

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
Alexis Krzewick, Recreation Leader

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 Emergency	(732) 545-3200 9-1-1

February 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).

Bingo & Bites at 1 pm
Friday, 2/13 & 2/20
4 cards for \$1



Concordia Chords Valentine's Day Music Concert

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

DATE:
Tuesday, 2/17/26
1 pm- 3 pm
Please register- Sign ups are open NOW!

\$5 FOR LUNCH & LIVE MUSIC

Music Sponsored by the Friends of the Senior Center
A LIVE Band local of local Seniors playing a wide variety of very recognizable Classic Rock Songs!

Minibus Trips- Leaves Senior Center at 11 am \$1, sign up.



Weds, 2/18 Kohls/TJ Maxx

Fri, 2/27 PA Dutch Market

AARP FOUNDATION TAX-AIDE

Get your taxes done for free.

The AARP Foundation Tax-Aide NJ will prepare taxes in 2026 (for tax year 2025) at a new location:

North Brunswick Township Municipal Building 710 Hermann Road, 3rd Floor, North Brunswick, NJ 08902

Please call the North Brunswick Senior Center for an appointment, cancel or reschedule. The number is: 732-418-2222

Appointments are Mondays/Wednesdays 9:30 am-1:30 pm beginning 2/4/26-4/8/26, by appointment only.



Working for You

Whether in person or virtually, we'll help you get every tax credit and deduction you've earned.



Welcoming and Free

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

To find a site near you, or to get information about virtual services, visit aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.

The Internal Revenue Service (IRS) sponsors the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) Programs. The mission of these programs is to provide free basic tax return preparation for low-to-moderate income and elderly taxpayers. This also includes taxpayers with disabilities, limited English proficiency and the Military. Volunteers participating in these programs must sign a Form 13851, Volunteer Standards of Conduct Agreement - VITA/TCE Programs. These agreements require them to provide high quality service and uphold the highest ethical standards.

In accordance with federal law and the Department of Internal Revenue Service policy, discrimination against taxpayers on the basis of race, ethnicity, origin, gender, age, or age (if age is prohibited in programs and activities receiving federal financial assistance), disability, sex (in education programs or activities), age or age (if age is prohibited in programs and activities receiving federal financial assistance). Taxpayers with a disability may request a reasonable accommodation and taxpayers with limited English proficiency may request language assistance to access service. To report unethical behavior to IRS, e-mail us at od.volunteer@irs.gov.

If a taxpayer believes he or she has been discriminated against, a written complaint should be sent to: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue, NW, Washington, DC 20224. For all other inquiries concerning taxpayer civil rights, contact us at the mailing address or email us at od.civil_rights.division@irs.gov. Do not send tax returns or other tax-related information to the Civil Rights Division office or email address.

While the IRS is responsible for providing oversight requirements to Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs, these sites are operated by IRS-sponsored partners who manage IRS-required site operations and volunteer ethical standards. In addition, the locations of these sites may not be in or on federal property. D149 (2/2/22)

AARP Foundation Tax-Aide

LUNCH PROGRAM

NORTH BRUNSWICK SENIOR CENTER
15 LINWOOD PLACE
732-418-2222

ORDERS FOR LUNCH MUST BE PLACED THE WEEK BEFORE:

MONDAY

Hot lunch
Served with milk, juice, fruit, salad, bread

TUESDAY

Choice of: Sandwich Selections for Tuesday Lunches:

1. Italian
2. Turkey
3. Tuna or Egg Salad
4. Mozzarella & Roasted Red Pepper
5. Roast Beef

WEDNESDAY

Hot lunch
Served with milk, juice, fruit, salad, bread

THIS LUNCH PROGRAM IS SUBSIDIZED THROUGH A GRANT FROM MIDDLESEX COUNTY. TO ASSURE WE ARE ABIDING BY THE GRANT, YOU MUST REGISTER FIRST. IT IS PROVIDED FOR A CONGREGATE MEAL SETTING, TO STAY AND EAT LUNCH ON SITE. IT IS OFFERED TO THE SENIORS 60+ AT A REDUCED COST: \$3

PLEASE NOTE: MENU/DAYS SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES

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.

Please help encourage others to join the programs at the Senior Center! You are always welcome to bring a friend!

Parker
we make being part of life easier

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 Polley at 732-418-0605 for additional information!

444 River Road
Highland Park, NJ 08901
www.parkerclubs.org

North Brunswick Governing Body

Mayor Francis "Mac" Womack III
Council President Alvin Rich
Councilman Bob Davis
Councilwoman Amanda Guadagnino
Councilwoman Mary Hutchinson
Councilman Rajesh Mehta
Councilman Carlo Socio

- **Township Cable Channels:**
- **Optimum Ch.15**
- **FIOS Ch. 39**
- **Township Website:**
www.northbrunswicknj.gov
Please check for updates regarding programs.

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <u>AARP Tax Aide is available at the North Brunswick Municipal Building - 710 Hermann Road, 3rd Floor.</u> <u>Make appointments through our office: 732-418-2222.</u></p>	<p>2 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm- AARP Meeting</p>	<p>3 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm Sandwich Lunch available \$3/contribution</p>	<p>4 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 1 pm Hot Lunch available \$3/contribution 1:30 pm- Line Dancing</p>	<p>5 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 1:15 pm Rutgers School of Pharmacy Healthy Heart</p>	<p>6 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio</p>	<p>7</p>
<p>8 PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222</p>	<p>9 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm Hot Lunch available \$3/contribution</p>	<p>10 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm Sandwich Lunch available \$3/contribution</p>	<p>11 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 1 pm Hot Lunch available \$3/contribution 1:30 pm- Line Dancing</p>	<p>12 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 1 pm RWJ Barnabas Heart Failure Awareness Program 2:45 pm-3:45 Swim at HS</p>	<p>13 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm- Bingo & Bites 4 card for \$1- Small snacks , sign up.</p>	<p>14 </p>
<p>15</p>	<p>16 <i>Center Closed Presidents' Day</i> </p>	<p>17 9:30 am- 10 am Zumba No Yoga or Gardening 1 pm Concordia Chords Valentine's Day Live Concert & Lunch \$5 2:45 pm-3:45 Swim at HS</p>	<p>18 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 11 am- Kohl's/TJ Maxx 1 pm Hot Lunch available \$3/contribution 1:30 pm- Line Dancing</p>	<p>19 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 Swim at HS</p>	<p>20 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm- Bingo & Bites 4 card for \$1- Small snacks , sign up.</p>	<p>21</p>
<p>22</p>	<p>23 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm Hot Lunch available \$3/contribution</p>	<p>24 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm-3 pm Heart Screening Sponsored by Intelagist, Inc. 2:45 pm-3:45 Swim at HS 1 pm Sandwich Lunch available \$3/contribution</p>	<p>25 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm- Zumba 1 pm Hot Lunch available \$3/contribution</p>	<p>26 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 Swim at HS 1 pm- Movie & Pizza \$2 "Marry Me" A popstar (Jennifer Lopez impulsively weds a math teacher (Owen Wilson)!</p>	<p>27 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 11 am- PA Dutch Market</p>	<p>28 PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222</p>

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 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 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
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
12:15 pm-12:45 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

HEALTHY HEART WORKSHOP

2/5/2026 FROM 1:15 – 2:45 PM

NORTH BRUNSWICK SENIOR CENTER

COME LEARN ABOUT
• BLOOD SUGAR
• CHOLESTEROL
• BLOOD PRESSURE
• THEIR EFFECT ON THE HEART



THERE WILL BE A HEART-HEALTH THEMED PRESENTATION, SKIT, AND A BINGO GAME FOR YOU TO ENJOY!

RUTGERS NJSHP

FREE HEART SCREENING

-Meet with Heart Specialists
-Blood Pressure Check
-6 Lead EKG
-Giveaways
-And More!

FEBRUARY 24TH

NORTH BRUNSWICK SENIOR CENTER
15 LINWOOD PLACE
NORTH BRUNSWICK, NJ 08902

1PM-3PM

Open to North Brunswick Residents 55 & Older

Sponsored by: Intelagist, Inc.

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.