

## 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

*March  
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\****

# 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).

## St. Patrick's Day Lunch

Thursday, 3/13 at 1:15 pm

Corned Beef Sandwich

Cole Slaw & Pickle

Irish Soda Bread

\$4/person. Please register.

## Guided Breathing

Meditation

Thursday 3/27 at 1 pm

Followed by individual

Reiki Sessions

2 pm-3 pm

(please register for a time)



## Movie & Pizza Social!

\$2 for pizza- sign up

Monday, 3/10 at 1 pm

"The Luck of the Irish"

w/Tyrone Power & Anne Baxter  
Reporter finds an unusual romance when he meets a lovely Irish woman Colleen and an unpredictable leprechaun.

## Rock Painting

Wednesday 3/12 at 1:30 pm

The participants will draw and paint a rock to make it a decorative piece. The participants will choose from a selection of rocks and designs. They will be able to use paints with brushes, brush markers, golden and silver markers, glitter, and embellishments to decorate rocks according to their comfort level. No special skills are needed. All materials will be provided.

## Bereavement Group

Monday, 3/31 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.

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  
Councilman Antoine Chedid  
Councilwoman Mary Hutchinson

## Township Cable Channels:

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

## Township Website:

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



Let's get connected, call 732-646-4057  
Register: <https://bit.ly/MFSCMarch2025>

# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>PLEASE REGISTER FOR ALL PROGRAMS BY CALLING 732-418-2222</b>					1
2	3 9 am-9:45 am Chair Yoga <b>9:30 am- AARP Tax Aide (appointment needed)</b> 11:45 am-12:15pm Zumba Toning <b>1 pm- AARP Meeting</b>	4 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	5 <b>9:30 am- AARP Tax Aide (appointment needed)</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	6 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 pm- Oreo Cookie Day</b>	7 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	8
9	10 9 am-9:45 am Chair Yoga <b>9:30 am- AARP Tax Aide (appointment needed)</b> 11:45 am-12:15pm Zumba Toning <b>1 pm- Movie &amp; Pizza \$2 The Luck of the Irish"</b>	11 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	12 <b>9:30 am- AARP Tax Aide (appointment needed)</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training <b>1:30 pm Rock Painting</b> 12:30 pm- Zumba	13 9- Wood Carvers 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba <b>1:15 pm- St. Patrick's Day Lunch \$4/person</b>	14 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio <b>10 am-1 pm Fraud Prevention Conference at Middlesex College (register by 3/9)</b> <b>12 pm- Potato Chip Day</b>	15
16	17 9 am-9:45 am Chair Yoga <b>9:30 am- AARP Tax Aide (appointment needed)</b> 11:45 am-12:15pm Zumba Toning <b>1 pm- Bingocize</b> 	18 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	19 <b>9:30 am- AARP Tax Aide (appointment needed)</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg <b>10 am- Friends</b> 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba <b>1 pm- Bingocize</b>	20 9- Wood Carvers <b>10- First Day of Bocce</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 style="text-align: center;"><b>SPRING BEGINS</b></p>	21 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio <b>11 :30am-1 pm Highland Park Farmer's Market \$1</b> <b>1 pm- Bingo &amp; Bites</b> <b>4 card for \$1- Small snacks , sign up.</b>	22
23	24 9 am-9:45 am Chair Yoga <b>9:30 am- AARP Tax Aide (appointment needed)</b> 11:45 am-12:15pm Zumba Toning <b>1 pm- Bingocize</b>	25 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1:30 pm Health Workshop: Trinity Rehab Dr. Acal Modi: Core Strengthening &amp; Healthy Aging</b>	26 <b>9:30 am- AARP Tax Aide (appointment needed)</b> 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba <b>1 pm- Bingocize</b>	27) 9- Wood Carvers <b>10- Bocce</b> 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba <b>1 pm- Guided Breathing Meditation</b> <b>2 pm-3 pm Reiki Healing &amp; Relaxation (make an appointment)</b>	28 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio <b>1 pm- Bingo &amp; Bites</b> <b>4 card for \$1- Small snacks , sign up.</b>	29
30	31 9 am-9:45 am Chair Yoga <b>9:30 am- AARP Tax Aide (appointment needed)</b> 11:45 am-12:15pm Zumba Toning <b>10:30 am- AARP Bd Meeting</b> <b>1:30 pm- Bereavement Group</b> <b>1 pm- Bingocize</b>					

# 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 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

## **AARP Tax-Aide**



**Free Tax Help!**

For taxpayers with low- and moderate-income, with special attention to those age 60 and older.

Appointments are Mondays and Wednesdays 9:30 am-2 pm North Brunswick Senior Center located at 15 Linwood Place, North Brunswick Call the office to register for an appointment- 732-418-2222. Intake packets must be completed before and brought to your appointment.

## Bingo & Bites

**1 pm**

**Friday, 3/21 & 3/28**



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