

## Senior Center Staff

Jessica Prinziwalli	Supervisor
Marly Espinal	Clerk 1
Danielle Jegou	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

# *April 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. (schedule is subject to change).**

**Birthday Celebrations!**  
**March/April/May**  
**Monday, April 15th at 1 pm**  
**Please register!**



**Cracker Barrel Restaurant**

**Bus trip \$1**

**Wednesday, April 10th**

**Bus leaves Senior Center 11 am**

**\*Cost of lunch on your own\***

**Please register.**

**Movie & Pizza Social**

**Weds, 4/24**

**1:30 pm**

**\$2/person**

**My Big Fat Greek Wedding 2**



**Earth Day Planting Activity**  
**with Middlesex County Mobile**  
**Family Success Center**  
**Monday, 4/22 at 1 pm**  
**Please register.**



**Grilled Cheese Day**

**Friday, April 12th at 12:30 pm**

**\$4/person**

**Pretzel Day**

**Friday, April 26th at**  
**12:30 pm**



**Please register.**  
**Bingo to follow**  
**4 cards for \$1**

# 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!**

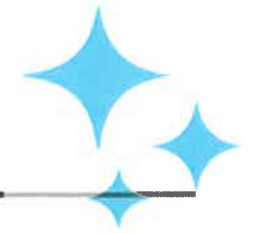
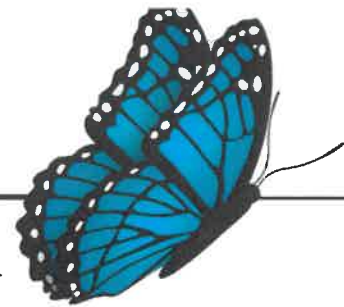
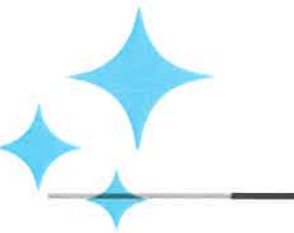
**Township Cable Channels:**

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

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

**Please check for updates regarding programs.**

# April 2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat



7

1  
**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**

2  
 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)**

3  
**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

4  
 9– Wood Carvers  
 11 am-11:45 am Chair Yoga  
**10– Bocce**  
**11:45 am-12:10 pm Elijah’s Promise Food Truck**  
**1 –4 pm–Big room reserved**

5  
 10 am-10:30 am– Zumba  
 11 am-11:30 am– Strength & Cardio  
**1 pm– Game Day**  
**Bring your own game or play one of ours!**

6

14

8  
**9:30 am–1:30 pm Taxes (appointment needed)**  
 9 am-9:45 am Chair Yoga  
 11:45 am-12:15pm Zumba  
 Toning

9  
 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)**  
 2:45 Senior Swim at HS

10  
 9:30 am– Line Dancing  
 9:30 am– Mah Jongg  
**11 am– Cracker Barrell \$1**  
 11 am-11:45 am– Advanced Strength Training  
 12:30 pm– Zumba

11  
 9– Wood Carvers  
**10– Bocce**  
 11 am-11:45 am Chair Yoga  
**1 –4 pm–Big room Reserved**  
 2:45 Senior Swim at HS

12  
 10 am-10:30 am– Zumba  
 11 am-11:30 am– Strength & Cardio  
**12:30 pm Grilled Cheese Day \$4**  
**1 pm– Bingo Social**  
**4 cards for \$1**

13  
**PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS**

21  
**PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS**

15  
 9 am-9:45 am Chair Yoga  
 11:45 am-12:15pm Zumba  
 Toning  
**1 pm– Birthday Celebration: March/April/May**

16  
 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)**  
 2:45 Senior Swim at HS

17  
 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  
**3:30 –4 pm Tech Help**

18  
 9– Wood Carvers  
**10– Bocce**  
 11 am-11:45 am Chair Yoga  
**11:45 am-12:10 pm Elijah’s Promise Food Truck**  
 2:45 Senior Swim at HS

19  
 10 am-10:30 am– Zumba  
 11 am-11:30 am– Strength & Cardio  
**1 pm– Game Day**  
**Bring your own game or play one of ours!**

20

28

22  
 9 am-9:45 am Chair Yoga  
 11:45 am-12:15pm Zumba  
 Toning  
**1 pm– Earth Day planting activity with Mobile Family Success Center**  
**EARTH DAY/ PASSOVER BEGINS AT SUNDOWN**

23  
 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)**



29  
 9 am-9:45 am Chair Yoga  
 10:30 am– AARP Board meeting  
 11:45 am-12:15pm Zumba  
 Toning

30  
 9:30 am– 10 am Zumba  
 11 am-11:45 am– Gentle Mat Yoga  
 12 pm– Gardening Club  
**1 pm– Volunteer Luncheon For Senior Center Volunteers**  
**1:45 pm– Crochet Club**

# 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!



**Thursdays at 10 am!**

**Crochet Club  
With Instructor  
Bring your supplies.  
Tuesdays at 1:45 pm**



**Bingo Social  
1 pm Friday  
4/12 & 4/26**



**4 cards for \$1**

**Tech Help  
Bring your ipads, iPhones,  
any tech you need help with  
Wednesday, 4/17 at  
3:30 pm- 4pm  
Linwood Student Congress  
Please register.**