

## 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 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

# *September 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!

# 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.**

## Bus Trips \$1

**Thursday, 9/19 at 9:30 am-12:30 pm Menlo Park Mall**

**Monday, 9/30 at 10:30 am IHOP**

**Please register.**

## 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

**Grandparents Day Celebration & Bingo**  
**Friday, 9/20 at 1 pm**

**Celebrating all of our Seniors! Everyone is someone's Grandparent!**



## Potluck Day!

**Bring a favorite dish of yours to share! You can bring it in a crock pot or a dish to heat up.**

**Thursday, 8/26 at 1 pm**

# Special Events & News

**\*PLEASE REGISTER FOR ALL PROGRAMS & SPECIAL EVENTS\***

# Club Corner

**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. NO questions asked, only love served. (schedule is subject to change).

**Concordia Chords**  
**MUSIC CONCERT**  
**A LIVE band of local Seniors**  
**playing a wide variety of very**  
**recognizable Class Rock Songs!**  
**Thursday, 9/5/24**  
**1 pm-3 pm**  
**\$2 for lunch**

**NJ MVC**  
**Mobile DMV 9 am-2:45 pm**  
Registration required for:  

- REAL ID
- Registration Renewal
- Initial Permit \*\*Tests are NOT given at Mobile Unit
- Non-Driver ID
- Duplicate/Replacement Title or Registration

**No appointment needed:**  

- Surrendering license plates
- Handicapped, Veterans, or Purple Heart placards

**Bereavement Group**  
**Monday, 9/16 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!**  
**\$2 for pizza**  
**Thursday, 9/12 at 1 pm**  
**Find me Falling**  
**w/Harry Connick, Jr.**  
After a failed comeback album, a rock star retreats to a cliffside home on Cyprus, only to find his new life complicated by visitors — and an old flame.



**Cheeseburger Day!**  
**\$2- please sign up**



**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.**



# September 2024



Sun

Mon


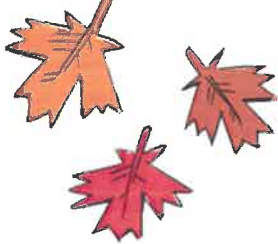

Tue

Wed

Thu

Fri

Sat

<p>1 <b>**Please note** Time change for Chair Yoga on Thursday, September 5th at 10 am</b></p>	<p>2 <b><u>Center Closed</u></b> <b>LABOR DAY</b> </p>	<p>3 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1:45 pm- Crochet Club</b></p>	<p>4 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p>5) 9- Wood Carvers 10- Bocce <b>10 am- Chair Yoga</b> <b>11:45 am-12:10 pm</b> <b>Elijah's Promise Food Truck</b> <b>1-3 CONCORDIA CHORDS CONCERT &amp; LUNCH \$2</b></p>	<p>6 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio</p>	<p>7</p>
<p>8</p>	<p>9 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>1 pm- AARP Meeting</b></p>	<p>10 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1:45 pm- Crochet Club</b></p>	<p>11 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p>12 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga <b>1- Movie &amp; Pizza \$2</b> <b>Find Me Falling w/Harry Connick, Jr.</b></p>	<p>13 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio</p>	<p>14</p>
<p>15</p>	<p>16 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>1:30 pm- Bereavement Group</b></p>	<p>17 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1:45 pm- Crochet Club</b></p>	<p>18 9:30 am- Line Dancing <b>10 am- Friends Meeting</b> 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba <b>1 pm- Cheeseburger Day \$2/person</b></p>	<p>19 9- Wood Carvers <b>9:30 am-12:30 pm Menlo Park Mall Trip</b> 10- Bocce 11 am-11:45 am Chair Yoga <b>11:45 am-12:10 pm</b> <b>Elijah's Promise Food Truck</b></p>	<p>20 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Grandparents Day Celebration &amp; Bingo!</b></p>	<p>21</p>
<p>22  <i>Fall begins</i></p>	<p>23 <b>9 am-2:45 pm NJ MVC Appointments are needed.</b> 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning</p>	<p>24 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1:45 pm- Crochet Club</b></p>	<p>25 9:30 am- Line Dancing 9:30 am- Mah Jongg <b>9:15 am-(bus leaves)-1 pm Middlesex County Senior Walk must register by 9/4.</b> 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p>26 9- Wood Carvers 10- Bocce 11 am-11:45 am Chair Yoga <b>1 pm- POTLUCK Day! Bring your favorite dish to share!</b></p>	<p>27 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio <b>1 pm- Bingo &amp; Bites! 4 cards for \$1 Small snacks!</b></p>	<p>28 </p>
<p>29</p>	<p>30 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>10:30 am- IHOP trip \$1</b> <b>10:30 am- AARP Board Meeting</b></p>					

