

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

*July
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

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).



New Jersey Property Tax Relief Filing Event

Date: Wednesday, August 20, 2025
Time: 9 am- 1 pm

Location: North Brunswick Senior Center
15 Linwood Place, North Brunswick
732-418-2222

For Senior Homeowners and Renters Age
65 and Over or Receiving Federal Social
Security Disability Benefits.

Don't miss your chance to meet
with a Division representative.

Representatives on site to assist
you with filing your 2024 PAS-1
application.

Electronic or paper application
filing assistance available.

Eligibility requirements, including income limits, and
benefits available for all property tax relief programs
are subject to change by the State Budget.



For event & location details,
scan the QR code or visit:
bit.ly/NJTaxEvents



ANCHOR
Affordable NJ Communities for
Homeowners & Renters

Property Tax Relief For:
• Homeowners Earning \$250K or Less
• Renters Earning \$150K or Less

Stay NJ

For Senior Homeowners

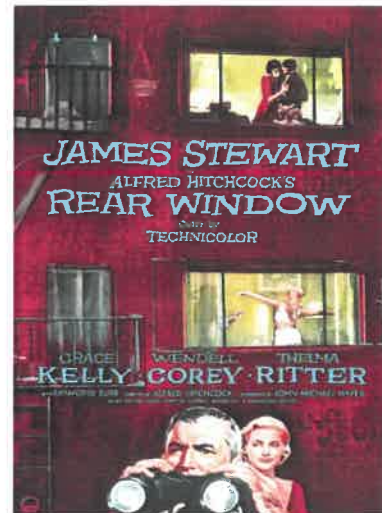
- Age 65 or over in 2024
- 2024 Income below \$500,000
- Owned and lived in your house for all of 2024

Stay NJ benefits are calculated after ANCHOR and Senior Freeze benefits are determined. If you qualify for all three programs, the Stay NJ benefit will be 50% of your property taxes (up to \$35,000) minus any payments received through ANCHOR and Senior Freeze (2024 benefit cap of \$6,000).

Movie & Pizza Social

Thursday, 7/10 at 1 pm

\$2/person for pizza



Rear Window

A bored photographer recovering from a broken leg passes the time by watching his neighbors and begins to suspect one of them of murder.

Mosaic Coaster Craft

Thursday, 7/24 at 1 pm

Space is limited please register.



**Brought to by the Arts Institute of
Middlesex County**

Bingo & Bites 1 pm

Friday, 7/11 & 7/18

4 cards for \$1



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

**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.**

July 2025

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
		1 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club <u>NO LUNCHES</u>	2 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	3 10– Bocce 11 am-11:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 12:15 pm-12:45 pm Zumba	4 <u>CENTER CLOSED</u> 	5
6	7 9 am-9:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 11:45 am-12:15pm Zumba Toning	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	9 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	10 10– Bocce 11 am-11:45 am Chair Yoga 11 am– 12 pm Senior Swim HS 1 pm–Classic Movie & Pizza Social \$2/pizza “Rear Window”	11 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Bingo & Bites 4 cards for \$1– small snacks, sign up.	12
13	14 9 am-9:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 11:45 am-12:15pm Zumba Toning 1 pm– Charcuterie Day Enjoy yummy cheese & crackers with Sparkling	15 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 1 pm Lunch available \$2/contribution	16 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba 1 pm-2:30 pm– St. Peter’s Bone Density Screening. Appt. needed.	17 10– Bocce 11 am-11:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 11:45 am-12:10 pm Elijah’s Promise Food Truck 12:15 pm-12:45 pm Zumba	18 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Bingo & Bites 4 cards for \$1– small snacks, sign up.	19
20	21 9 am-9:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 11:45 am-12:15pm Zumba Toning 1 pm– JUNK FOOD DAY!	22 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 1 pm Lunch available \$2/ contribution <u>LOU ANN’S BIRTHDAY</u>	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–Gorgeous Grandma Day! Treat Yourself & be pampered!	24 10– Bocce 11 am-11:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 1 PM– Mosaic Coaster Craft Please register. Space is limited.	25 9:30 am– Softball at Babbage Park 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <u>MARLY’S BIRTHDAY</u>	26
27	28 9 am-9:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 11:45 am-12:15pm Zumba Toning	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	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– National Cheesecake Day	31 10– Bocce 11 am-11:45 am Chair Yoga 11 am– 12 pm Senior Swim at HS 1 pm– Chili Dog Day! (Let us know if you need vegetarian options)	PLEASE REGISTER FOR ALL PROGRAMS BY CALLING 732-418-2222	

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



SENIOR AQUACISE PROGRAM SPRING SWIM

Join your fitness friends at the Pool and participate in a unique Senior Aquacise experience! The program will be led by fitness instructors to keep you moving!

Township of North Brunswick
Department of Parks, Recreation, & Community Services

Classes begin
Monday, July 7th

Mondays
Thursdays

11 am-12 pm

Classes end
Thursday, August 7th

Register at the
Senior Center
15 Linwood Place
\$20.00/annual pass
732-418-2222

CLASSES ARE HELD AT THE
NORTH BRUNSWICK
HIGH SCHOOL POOL
58 Raider Road
North Brunswick, NJ

July Specialty Days

**Monday, 7/14 at 1 pm
Charcuterie Day**

**Monday, 7/21 at 1 pm
Junk Food Day**

**Wednesday, 7/23 at 1 pm
Gorgeous Grandma Day**

**Wednesday, 7/30 at 1 pm
National Cheesecake day**

**Thursday, 7/31 at 1 pm
Chili Dog Day (let us know if you
need vegetarian options)**