

Senior Center Staff

Jessica Prinziwalli	Supervisor
Marly Espinal	Clerk I
Danielle Jegou	Clerk I
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

October Senior Sage



North Brunswick Senior Center

15 Linwood Place

732-418-2222 Fax 732-418-3665

Website: www.northbrunswicknj.gov

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

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).

Bereavement Group

Monday, 10/28 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

Friday, 10/18 at 1 pm

Showing a Classic Movie this Month: "Charade"

w/ Cary Grant & Audrey Hepburn

Sign up.



Birthday celebrations & lunch!

September-October-December

Wednesday, 10/23 at 1:30 pm

Please sign up.



Halloween Party



Tuesday, October 29th at 1 pm

Wear you favorite costumes!

Lunch will be provided

\$4/sign up

Linwood School Band Performance



Monday, 10/21 at 1:30 pm

Light refreshments, sign up & support our Band students!

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

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

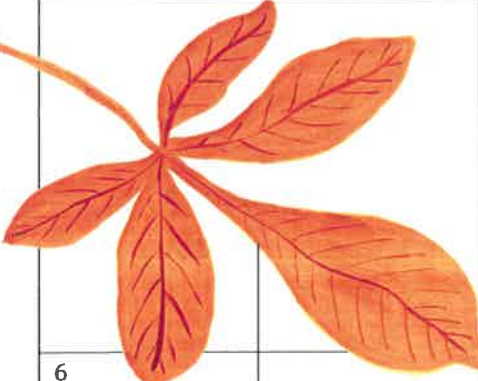


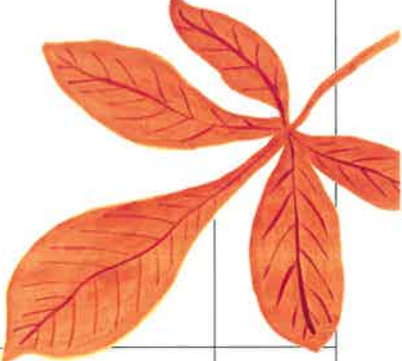

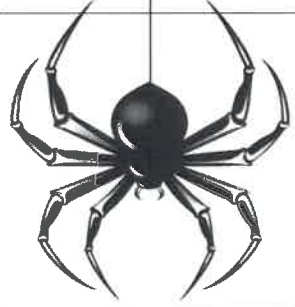





Township Cable Channels:

- Optimum Ch. 15
- FIOS Ch. 39

Township Website:

www.northbrunswicknj.gov
Please check for updates regarding programs.

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>2 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba 2 pm-3:30 pm– Milltown Pharmacy Flu Shots & other vaccines available. Register.</p>	<p>3 9– Wood Carvers 10– Bocce 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah’s Promise Food Truck 12:15 pm-12:45 pm Zumba</p>	<p>4 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio Rosh Hashanah </p>	
6	<p>7 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm– AARP Meeting</p>	<p>8 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>9 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba 1 pm-2 pm– Middlesex County Flu Shots only</p>	<p>10 9– Wood Carvers 10– Bocce 10:45 am Outback Steakhouse \$1 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>11 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Bingo & Bites 4 card for \$1- Small snacks , sign up. Yom Kippur Begins at Sundown</p>	12  Yom Kippur
13 	14  Columbus Day	<p>15 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>16 9:30 am– Line Dancing 9:30 am– Mah Jongg 10 am– Friends Meeting 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba</p>	<p>17 9– Wood Carvers 10– Bocce with the PBA & Police Department 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm Elijah’s Promise Food Truck 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 pm Senior Swim</p>	<p>18 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Movie & Pizza “Charade” w/Cary Grant & Audrey Hepburn</p>	19
20 	<p>21 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1:30 pm-2:15 pm Linwood School Band Performance- Light Refreshments, Sign up.</p>	<p>22 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>23 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba 1:30 pm Birthday Celebrations Sept– Dec! Sign up.</p>	<p>24 9– Wood Carvers 10– Bocce 10:30 am– PA Dutch Market in Princeton \$1 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>25 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Bingo & Bites 4 card for \$1- Small snacks , sign up.</p>	26 
27 	<p>28 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 10:30 am– AARP Board Meeting 11:30 am- SHIP Counseling (Appointment needed) 1:30 Bereavement Group</p>	<p>29 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 1 pm– Halloween Party w/ The Magic of Ed Smoot! \$4/sign up. 2:45 pm-3:45 pm Senior Swim at HS</p>	<p>30 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba</p>	<p>31 9– Wood Carvers 10– Bocce 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba <u>Halloween</u></p>		

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