

## Senior Center Staff

Jessica Prinzivalli	Supervisor
Marly Espinal	Clerk 1
Danielle Jegou	Clerk 1
Xiomara Espinal	Driver
Donna Sanders	Driver

### Department of Parks, Recreation, & Community Services

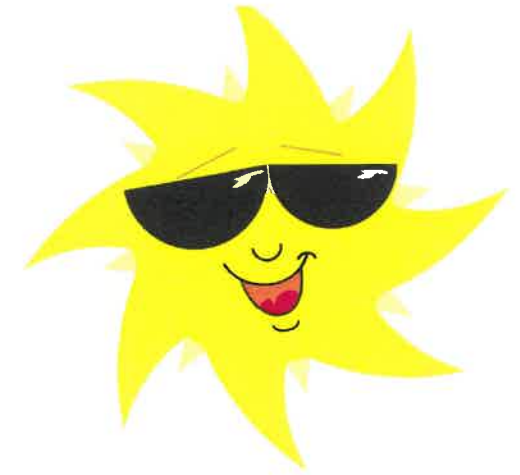
Lou Ann Benson

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

# *June 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).**

**Afternoon Snack Time!**  
**Cheese & Crackers for**  
**National Cheese Day**

**Friday, June 7th At 1 pm**

**Learn about the origin of some cheeses!**

**Father's Day Lunch:**  
**Men's Health & Fatherhood**  
**Workshop**

**Monday, June 17th at 1 pm**

**Workshop provided by**  
**Mobile Family Success Center**



**Movie & Pizza Social**  
**Friday, 6/21 at 1 pm**  
**\$2/lunch**

***"Irish Wish"***

**Starring Lindsay Lohan**

When the love of Maddie's life gets engaged to her best friend, she puts her feelings aside to be a bridesmaid at their wedding in Ireland.

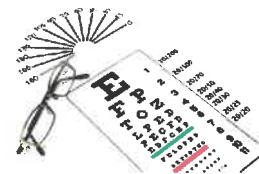


**Lunch & Learn**

**Thursday 6/27 at 12:30 pm**  
**Right at Home of Central**  
**Jersey In home Care & Assistance**  
**\$4/lunch**



**Project BEST Vision Screening**  
**NJ DHS Commission for the**  
**Visually Blind & Impaired**



**Weds, June 12th 10 am-11:30 am**  
**Reserve your spot**

# 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.

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

## **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

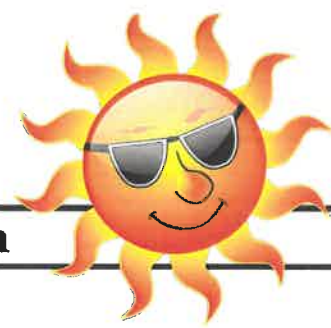
## **Township Cable Channels:**

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

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

**Please check for updates**  
**regarding programs.**





# June 2024



Sun Mon Tue Wed Thu Fri Sat



2  
**PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS**

3  
9 am-9:45 am Chair Yoga  
11:45 am-12:15pm Zumba Toning  
1 pm- **AARP Meeting**

4  
9:30 am- 10 am Zumba  
11 am-11:45 am- Gentle Mat Yoga  
12 pm- Gardening Club  
11:30 am-1:30 pm **PTR 1 & 2 Help By appt only**  
1:45 pm- **Crochet Club**

5  
9:30 am- Line Dancing  
9:30 am- Mah Jongg  
11 am-11:45 am- Advanced Strength Training  
12:30 pm- Zumba

6  
9- Wood Carvers  
10- **Bocce**  
11 am-11:45 am Chair Yoga  
11:45 am-12:10 pm **Elijah's Promise Food Truck**

7  
10 am-10:30 am- Zumba  
11 am-11:30 am- Strength & Cardio  
1 pm- **Afternoon Snack Cheese & Crackers for National Cheese Day!**



9

10  
9 am-9:45 am Chair Yoga  
11:45 am-12:15pm Zumba Toning  
10:30 am- **Boscov's Trip \$1**

11  
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)**

12  
9:30 am- Line Dancing  
9:30 am- Mah Jongg  
10 am-11:30 am **Vision Screening**  
11 am-11:45 am- Advanced Strength Training  
12:30 pm- Zumba

13  
9- Wood Carvers  
10- **Bocce**  
11 am-11:45 am Chair Yoga

14  
10 am-10:30 am- Zumba  
11 am-11:30 am- Strength & Cardio  
1 pm- **Bingo Social 4 cards for \$1**



17  
9 am-9:45 am Chair Yoga  
11:45 am-12:15pm Zumba Toning  
1 pm- **Father's Day Lunch: Men's Health & Fatherhood Workshop**

18  
9:30 am- 10 am Zumba  
11 am-11:45 am- Gentle Mat Yoga  
12 pm- Gardening Club  
11:30 am-1:30 pm **PTR 1 & 2 Help By appt only**  
1:45 pm- **Crochet Club**

19  
9:30 am- Line Dancing  
10 am- **Friends Meeting**  
9:30 am- Mah Jongg  
11 am-11:45 am- Advanced Strength Training  
12:30 pm- Zumba

20  
9- Wood Carvers  
10- **Bocce**  
11 am-11:45 am Chair Yoga  
11:45 am-12:10 pm **Elijah's Promise Food Truck**  
**FIRST DAY OF SUMMER**

21  
10 am-10:30 am- Zumba  
11 am-11:30 am- Strength & Cardio  
1 pm- **Movie & Pizza (\$2) Social "Irish Wish" w/Lindsay Lohan**



23

24  
9 am-9:45 am Chair Yoga  
11:45 am-12:15pm Zumba Toning  
10:30 am- **AARP Board Meeting**

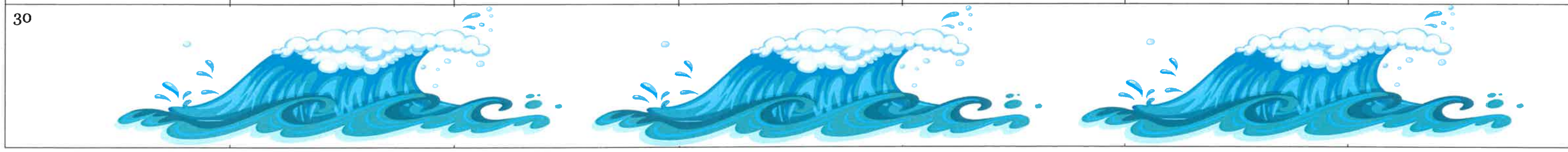
25  
9:30 am- 10 am Zumba  
11 am-11:45 am- Gentle Mat Yoga  
12 pm- Gardening Club  
1:45 pm- **Crochet Club (with instructor)**

26  
9:30 am- Line Dancing  
9:30 am- Mah Jongg  
11 am-11:45 am- Advanced Strength Training  
12:30 pm- Zumba

27  
9- Wood Carvers  
10- **Bocce**  
11 am-11:45 am Chair Yoga  
12:30 pm- **Lunch & Learn Right at Home Care \$4**

28  
10 am-10:30 am- Zumba  
11 am-11:30 am- Strength & Cardio  
1 pm- **Bingo Social 4 cards for \$1**

29  
**PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS**





# 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

## Shopping Trip

**10:30 am Monday,  
June 10th Boscov's \$1**

*Boscov's*

## Bocce Season is here!



**Thursdays at  
10 am!**

**Bingo Social  
1 pm Friday  
6/14 & 6/28**



**4 cards for \$1**

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

