

Senior Center Staff

Jessica Prinziwalli	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

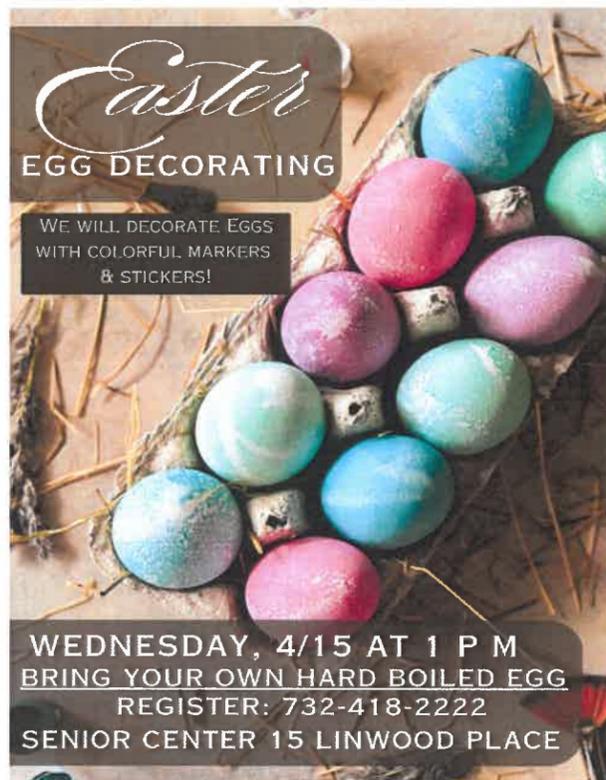
Elijah's Promise on Wheels
1st & 3rd Thursdays
from 11:45 am-12:10 pm
 Elijah's Promise on Wheels will be parked at the Senior Center. NO questions asked, only love served. (schedule is subject to change).

Bingo & Bites at 1 pm
Friday, 4/10 & 4/24
4 cards for \$1




Hop on over for our
EASTER Egg hunt
 & Grilled Cheese Sandwich Lunch
 Join us on
April 13th at 1 pm
 for some egg-citing fun!

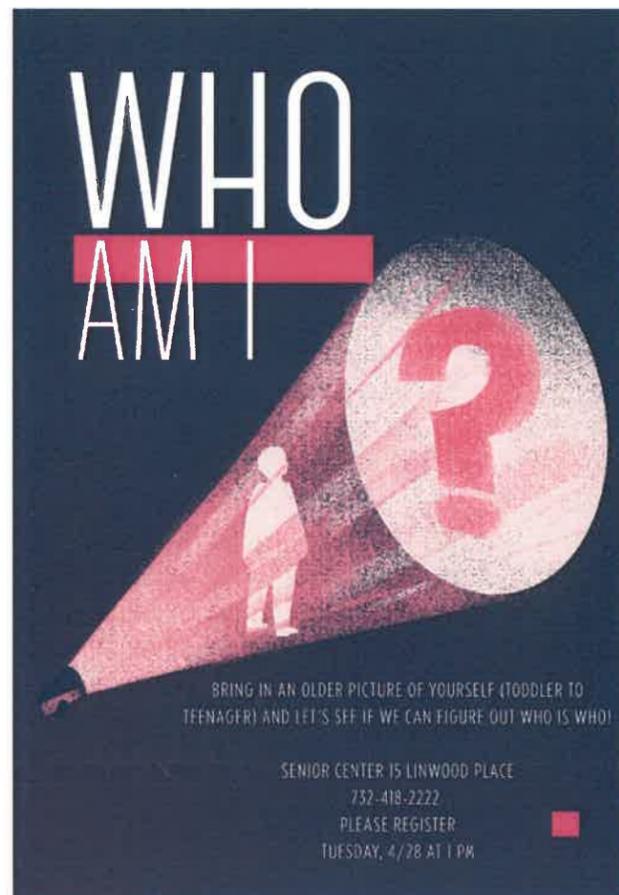
North Brunswick Senior Center
 15 Linwood Place
 Register: 732-418-2222



Easter
EGG DECORATING

WE WILL DECORATE EGGS WITH COLORFUL MARKERS & STICKERS!

WEDNESDAY, 4/15 AT 1 P M
BRING YOUR OWN HARD BOILED EGG
REGISTER: 732-418-2222
SENIOR CENTER 15 LINWOOD PLACE



WHO AM I

BRING IN AN OLDER PICTURE OF YOURSELF (TODDLER TO TEENAGER) AND LET'S SEE IF WE CAN FIGURE OUT WHO IS WHO!

SENIOR CENTER 15 LINWOOD PLACE
 732-418-2222
 PLEASE REGISTER
 TUESDAY, 4/28 AT 1 PM

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!

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



Parker
 Use mass egging part of life

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 732-418-8605 for additional information!

812 New Road
 Highland Park, NJ 08520
 www.parkerlife.org

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

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
<p>PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222</p>	<p>We need you to register for programs so we have an accurate count of people if we are serving food or having a guest speaker or program.</p>		<p>1 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm-12:45 pm Zumba PASSOVER</p>	<p>2 10am-Bocce (weather permitting) 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba No Senior Swim</p>	<p>3 <u>Center Closed</u> <u>Good Friday</u></p>	<p>4</p>
<p>5 </p>	<p>6 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>7 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 2:45 pm-3:45 Swim at HS</p>	<p>8 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm-12:45 pm Zumba</p>	<p>9 10am-Bocce (weather permitting) 10:45 am PA Dutch Market \$1 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 Swim at HS</p>	<p>10 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</p>	<p>11</p>
<p>12</p>	<p>13 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm Easter Egg Hunt & Grilled Cheese Sandwich lunch \$2</p>	<p>14 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>15 9:30 am- Line Dancing 9:30 am- Mah Jongg 10 am- Friends Meeting 11 am-11:45 am- Advanced Strength Training 12:15pm-12:45 pm Zumba 1 pm- Easter Egg Decorating BRING YOUR OWN HARD BOILED EGG 1 pm Hot Lunch available \$3/ contribution</p>	<p>16 10am-Bocce (weather permitting) 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</p>	<p>17 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm- Movie & Pizza "The Thursday Murder Club" \$2</p>	<p>18 10:30 am-12 pm Earth Day Pulda Farm</p>
<p>19</p>	<p>20 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm- Parker Virtual Programming Info Session- Learn about opportunities for LIVE & free online classes. 1 pm Hot Lunch available \$3/ contribution</p>	<p>21 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club- Mobile Family Success Center Gardening Craft 1 pm Sandwich Lunch available \$3/contribution</p>	<p>22 9 am-2:45 pm MOBILE DMV BY APPOINTMENT ONLY 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm-12:45 pm Zumba 1 pm Hot Lunch available \$3/ contribution</p>	<p>23 10am-Bocce (weather permitting) 10:45 am Walmart EB \$1 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba</p>	<p>24 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</p>	<p>25</p>
<p>26</p>	<p>27 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm- National Pretzel Day Sample some yummy pretzels! 1 pm Hot Lunch available \$3/ contribution</p>	<p>28 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm WHO AM I? Bring a picture from when you were younger and see if we can guess it's you! 1 pm Sandwich Lunch available \$3/contribution</p>	<p>29 9:30 am- Line Dancing 9:30 am- Mah Jongg 11 am-11:45 am- Advanced Strength Training 12:15pm-12:45 pm Zumba 1 pm Hot Lunch available \$3/ contribution</p>	<p>30 10am-Bocce (weather permitting) 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba</p>	<p>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 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

Movie & Pizza \$2- Register **“The Thursday Murder Club”**

Four retirees Elizabeth (Helen Mirren), Ron (Pierce Brosnan), Ibrahim (Ben Kingsley), and Joyce (Celia Imrie) spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.



Minibus Trips- \$1

Thursdays at 10:45 am:
April 9th– PA Dutch Market, Kingston
April 23rd– Walmart, 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 service.