

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

*June
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!

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

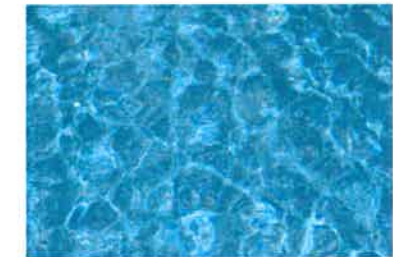
9:30 am Line Dancing
11 am-11:45 am Advanced Strength Training
12:30 pm-1 pm Zumba

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



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
98 Raider Road
North Brunswick, NJ



BOCCE BALL

WITH THE
NORTH BRUNSWICK PBA LOCAL 160 &
NORTH BRUNSWICK TOWNSHIP
POLICE DEPARTMENT



NORTH
BRUNSWICK
SENIOR CENTER

THURSDAY
12
JUNE

15 LINWOOD PL.
NORTH BRUNSWICK, NJ

10:00 AM

• TO CELEBRATE FATHER'S DAY •

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sandwich Selections for Tuesday Lunches: 1. Italian 2. Turkey 3. Tuna 4. Mozzarella & Roasted Red Pepper	2 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- AARP Meeting Hot Dog Social	3 9:30 am- 10 am Zumba 11:30- 2 pm PAS 1 Application Assistance- BY APPT ONLY 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 2:45- 3:45 pm Swimming at HS 1 pm Lunch available \$2/ contribution	4 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	5 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 2:45- 3:45 pm Swimming at HS	6 9 am-11:30 am- Softball at Babbage Park 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	7 <div> Attention North Brunswick Seniors: Anyone interested in a Senior summer softball league? Please call Gene: 732-846-3254 Please bring your own equipment. </div> 
8	9 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- Bingocize Last Day!	10 9:30 am- 10 am Zumba 10:30 am Pt Pleasant 11:30- 2 pm PAS 1 Application Assistance- BY APPT ONLY 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 2:45- 3:45 pm Swimming at HS 1 pm Lunch available \$2/ contribution	11 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	12 10- Father's Day Bocce w/PBA 150 & NBPD 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45- 3:45 pm Swimming at HS	13 9 am-11:30 am- Softball at Babbage Park 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 12:30 pm Friday the 13th Party and Mindreading Show w/Flavian! \$4/ person	14
15 	16 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning	17 9:30 am- 10 am Zumba 11:30- 2 pm PAS 1 Application Assistance- BY APPT ONLY 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm Lunch available \$2/ contribution	18 9:30 am- Line Dancing 9:30 am- Mah Jongg 10 am- Friends 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba	19 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 	20 9 am-11:30 am- Softball at Babbage Park 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.	21 
22	23 9 am-9:45 am Chair Yoga 11:45 am-12:15pm Zumba Toning 1 pm- Mother's/Father's Day Luncheon Please register	24 9:30 am- 10 am Zumba 11:30- 2 pm PAS 1 Application Assistance- BY APPT ONLY 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm Lunch available \$2/ contribution	25 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:30 pm- Zumba 1 pm- Movie & Pizza Social "Nonna's" \$2/ pizza	26 10- Bocce 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba	27 9 am-11:30 am- Softball at Babbage Park 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.	28
29	30 9 am-9:45 am Chair Yoga 10:30 am- AARP Board Mtg 11:45 am-12:15pm Zumba Toning		PLEASE REGISTER FOR ALL PROGRAMS BY CALLING 732-418-2222			

Special Events & News

PLEASE REGISTER FOR ALL PROGRAMS & SPECIAL EVENTS

Elijah's Promise on Wheels

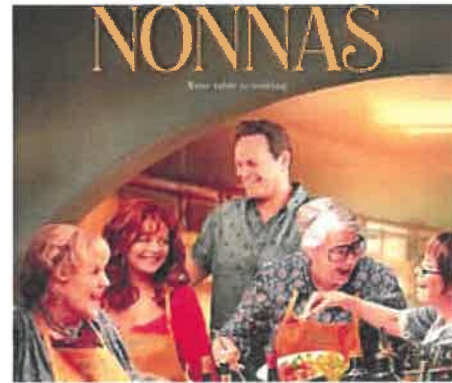
1st & 3rd Thursdays

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).

Movie & Pizza Social

Wednesday, 6/25 \$2/person



After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. Please register.

Mother's Day/Father's Day Luncheon

Monday, 6/23 at 1 pm

Join us as we celebrate all types of Mother's & Father's! (Aunts, Uncles, Pet parents...!)

Please register!

Bus Trips-Please register \$1

Tuesday, 6/10

Point Pleasant at 10:30 am

Bingo & Bites 1 pm

Friday, 6/20 & 6/27

4 cards for \$1

please register

North Brunswick Senior Center

Presents

Flavian

Friday the 13th Party & Lunch!



www.Flavian.net

Flavian will read your mind and make you laugh as he reveals answers to some very funny questions!

Don't miss this fun and exhilarating show!

Friday - June 13 at 12:30 PM (\$4 per person)

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.