1 pm– Bingo Social</b>
28 	29 9 am-9:45 am Chair Yoga <b>10:30 am– AARP Board Meeting</b> <b>10:45 am– Olive Garden</b> <b>11:45 am-12:15pm Zumba Toning</b>	30 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club	31 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba			



## 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

**\*\*New time\*\***: 11:45 am-12 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

**Have some fun and tasty treats:**

**Friday, 1/19 at 12 pm**  
**National Popcorn Day**



**Thursday, 1/25 at 1 pm**  
**National Pie Day**



**St. Peter's**  
**Bone Density Screening**  
**1/16/24**

**1:30-3 pm**

**Please schedule an appointment.**

**Bingo Social**  
**1 pm Friday**  
**1/12 & 1/26**



**4 cards for \$1**