

## 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

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

## Bereavement Group

Monday, 11/18 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.

## Thanksgiving Lunch

HAPPY THANKSGIVING DAY!



Wednesday, 11/20 at 1:15 pm

Lunch will be provided

\$4/sign up

**\*\*IMPORTANT\*\***

**Upcoming information sessions just for SENIORS**

**There are programs that can save you money!**

**NJ SAVE**

**Learn more on Wednesday, 11/13**

**1:30 pm-2:30 pm**

**From Assemblyman Danielson**

**Protect Yourself From FRAUD & SCAMS**

**Friday, 11/22**

**1 pm-2 pm**

**Consumer Protection From Department of Consumer Affairs & Assemblyman Egan**

**PLEASE REGISTER**

**Light refreshments available.**

## Movie & Pizza Social!

\$2 for pizza

Monday, 11/25

At 1 pm

"Family Switch"

w/Jennifer Garner & Ed Helms

When a chance encounter with an astrological reader causes the Walkers to wake up to a full body switch, can they unite to land a promotion, college interview, record deal, and soccer tryout?

# 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 Bob Davis  
Councilman Carlo Socio  
Councilman Antoine Chedid

**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.**



# November 2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					<p>1 10 am-10:30 am– Zumba 11 am-11:30 am– Strength &amp; Cardio</p>	<p>2 </p>
<p>3</p>	<p>4 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>11:30 am- SHIP Counseling (Appointment needed)</b> <b>1 pm– AARP Meeting</b></p>	<p>5 <b>Center Closed</b> </p>	<p>6 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba</p>	<p>7 9– Wood Carvers 10– Bocce <b>10:30 am– PA Dutch Market</b> 11 am-11:45 am Chair Yoga <b>11:45 am-12:10 pm Elijah’s Promise Food Truck</b> 12:15 pm-12:45 pm Zumba</p>	<p>8 10 am-10:30 am– Zumba <b>10:30 am– Cracker Barrell Trip \$1</b> 11 am-11:30 am– Strength &amp; Cardio</p>	<p>9</p>
<p>10</p>	<p>11 <b>Center Closed</b> <b>VETERANS DAY</b></p>	<p>12 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club</p>	<p>13 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba <b>1:30 pm-2:30 pm NJ SAVE programs presented by Assemblyman Danielson Register. Refreshments.</b></p>	<p>14 9– Wood Carvers 10– Bocce/Bocce Luncheon 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba</p>	<p>15 10 am-10:30 am– Zumba 11 am-11:30 am– Strength &amp; Cardio <b>1 pm– Bingo &amp; Bites 4 card for \$1- Small snacks , sign up.</b></p>	<p>16</p>
<p>17</p>	<p>18 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>11:30 am- SHIP Counseling (Appointment needed)</b> <b>1:30 pm– Bereavement Group</b></p>	<p>19 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club</p>	<p>20 9:30 am– Line Dancing 9:30 am– Mah Jongg <b>10– Friends</b> 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba <b>1:15 pm Thanksgiving Luncheon \$4/register</b></p>	<p>21 9– Wood Carvers 10– Bocce 11 am-11:45 am Chair Yoga <b>11:45 am-12:10 pm Elijah’s Promise Food Truck</b> 12:15 pm-12:45 pm Zumba <b>1:30 Senior Medicare Patrol Program. Register.</b></p>	<p>22 10 am-10:30 am– Zumba 11 am-11:30 am– Strength &amp; Cardio <b>1 pm-2 pm Fraud &amp; Scam Protection Presented by Department of Consumer Affairs &amp; Assemblyman Egan. Register. Refreshments.</b></p>	<p>23</p>
<p>24</p>	<p>25 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning <b>10:30 am– AARP Board Meeting</b> <b>11:30 am- SHIP Counseling (Appointment needed)</b> <b>1 Pm– Movie &amp; Pizza \$2 “Family Switch”</b></p>	<p>26 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club <b>1:30 PM– National Cake Day– enjoy sweet treats!</b></p>	<p>27 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba</p>	<p>28 <b>Center Closed</b> </p>	<p>29 <b>Center Closed</b> </p>	<p>30</p>



# 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  
12:15 pm-12:45 pm Zumba

### Fridays

10 am-10:30 am Zumba  
11 am-11:30 am Strength & Cardio

## Bus Trips \$1

- **Thursday, 11/7**  
10:30 am– PA Dutch Market in Princeton
- **10:30 am—Friday, 11/8**  
Cracker Barrel

**Please register.**

## Bingo & Bites

**1 pm**  
**Friday, 11/15**



**4 cards for \$1**  
**Small snacks**  
**please register**

## Bocce

- **Thursdays at 10 am**
- **Luncheon following game on 11/14**
- **Last game 11/21**

