

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

March Senior Sage



North Brunswick Senior Center

15 Linwood Place

732-418-2222 Fax 732-418-3665

Website: www.northbrunswicknj.gov

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!

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 Round-trip 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

Bocce

Season is here!



The first game is Thursday, 3/21 at 10 am!

Crochet Club With Instructor

Bring your supplies.

Tuesdays at 1:45 pm



Bingo Social

1 pm Friday 3/8



4 cards for \$1



March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	2
3 PLEASE COME IN- TO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRMAS	4 9:30 am-1:30 pm Taxes (appointment needed) 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- AARP Meeting	5 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)	6 9:30 am-1:30 pm Taxes (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1:30 pm-3:30 pm Matter of Balance	7 9- Wood Carvers 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck	8 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 1 pm- Bingo Social	9
10	11 Mobile DMV 9 am-2:45 pm By Appointment Only 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	12 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)	13 Mobile DMV 9 am-2:45 pm By Appointment Only 9:30 am-1:30 pm Taxes (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1:30 pm-3:30 pm Matter of Balance	14 Mobile DMV 9 am-2:45 pm By Appointment Only 9- Wood Carvers 11 am-11:45 am Chair Yoga	15 Mobile DMV 9 am-2:45 pm By Appointment Only 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	16
17 	18 9:30 am-1:30 pm Taxes (appointment needed) 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1:00PM-St. Patrick's Party with Entertainment \$4	19 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) FIRST DAY OF SPRING	20 9:30 am-1:30 pm Taxes (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 10 am- Friends 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	21 9- Wood Carvers 10- Bocce 1st Game! 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck	22 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 12:30-2 pm Decorate a Plate presented by MC Arts & History	23 PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRMAS
24	25 9:30 am-1:30 pm Taxes (appointment needed) 9 am-9:45 am Chair Yoga 10:30 am- AARP Board meet- ing 11:45 am-12:15pm Zumba Toning	26 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)	27 9:30 am-1:30 pm Taxes (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	28 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga	29 Center Closed 	30
31 HAPPY EASTER 						

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. (schedule is subject to change).



Location:
North Brunswick Senior Center
15 Linwood Place
North Brunswick, NJ
Dates: Monday, March 11th
Wednesday, March 13th
Thursday, March 14th
Friday, March 15th

REAL ID and Registration renewals
By Appointment Only- No Walk Ups

Registration is available online- Seniors if you need assistance contact the Senior Center: 732-418-2222. Have your Driver's license number ready.

AARP VOLUNTEER TAX PREPARATION

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

St. Patrick's Day
Luncheon &
Entertainment
Corned Beef
Sandwich Lunch
Cole Slaw
Irish Soda Bread
Monday, March 18th
At 1 pm \$4/person



"Decorate A Plate" Craft
Friday, 3/22 12:30 pm- 2pm
Space is limited 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

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.