

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



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).

Take out your WORST Sweater for our 1st



UGLY SWEATER PARTY
Monday, December 23 at 1 pm
Entertainment by Terrific Ted!
Lunch will be provided
\$4/sign up


Movie & Pizza Social!
\$2 for pizza
Monday, 12/30
At 1 pm
"Haul out the Holly"
w/Lacey Chabert

Emily arrives home hoping to visit her parents, only to find that they are going on a trip of their own. While she stays at her house for the holidays, her HOA is determined to get Emily involved in the neighborhood Christmas festivities.

Holiday Band Performance
Presented by
Linwood Middle School

Tuesday, 12/17 at 10:15 am

Please join us and support our students!
Please register.



NADAR GOBIND FOUNDATION PRESENTS

MOTIVATIONAL & MEDITATION
Workshop

THURSDAY, AT 1:30- 2:30 PM (EST)
DECEMBER 5TH 2024

MOTIVATIONAL & SPIRITUAL TALK QUESTIONNAIRE SESSION AWAKENING INNER ENERGY

North Brunswick Sr. Center
15 Linwood Pl,
North Brunswick Township, NJ 08902

CALL : (510) 402-4848/ (209) 321-2151
EMAIL : info@nadargobind.org

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!

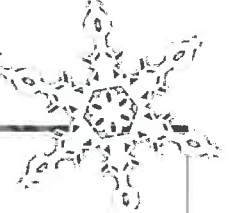
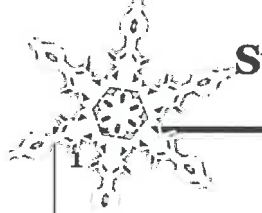
Township Cable Channels:

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

Township Website:
www.northbrunswicknj.gov
Please check for updates regarding programs.



December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>2 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 11:30 am- SHIP Counseling (Appointment needed) 1 pm- AARP Meeting</p>	<p>3 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</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 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 1:30 Meditation Session Free</p>	<p>6 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio</p>	<p>7 8 am-3 pm Women's Club Craft Show</p>
8	<p>9 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 12 pm AARP Christmas Party at Dusal's (pre-registration with AARP required)</p>	<p>10 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</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 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 1 pm-Flagstar Bank Fraud Presentation</p>	<p>13 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>	<p>14 PLEASE COME INTO THE OFFICE OR CALL OFFICE @ 732-418-2222 TO REGISTER FOR PROGRAMS</p>
15	<p>16 9 am-9:45 am Chair Yoga 9:30 am- Boscov's \$1 11:45 am-12:15pm Zumba Toning</p>	<p>17 9:30 am- 10 am Zumba 10:15 am- 11 am LINWOOD BAND PERFORMANCE 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p>	<p>18 9:30 am- Line Dancing 9:30 am- Mah Jongg 10- Friends 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba</p>	<p>19 9- Wood Carvers 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>20 10 am-10:30 am- Zumba 10 am- Nutcracker at State Theatre \$10, sign up 11 am-11:30 am- Strength & Cardio</p>	<p>21 WINTER BEGINS</p>
22	<p>23 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- Ugly Sweater Party & Lunch! Wear your UGLIEST Holiday sweater! \$4/ sign up Entertainment by Terrific Ted!</p>	<p>24 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p> <p>CHRISTMAS EVE</p>	<p>25 Center Closed</p> <p>Merry Christmas</p> <p>Happy Hanukkah</p>	<p>26 9- Wood Carvers 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba</p> <p>KWANZAA</p>	<p>27 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>	<p>28</p>
29	<p>30 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 10:30 am- AARP Board Meeting 1 pm- Movie & Pizza "Haul Out the Holly" \$2 for pizza</p>	<p>31 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p> <p>NEW YEAR'S EVE</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

**Boscov's \$1
9:30 am- 1pm
Monday, 12/16**

**The Nutcracker at State
Theatre \$10
10 am Friday, 12/20**

Please register.

Bingo & Bites

**1 pm
Friday, 12/13 & 12/27**



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

