

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

*October
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).

Movie & Pizza Social



Wednesday, 10/29 at
1pm

\$2/pizza

North Brunswick Senior Center

Presents

Flavian

Mind Reading Game Show

Caution!

Flavian "Fever" is spreading and setting the world on fire with fun and exciting Mental Marvels!

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!

Thursday - October 30 at 1:45 PM

Bingo & Bites 1 pm

Friday, 10/10 & 10/24

4 cards for \$1



WELCOME TO **Oktoberfest**



Music | \$4.00 | **Food**
person

MONDAY, OCTOBER 20th

1 PM NORTH BRUNSWICK

SENIOR CENTER 15 LINWOOD PL

REGISTER: 732-418-2222

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.

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.



OCTOBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222			1 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:15 pm-12:45 pm– Zumba	2 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 pm-3:45 pm Senior Swim @ HS	3 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <u>PRIMO’S BIRTHDAY</u>	4
5	6 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba 1 pm– AARP Meeting	7 9:30 am– 10 am Zumba 10 AM-12 PM FLU SHOTS Costco Pharmacy 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 1 pm Lunch available \$2/ contribution 2:45 pm-3:45 pm Senior Swim @ HS	8 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:15 pm-12:45 pm– Zumba	9 10– Bocce 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 pm Senior Swim @ HS	10 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.	11 <u>DONNA’S BIRTHDAY</u>
12 <u>ALEXIS’ BIRTHDAY</u>	13 <u>CENTER CLOSED</u> <u>INDIGENOUS PEOPLES’ DAY/ COLUMBUS DAY</u>	14 9:30 am– 10 am Zumba 10 am– New Brunswick Charter School Photo Session for Seniors (see flier for info) 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 1 pm Lunch available \$2/ contribution 1:30 pm-Medicare Info session 2:45 pm-3:45 pm Senior Swim @ HS	15 9:30 am– Line Dancing 9:30 am– Mah Jongg 10 am– Friends 11 am-11:45 am– Advanced Strength Training 12:15 pm– Zumba 1 PM– 2 PM FLU SHOTS MIDDLESEX COUNTY	16 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 NO SENIOR SWIM	17 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 PM- HALLOWEEN CRAFT	18
19	20 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba 1 pm– OKTOBERFEST \$4/HOT LUNCH 1:30 pm– Bereavement	21 9:30 am– 10 am Zumba 10 am– New Brunswick Charter School Photo Session for Seniors (see flier for info) 11 am-11:45 am– Gentle Mat Yoga 12 pm– Gardening Club 1 pm Lunch available \$2/ contribution 2:45 pm-3:45 pm Senior Swim @ HS	22 9:30 am– Line Dancing 9:30 am– Mah Jongg 10:30 am– Boscov’s \$1 11 am-11:45 am– Advanced Strength Training 12:15 pm-12:45 pm– Zumba	23 10– Bocce 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 1–Bocce Luncheon 2:45 pm-3:45 pm Senior Swim @ HS	24 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.	25
26	27 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 10:30 am– AARP Board Mtg 11:45 am-12:15pm Zumba Toning 12 pm-2 pm CVS Flu shots/COVID Shots	28 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 11:30 am-2 pm Medicare Counseling by appt. 12 pm– Gardening Club 1 pm Lunch available \$2/ contribution 2:45 pm-3:45 pm Senior Swim @ HS	29 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:15 pm-12:45 pm– Zumba 1 pm Movie & Pizza Social- HOCUS POCUS \$2/pizza	30 10– Bocce 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 1:15 PM HALLOWEEN PARTY WITH MIND READER “FLAVIAN” \$4/LUNCH 2:45 pm-3:45 pm Senior Swim @ HS	31 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio <u>HALLOWEEN</u>	

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.** You will need to provide a doctor's note if you have an active 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 10 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

NEW CLASS* 10:15 am-11 am

Whole Body Fitness

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

Bereavement Group

Monday, 10/20 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.

FLU SHOT CLINICS

Costco

Date: Tuesday, October 7, 2025

Time: 10 am-12 pm

Will have high dose for seniors.

Middlesex County Office of Health Service

Date: Wednesday, October 15, 2025

Time: 1:00 pm-2:00 pm

Please note the following:

- There is no cost for the flu shot.
- We will be offering the Tri-valent flu shot; we will not be offering Prevnar 13
- We will not have the Pneumovax vaccine.
- Vaccine is for 6 months and older.
- We will not have the "Senior" flu vaccine.

CVS

Date: Monday, October 27, 2025

Time: 12 pm-2 pm

Will have high dose for seniors and COVID shots.

Contribution Policy

The Older Americans Act requires that all people receiving services under Act must be given every opportunity to contribute to the cost of the program. Your donation will be used to continue and expand the Area Plan Contract.

There is no obligation to contribute. Services will not be affected by the ability or lack of ability to contribute. All contributions will be kept confidential. Agencies that receive funds under the Middlesex County Office of Aging & Disabled Services Area Plan shall not deny any older person a service because the older person will not or cannot contribute to the cost of the service.