

## 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

# January Senior Sage



## North Brunswick Senior Center

15 Linwood Place  
732-418-2222 Fax 732-418-3665  
Website: [www.northbrunswicknj.gov](http://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, 1/9 & 1/23  
4 cards for \$1



## Concordia Chords Music Concert

A LIVE Band local of local Seniors playing a wide variety of very recognizable Classic Rock Songs!

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

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

**\$5 FOR LUNCH**  
**& LIVE MUSIC**

Music Sponsored by the Friends of the Senior Center



## **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 Cafe
- Movie Theater
- And more! All for the low cost of \$3.00 per day!

Contact Robin at 732-438-8500  
for additional information

433 River Road  
Highland Park, NJ 08904  
www.parkerlife.org

## **Saint Peter's University Hospital** **Community Health Services**

### **Blood Pressure and** **Blood Sugar Screenings\***

North Brunswick Senior Center  
15 Linwood Place, North Brunswick, NJ 08902  
Wednesday, January 21, 2026  
1:00 PM - 2:30 PM

Appointments are required. To make an appointment, please call  
732.418.2222

\*Fasting is not required for a screening.

**SAINT PETER'S**  
**UNIVERSITY HOSPITAL**  
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

# 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**

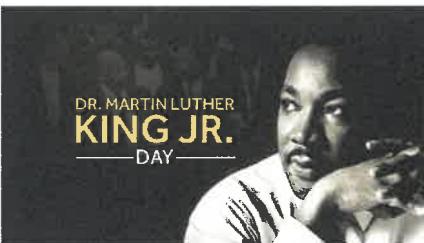
Mayor Francis "Mac" Womack III  
Council President Alvin Rich  
Councilman Bob Davis  
Councilwoman Amanda Guadagnino  
Councilwoman Mary Hutchinson  
Councilman Rajesh Mehta  
Councilman Carlo Socio

**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](http://www.northbrunswicknj.gov)  
Please check for updates regarding programs.



# JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
For lunches call by <u>11 am on Monday</u>  <u>Lunches will be every other week on Tuesdays beginning 1/13/26.</u>	<b>Sandwich Selections for Tuesday Lunches:</b> 1. Italian or Ham & Cheese 2. Turkey 3. Tuna or Egg Salad 4. Mozzarella & Roasted Red Pepper 5. Roast Beef			1 <u>Center Closed</u> 	2 10 am-10:30 am- Zumba 11 am-11:30 am- Strength & Cardio	3
4	5 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	6 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	7 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm- Zumba 1 pm- Nutrition Bingocize	8 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	9 10 am-10:30 am- Zumba <b>10:30 am- Parker House</b> 11 am-11:30 am- Strength & Cardio <b>1 pm- Bingo &amp; Bites</b> <b>4 card for \$1- Small snacks , sign up.</b>	10
11	12 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm- Nutrition Bingocize	13 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>12 pm- Meet the Librarian: Info on programs at the Library</b> 1 pm Lunch available \$3/ contribution	14 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm- Zumba 1 pm- Nutrition Bingocize	15 11 am-11:45 am Chair Yoga <b>11 am- ALDI/Target So. Brunswick</b> 12:15 pm-12:45 pm Zumba	16 10 am-10:30 am- Zumba <b>10:30 am- Parker House</b> 11 am-11:30 am- Strength & Cardio	17
18	19 <u>Center Closed</u> 	20 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club	21 9:30 am- Line Dancing 9:30 am- Mah Jongg 10 am- Friends Meeting 11 am-11:45 am- Advanced Strength Training 12:15pm- Zumba 1 pm- Nutrition Bingocize <b>1 pm-2:30 pm St. Peter's Blood Pressure/Blood Glucose Screening. Sign up.</b>	22 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 <b>1 pm- National Pie Day! Come have some pie!</b>	23 10 am-10:30 am- Zumba <b>10:30 am- Parker House</b> 11 am-11:30 am- Strength & Cardio <b>1 pm- Bingo &amp; Bites</b> <b>4 card for \$1- Small snacks , sign up.</b>	24
25	26 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 10:30 am- AARP Board Meeting 1 pm- Nutrition Bingocize	27 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club <b>1 pm New Years Lunch with Cookies, Crafts &amp; Cocoa Have some winter fun with us! \$3/ contribution</b>	28 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm- Zumba 1 pm- Nutrition Bingocize <b>*Graduation*</b>	29 11 am-11:45 am Chair Yoga <b>11 am- Stop &amp; Shop East Brunswick</b> 12:15 pm-12:45 pm Zumba	30 10 am-10:30 am- Zumba <b>10:30 am- Parker House</b> 11 am-11:30 am- Strength & Cardio	31

# 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

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

### National Eat Pie Day!

Thursday, 1/22 at 1 pm!



### New Years Lunch with Cookies,

### Crafts & Cocoa

Tuesday, 1/27 at 1 pm

Have some winter fun with us! \$3/  
contribution



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

### Thurs, 1/15 Aldi/Target So. Brunswick

### Thurs, 1/29 Stop & Shop East Brunswick



### 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 ser-