

## 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

# *April 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).

## Bus Trips-Please register \$1

11 am Wednesday, 4/16 Mission BBQ & Shopping Hamilton

Marketplace

10:30 am Tuesday, 4/22 Boscov's



Friday, April 25, 2025  
at 1pm

Come and join as Chef Sank introduces us to easy and simple recipes to continue enjoying the foods we love. Each participant will have an edible sample of healthy dishes and be part of our afternoon raffle.



Register: <https://bit.ly/MFSCApril2025>

Let's get connected, email us: [mfsccmiddlesex@ccdom.org](mailto:mfsccmiddlesex@ccdom.org) or call 732-646-4057

<https://www.instagram.com/mfsccmiddlesex> <https://twitter.com/MFSCMiddlesex> <https://www.facebook.com/MFSCMiddlesex/>

## Bereavement Group

Monday, 4/21 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.

## Guided Breathing Meditation

Thursday 4/24 at 1-1:30 pm

Followed by individual

## Reiki Sessions

1:30 pm-3 pm

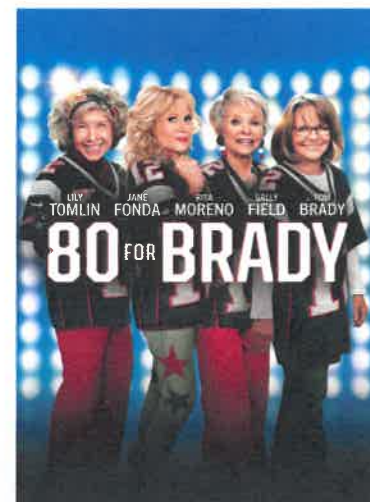
(please register for a time)



## Movie & Pizza Social

Thursday, 4/10 at 1 pm

\$2/person



A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

# 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  
Amanda Guadagnino  
Councilman Rajesh Mehta  
Councilman Bob Davis  
Councilman Carlo Socio  
Councilwoman Mary Hutchinson

## ♦ Township Cable Channels:

♦ Optimum Ch. 15

♦ FIOS Ch. 39

## ♦ Township Website:




[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

Please check for updates regarding programs.

# APRIL 2025

PLEASE REGISTER FOR ALL PROGRAMS BY CALLING 732-478-2222



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We will be offering fresh sandwich lunches on Tuesdays starting 4/8 at 1 p m We are asking for a \$2 contribution.</p>		<p>1 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club</p>	<p>2 <u>SENIOR CENTER HOURS</u> <u>9:30 am- 2 PM</u> 9:30 am- AARP Tax Aide (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1 pm- Bingocize</p>	<p>3 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 &amp; Cardio 12:30 pm- PB &amp; J day Grab a Peanut Butter &amp; Jelly Sandwich!</p>	
6	<p>7 9 am-9:45 am Chair Yoga 9:30 am- AARP Tax Aide (appointment needed) 11:45 am-12:15pm Zumba Toning 1 pm- AARP Meeting 1 pm- Bingocize</p>	<p>8 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club  1 pm Lunch available \$2/ contribution</p>	<p>9 9:30 am- AARP Tax Aide (appointment needed) 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1 pm- Bingocize</p>	<p>10 10- Bocce 11 am-11:45 am Chair Yoga 1 pm- Movie &amp; Pizza 80 for Brady \$2/pizza</p>	<p>11 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio 1 pm- Grilled Cheese Sandwich Day &amp; Bingo \$2 contribution</p>	12
13	<p>14 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- Bingocize</p>	<p>15 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm- Flagstar Bank- Avoiding Scams Lunch &amp; Learn \$2 contribution</p>	<p>16 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 11 am- Mission BBQ &amp; Shopping \$1 12:30 pm- Zumba 1 pm- Bingocize</p>	<p>17 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 1 pm-2:30 pm St. Peter's Blood Pressure/Blood Sugar</p>	<p>18 <u>CENTER CLOSED</u> </p>	19
20 	<p>21 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- Bingocize 1:30 pm- Bereavement Group</p>	<p>22 9:30 am- 10 am Zumba 10 am- Boscov's 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 pm- Bingocize</p>	<p>24 10- Bocce 11 am-11:45 am Chair Yoga 2:45 pm-3:45 pm Senior Swim at HS 1 pm-1:30 pm Meditation 1:35 pm-3 pm Reiki (by appointment)</p>	<p>25 10 am-10:30 am- Zumba 11 am-11:30 am- Strength &amp; Cardio 1 pm- Tasty Treats w/ Chef Sank-Simple &amp; easy recipes</p>	26
27	<p>28 9 am-9:45 am Chair Yoga 10:30 am- AARP Board Mtg 11:45 am-12:15pm Zumba Toning 1 pm- Bingocize</p>	<p>29 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm- Lunch available \$2/ contribution 1 pm- EASTER EGG HUNT 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 1 pm- Bingocize</p>		<p><u>Attention</u> <u>North Brunswick Seniors:</u> Anyone interested in a Senior summer softball league? Please call Gene: 732-846-3254 </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 Roundtrip 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 10classes/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

Dear Seniors,

We are saddened to share the passing of our dear co-worker, Carmella Varga.

**Arrangements:**  
Visitation Gleason Funeral Home  
555 Georges Road  
Tuesday, 4/1/25 from  
4 pm-8 pm

**Funeral Services, Wednesday  
4/2/25 at 10 am Our Lady of  
Lourdes, Milltown.**

### Health & Wellness Programs

**Tuesday, 4/15 1:30 pm  
Lunch & Learn  
Flagstar Bank– Fraud & Scam  
Awareness \$2/contribution for  
lunch**

**Thursday, 4/17 1 pm-2:30 pm  
St. Peter's Blood Pressure/Blood  
Sugar Screening  
Appointment needed.**

**Grilled Cheese Sandwich Day &  
Bingo 1 pm Friday, 4/11**



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