

## 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  
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

*March  
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](mailto: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

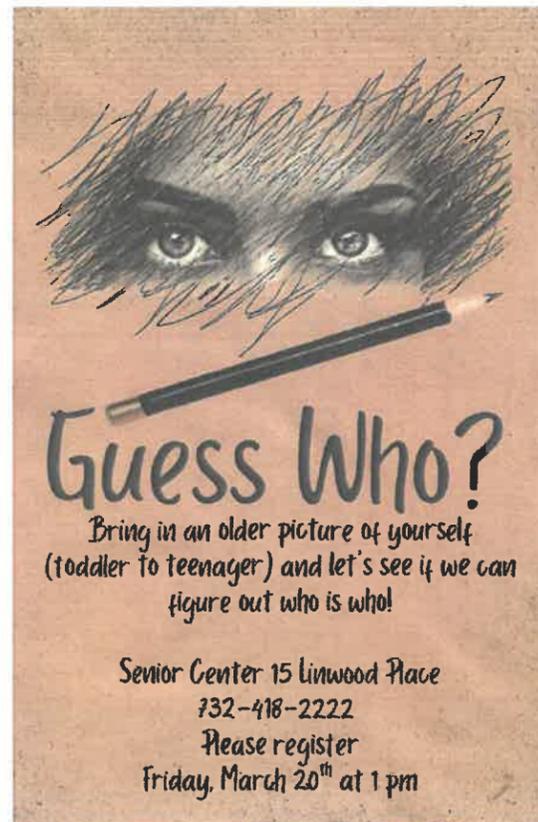
**\*PLEASE REGISTER FOR ALL PROGRAMS & SPECIAL EVENTS\***

**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, 3/13 & 3/27**  
**4 cards for \$1**




North Brunswick Senior Center  
**ST. PATRICK'S DAY**  
**LUNCH & LUCKY DJ**  
**TUESDAY, MARCH 17<sup>TH</sup>**  
**1 PM**  
 15 Linwood Place  
 732-418-2222  
 \$5/contribution  
 Choose:  
 Corned Beef or Pastrami



**Guess Who?**  
 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  
 Friday, March 20<sup>th</sup> at 1 pm



**Music Concert**  
**LINWOOD MIDDLE SCHOOL BAND**  
**TUESDAY**  
**MARCH 24<sup>TH</sup>**  
**1:15 PM-2 PM**  
 North Brunswick Senior Center  
 15 Linwood Place  
**PLEASE REGISTER**  
**732-418-2222**  
**LUNCH AVAILABLE**  
**AT 1 PM \$3 MUST PREORDER**

# 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



**LUNCH PROGRAM**  
 NORTH BRUNSWICK SENIOR CENTER  
 15 LINWOOD PLACE  
 732-418-2222

**MEALS MUST BE ORDERED BY THE MONDAY 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

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

# March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222</b>	<b>2</b> 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	<b>3</b> 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	<b>4</b> 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 Lunch available \$3/ contribution	<b>5</b> 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	<b>6</b> 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio	<b>7</b>
<b>8</b>	<b>9</b> 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm- St. Patrick's Day Craft 1 pm Hot Lunch available \$3/ contribution	<b>10</b> 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	<b>11</b> 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-2 pm RWJ Barnabas Colorectal Cancer Awareness 1 pm Hot Lunch available \$3/	<b>12</b> 11 am-11:45 am Chair Yoga 12:15 pm-12:45 pm Zumba 1 pm- Movie & Pizza RIVERDANCE 25th Anniversary Performance 2:45 pm-3:45 Swim at HS	<b>13</b> 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.	<b>14</b>
<b>15</b> 	<b>16</b> 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 11:45 am-12:15pm Zumba Toning 1 pm-2 pm CapTel Presentation Hearing friendly phones 1 pm Hot Lunch available \$3/ contribution	<b>17</b> 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1 pm St. Patrick's Day Lunch & DJ \$5/person 2:45 pm-3:45 Swim at HS	<b>18</b> 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 Hot Lunch available \$3/ contribution	<b>19</b> 11 am-11:45 am Chair Yoga 11:45 am-12:10 pm 10am-Bocce (weather permitting) 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	<b>20</b> 10 am-10:30 am- Zumba 10:30 am- Parker House 11 am-11:30 am- Strength & Cardio 1 pm GUESS WHO? Bring a picture from when you were younger and see if we can guess it's you! <b>First Day of Spring</b>	<b>21</b>
<b>22</b>	<b>23</b> 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	<b>24</b> 9:30 am- 10 am Zumba 11 am-11:45 am- Gentle Mat Yoga 12 pm- Gardening Club 1:15 pm- 2 pm LINWOOD BAND PERFORMANCE 1 pm Sandwich Lunch available \$3/contribution 2:45 pm-3:45 Swim at HS	<b>25</b> 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	<b>26</b> 11 am-11:45 am Chair Yoga 10am-Bocce (weather permitting) 12:15 pm-12:45 pm Zumba 2:45 pm-3:45 Swim at HS	<b>27</b> 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.	<b>28</b>
<b>29</b>	<b>30</b> 9 am-9:45 am Chair Yoga 10:15 am-11 am Whole Body Fitness 10:30 am- AARP Board Meeting 11:45 am-12:15pm Zumba Toning 1 pm Hot Lunch available \$3/ contribution	<b>31</b> 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 No Swim	<b>PLEASE REGISTER FOR PROGRAMS BY CALLING 732-418-2222</b>			

# 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

**Parker**  
we make every 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 732-418-6605 for additional information!

44 Robert Road  
North Brunswick, NJ 08913  
www.parkerllc.org

**Movie & Pizza \$2**  
**RIVERDANCE 25TH Anniversary**  
**Performance**  
**Thursday, March 12th at 1 pm**



### 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.