

## 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 RIDE	(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

# *August 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**  
**Thursday 8/1 & 8/22**  
**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).**

**ASSEMBLYMAN JOE DANIELSEN**  
**17TH LEGISLATIVE DISTRICT**



NJ Save helps seniors save money on medical and living expenses. We will go over PAAD, Senior Gold, as well as other useful initiatives.

Wednesday, August 21<sup>st</sup> from 1:30-2:30  
North Brunswick Senior Center  
15 Linwood Place

Please register: 732-418-2222

Light refreshments will be served.

**Bereavement Group**  
**Monday, 8/19 at 1:30 pm**

**Meet with others to share your experiences and feelings of losing a loved one.**

**This group is an informal meeting of individuals looking for a safe space to share.**

**Please register.**

**Movie & Pizza Social!**  
**Thursday, 8/15 at 1 pm \$2**  
**QUEEN BEES**



Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love with newcomer Dan.

**Hot Dog Social**  
**Friday, 8/30**  
**at 1pm \$2**



# 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**

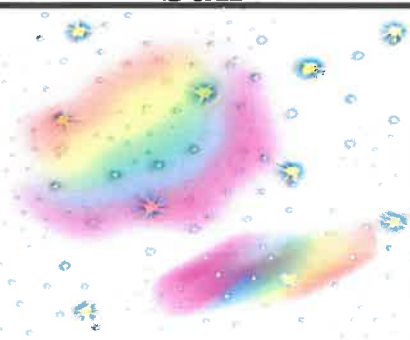

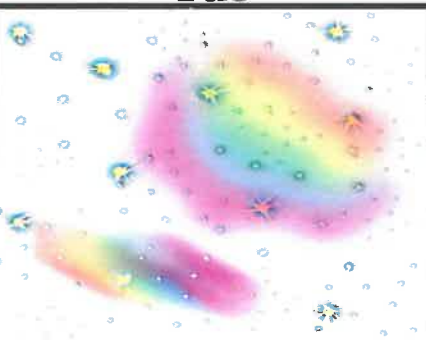
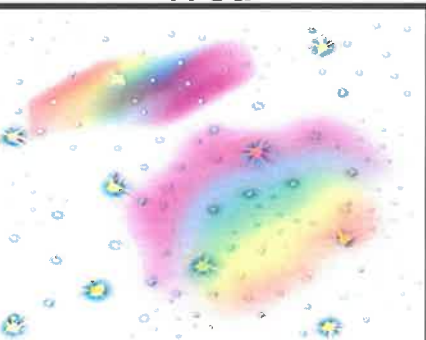


**Please check for updates regarding programs.**





# August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck	2 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	3
4	5 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning	6 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club	7 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	8 9 am-2:45 pm NJ Mobile DMV 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga	9 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 1 pm- Bingo Social 4 cards for \$1	10 <b>PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS</b>
11 Please remember to bring your water! 	12 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning	13 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club	14 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1 pm- Music in the Park Thompson Park \$1 Rhapsodies, Opera, & Broadway *bring your own lawn chair	15 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga 1- Movie & Pizza Queen Bees \$2	16 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	17
18	19 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1:30 pm- Bereavement Group	20 9:30 am- 10 am Zumba 10:30 am- Asbury Park Boardwalk \$1 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club	21 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 1:30 pm- Assemblyman Danielson NJ SAVE presentation.	22 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah's Promise Food Truck	23 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 1 pm- Bingo Social 4 cards for \$1	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 11:45 am-12:15pm Zumba Toning 10:30 am- AARP Board Meeting	27 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:45 pm- Crochet Club	28 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1 pm- Music in the Park Thompson Park \$1 Kraus Memorial Band *bring your own lawn chair	29 9- Wood Carvers 10- Bocce 10:30 am- Point Pleasant Boardwalk \$1 11 am-11:45 am Chair Yoga	30 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 1 pm- Hot Dog Social \$2	

# 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 RIDE: 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

### Bus Trips \$1

**10:30 am Tuesday, 8/20  
Asbury Park  
Boardwalk**

**1 pm Wednesday  
8/14 & 8/28 Music in  
the Park at Thompson  
Park**

**\*Bring your own chair**

**10:30 am Thursday, 8/29  
Point Pleasant  
Boardwalk**

### NJ MOBILE DMV

**Thursday, 8/8/24  
9:00 am-2:45 pm**

**Appointment needed:**

<https://telegov.njportal.com/njmvcmobileunit/>

### Bingo Social

**1 pm Friday  
8/9 & 8/23**



**4 cards for \$1**