

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



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).



Join Our
Parker Social Club!

Join the weekly

Parker Social Club

The Parker bus will arrive every Friday at 10:30AM for pick up and will return all attendees to the center by 2:00PM

The Social Club is offering Weekly Visits to Enjoy:

- Cardio, Weights, & Machines
- Training Sessions with a personal trainer
- Aquatic Exercise Classes
- Locker Rooms with Showers & complimentary towel service
- Group Fitness Classes
- Educational & Recreational Offerings
- On-site Café
- Movie Theater
- And more! All for the low cost of \$3.00 per day!

Contact Robyn at 732-438-6605
for additional information!

433 Dover Road
Highland Park, NJ 08048
www.parkersocial.org

Bingo & Bites at 1 pm

Friday, 11/7 & 11/21

4 cards for \$1



BINGO *vize*

NUTRITION Workshop

A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!
Come play and meet new people while learning about nutrition!

Join us at North Brunswick Senior Center
located: 15 Linwood Pl, North Brunswick
Township, NJ 08902

Monday, November 10th, 2025
Meet us every Monday & Wednesday
from 1pm-2pm.
Light refreshments will be served
Graduation: January 28, 2026

A bingo winner every time. Come
join us every Monday & Wednesday
at 1pm. This series is from
November 2025 till January 2026.

Robert Wood Johnson
University Hospital
RWJ Partners
HEALTH

CALL OR EMAIL: (732) 387-1220 mfscmiddlesex@ccdom.org

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

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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!**

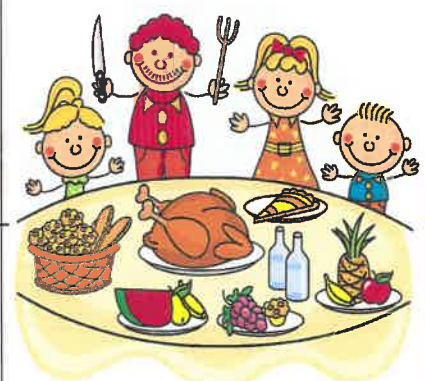
♦ Township Cable Channels:

- ♦ Optimum Ch.15
- ♦ FIOS Ch. 39

♦ Township Website:
www.northbrunswicknj.gov
Please check for updates
regarding programs.



NOVEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>There will be no Tuesday lunches November & December.</u> <u>We will begin after the holidays in January.</u>						1
2	3 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	4 CENTER CLOSED 	5 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15 pm- Zumba 1 pm Nutrition Bingocize Info Session	6 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	7 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio 10:30 am- Parker House 1 pm- Bingo & Bites 4 cards for \$1- small snacks	8
9	10 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba 1 pm- Nutrition Bingocize 12 pm-2 pm CVS Flu Shot	11 CENTER CLOSED  2:45 pm-3:45 pm Senior Swim @	12 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15 pm- Zumba 1 pm- Nutrition Bingocize	13 10- Bocce 11 am-11:45 am Chair Yoga 11 am- Kohls/TJ Maxx 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 pm Last Senior Swim @ HS	14 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm- Thanksgiving Craft	15 9 am-2 pm Women's Club Craft Show
16	17 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:30 am-2 pm Medicare Counseling by appt. 11:45 am-12:15pm Zumba 1 pm- Nutrition Bingocize 1:30 pm- Bereavement Group	18 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	19 9:30 am- Line Dancing 9:30 am- Mah Jongg 10 am- Friends Meeting 11 am-11:45 am- Advanced Strength Training 12:15 pm- Zumba 1 pm- Nutrition Bingocize	20 10- Bocce 11 am-11:45 am Chair Yoga 11 am- PA Dutch Market 11:45 am-12:10 pm Elijah's Promise Food Truck 12:15 pm-12:45 pm Zumba 1 pm-3 pm CVS Flu Shot	21 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm- Bingo & Bites 4 cards for \$1- small snacks	22
23	24 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 1 pm- Nutrition Bingocize	25 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 11:30 am-2 pm Medicare Counseling by appt.	26 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15 pm- Zumba 1 pm- Nutrition Bingocize	27 CENTER CLOSED 	28 CENTER CLOSED 	29 <u>There will be no Tuesday lunches November & December.</u> <u>We will begin after the holidays in January.</u>
30						

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, 11/17 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

CVS

Date: Monday, November 10th

Time: 12 pm-2 pm

CVS

Date: Thursday, November 20th

Time: 1 pm-3 pm

Will have high dose for seniors and COVID shots.

Minibus Trips– Leave Senior Center at 11 am \$1, sign up

Thursday, 11/13 Kohls/TJ Maxx

Thursday, 11/20 PA Dutch Market

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.