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

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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!

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AARP Tax Aide is available at the North Brunswick Municipal Building - 710 Hermann Road, 3rd Floor. Make appointments through our office: 732-418-2222.	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	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	4 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 1 pm Hot Lunch available \$3/contribution	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	6 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio	7
8 PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222	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	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	11 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 1 pm Hot Lunch available \$3/contribution	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	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.	14 
15	16 <i>Center Closed Presidents' Day</i> 	17 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm Concordia Chords Valentine's Day Live Concert. @ Lunch \$3 2:45 pm-3:45 Swim at HS	18 <u>No Fitness Classes</u> 9:30 am- Mah Jongg 11 am- Kohl's/TJ Maxx 1 pm Hot Lunch available \$3/contribution	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	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.	21
22	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	24 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm- 1 pm Heart Screening Sponsored by Intalagis, Inc. 2:45 pm-3:45 Swim at HS 1 pm Sandwich Lunch available \$3/contribution	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	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)	27 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 11 am- PA Dutch Market	28 PLEASE REGISTER FOR 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 **Roadtrip** 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 driver's 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
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

2/26/2025 FROM 1:00 - 2:00 PM

NORTH BRUNSWICK SENIOR CENTER

COME LEARN ABOUT:

- BLOOD SUGAR
- CHOLESTEROL
- BLOOD PRESSURE
- THEIR EFFECT ON THE HEART

THERE WILL BE A HEART-HEALTHY THemed PRESENTATION, SAT, AND A SNACK CURE FOR YOU TO ENJOY!

MURRAY BLUSHOP

FREE HEART SCREENING

• Blood work heart screening
• Blood pressure check
• Cholesterol test
• ECG test
• Free glucose test

FEBRUARY 24TH

Senior Center Open House
10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Open to North Brunswick Residents 60 & older

Sponsored by: Intelligetix, 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 an 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 old or person a service because the older person will not or cannot contribute to the cost of the service.