

SENIOR PROGRAMS

The North Brunswick Senior Center is located at 15 Linwood Place and is open 8:30 am-4 pm, Monday through Friday for our township's **55 and over** residents. There are no membership fees to join, just call ahead and arrange a time to come in and fill out a data sheet and pick up a Senior Sage, the newsletter and calendar with all the Senior Center Activities. Once you register, you are welcome to join in any Senior Center Activities! You can call the center office (732-247-0922 ext. 820) with any questions.

The Senior Center has a variety of programs to reach out to our active adult community members. Come along on one of our trips. We have something for everyone!

Our regular programs include: exercise programs, **Zumba, Chair Yoga, Tango**, Healthy Bones, bridge, crocheting, line dancing, wood carvers, Lunch and Learn, Dinner in the Afternoon (lunch at a local restaurant), speakers, Mayor's Breakfast, BINGO, movie and popcorn, and card playing. We offer a **low-cost lunch daily**.

Join us for our special lunch celebrations! The center also has various health screenings scheduled throughout the year, including monthly blood pressure screenings and podiatry screenings every other month. We also have a barber on site every Friday. Call for an appointment.

I hope to see you soon!



Senior Prom

A great night of dancing, live entertainment, prizes, and delicious dinner!

Date	Time	Location	Fee
Friday, June 8th	5:00 pm - 8:00 pm	Senior Center	\$5



Peddler's Village

Something for everyone with 70 specialty shops and six restaurants.



Age	Date	Time	Departs	Fee
55+	Friday, June 15th	9:30 a.m. - 3 p.m.	Senior Center	\$5



Point Pleasant Boardwalk / Beach & Aquarium

Enjoy a summer day walking the boardwalk and the beach on our annual trip to the Jersey Shore. Includes Aquarium tickets.

Age	Date	Time	Departs	Fee
55+	Friday, August 17th	9 am - 3:00 pm	Senior Center	\$10



Support the Friends of the Senior Center and stop in to see what our vendors have to offer at our indoor Flea Market.

Date	Time	Location
Saturday, May 5th	8:00 am - 2 pm	Senior Center



Somerset Patriots Baseball Game

Let us take you out to the ball game. Watch the Patriots take on the Sugarland Skeeters! Lunch on your own at the ball park.

Age	Date	Time	Departs	Fee
55+	Tuesday, July 24th	10:00 am	Senior Center	\$15

9/11 Memorial Trip -

Join us for a guided tour to NYC, including Secret Gardens of NY in Central Park. Lunch on your own at South Street Seaport. After lunch we will visit the 9/11 Memorial.



Age	Date	Time	Location	Fee
55+	Tuesday, May 8th	8:30 am - 5:30 pm	Senior Center	\$40

Join our exciting new exercise programs:

ZUMBA on Monday mornings from 9 am-9:30 am
Chair Yoga on Monday mornings 9:30 am-10 am
 \$1/person for each class, the rest is sponsored by the Township!

TheraTango- Tango for Fall Prevention
Wednesdays 10:35 am-11:20 am

You will be taught the basic Tango skills which have been shown to improve balance.

12th Annual

Senior Conference & Health Fair

A day just for seniors with health screenings, educational workshops, vendors and giveaways! Light Breakfast and Lunch included.

Age	Date	Time	Location	Fee
55+	Tuesday, May 22nd	9 am - 3pm	Senior Center	\$5

SENIOR FITNESS CLUB - For those 55 and older this energetic group meets for a regular regimen of low - impact exercise. Seniors must have a DPRCS Fitness Pass to participate. Passes are available at the DPRCS office for \$15 per year. A Senior Fitness pass holder is eligible to participate in our Senior Swimming at the NBTHS Pool which is held three days a week and our Senior Walking Program. Senior Walking takes place on Tuesdays from 9 am-10 am. Walkers meet at the Senior Center and depart for area parks or Brunswick Square Mall during the winter. Check the Senior Sage or call DPRCS for dates and times of Senior Swim.