Senior Center Staff

Jessica Zink Supervisor, Senior Citizen Activities
CarolAnn LaBarbera Recreation Leader
Sandee Whitman Keyboarding Clerk 1
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Loren Kutcher Building Maintenance Worker
Office Volunteers: Carmen Sollod

Department of Parks, Recreation, & Community Services

Lou Ann Benson
Director & Municipal Alliance Coordinator
732-247-0922, ext. 475

Important Phone Numbers

Senior Center	732-418-2222 or 732-247-0922, ext. 820
Middlesex County Area Transit (MCAT)	800-221-3520
Municipal Building	732-247-0922
Department of Public Works	732-297-1134
North Brunswick Police	732-545-3200
Emergency	9-1-1

November Senior Sage

North Brunswick Senior Center
15 Linwood Place
732-247-0922, ext. 820 Fax 732-418-3665
Email: jzink@northbrunswicknj.gov
clabarbera@northbrunswicknj.gov
Hours of Operation: 8:30 am– 4 pm

Mayor Francis "Mac" Womack III
Council President Bob Corbin
Councilman Ralph Andrews
Councilman Bob Davis
Councilwoman Cathy Nicola
Councilman Salvatore Palladino
Councilman Carlo Socio

Special Events & News

Lunch & Learn
$2/contribution for lunch

Tuesday, Nov. 15 at 11:30 am
Ike Agudosi Medicare Q&A

Friday, Nov. 18th at 11:30 am
Dale from Always Best Care
Princeton "Care 2Caregivers"
Senior Services

Tuesday, Nov. 22 at 12 pm
Assemblyman Danielson

Please sign up in the office.

THANKSGIVING LUNCHEON

Wednesday, November 9th
$4/contribution for lunch

Enjoy a special luncheon with your friends at the Senior Center

WINTER DANCE
FRIDAY, DECEMBER 16TH
4:30 PM-7 PM

ALWAYS A FUN NIGHT!
DANCING! DINNER! PHOTO BOOTH!
$4/PERSON

Any events/programs that have a fee/cost must be paid for and signed up for in the office.

Open BINGO
For Everyone to Enjoy- Please Join Us!

North Brunswick Club
Thursdays
Nov. 3, 10 at 12:30 pm, Nov. 17 at 1:30 pm

AARP
Open Bingo on
Monday, Nov. 21 at 12:30 pm
FREE Refreshments

Project WISE

The WISE educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll learn about:

- Healthy aging
- Unhealthy behaviors to avoid
- Safe use of medications
- Tools to help you take charge of your health

1 pm– 3pm
Friday, November 4 , Monday, November 14
Friday, November 18 , Monday, November 28

Lunch will be provided at 12 pm for those who attend– PLEASE LET THE OFFICE KNOW.

Lunch
We provide lunch Monday/Tuesday/ Friday through a grant from Middlesex County 12 pm– 1pm (unless otherwise marked on calendar)
$4.00 contribution/meal

Club Corner

Please note: *You can be a member of either the Pioneers or the North Brunswick Club.*

AARP Chapter #3885: This chapter started in 1986 and only those who are members of the national AARP are eligible to join this chapter. The chapter's main emphasis is on community service. Dues are $10/year per person. A schedule of meeting and activities is as follows:

- Membership meetings– 1st Monday of every month at 12:30 pm.
- Socials (bingo)- 3rd Monday of every month at 12:30 pm.

For further information about the chapter contact Bill Kwiatkowski 732-846-3678.

Pioneers: Our motto is "*teamwork and friendship,*" make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Try your luck at Bingo on the 2nd & 4th Wednesday. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st & 3rd Wednesday of the month. Now for the best news, our annual membership is only $5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact Tony Puleio732-249-1387 for more information.

North Brunswick Club (NBC): We meet every Thursday– We have Social (Bingo) every Thursday, and the third Thursday is our regular meeting and executive board meeting. We celebrate our members birthdays at the first meeting of the month. We also have a party at least once a month, such as Valentine's Day, St. Patrick's Day, etc. (there is a charge).

Our membership is open, so won't you consider joining our club on our **meeting day**? It's great to get together for a couple of hours a week to be amongst your peers for some talking, laughing, and sometimes singing. We would love to have you. We are a very gracious and understanding group of Senior Citizens. Thank you, Blanche Charlton, President– 732-348-8822.

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. Pat Murphy, President 732-821-5980.

Transportation Information

You must PRE-REGISTER and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services.

Contact the office to set up an appointment.
Upon registration and pre-qualification you will receive a list of Township Approved Cab Companies to use for APPROVED services.

1. Each North Brunswick Township senior age 62 & over (or grandfathered in to the services due to previous use) will complete a passenger data sheet. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Cabs.**
2. Review uses of **approved** transportation services.
3. Refer to the details of the North Brunswick Township ordinance.
4. Review the receipt that will be issued to you.
5. Cabs will be **$1.50 EACH WAY** within **North Brunswick using North Brunswick Cabs with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be 75 cents each way.**
6. Cabs originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going **outside of the Township limits in any direction (up to 10 miles in total travel per one way trip)** will be **$2.50 EACH WAY.**
7. Each person being transported as a single client **must receive and keep your receipt.**

The resident will no longer be required to call 24 hours in advance- instead you can call the same day from any of the **North Brunswick Cabs** on the list provided. Each trip will be considered a one-way trip.

Programs & Trips

Register for trips at the Senior Center

Return Times are Approximate. Please make sure to have proper photo ID on trips.

EXERCISE PROGRAMS!

Mondays
9:30-10 am Chair Yoga with Jaclyn
10:20-10:50 am ZUMBA
11 am–Fall Prevention Exercise Class

Tuesdays
9:30 am– Senior Walkers (sign up at DPRCS office)
9:30 am Healthy Bones
11:15 –11:45 am Mat Yoga w/Jaclyn (for seniors who are comfortable using the mat on the floor)

Wednesdays
9:30 am– Line Dancing
10:30- 11:15 am Chair Yoga with Donna

Thursdays
9:30 -10 am Zumba with Andrea
10 am– Healthy Bones

Fridays
10 am– Exercise with Donna

Dining Date!!

Friday, Nov. 4
Olive Garden
Leave Center at
11 am

Delicious Orchards

Monday, Nov. 14th

Stock up on holiday goodies!

Trip leaves Senior Center at 10 am

Sign up starting on 11/7

Hunterdon Hills

Friday, March 3

The Mahoney Brothers
"Legends of Pop"

Trip leaves Center 9:30 am

Full luncheon, show, & motorcoach bus

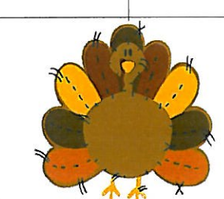
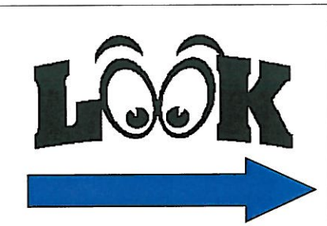
$65/person

Please note:

Seating is assigned by the date you pay for the trip. Not when you sign up.

Refund Policy:
In accordance to the Department of Parks, Recreation, & Community services policy– all Senior Center trips & activities are **NON-REFUNDABLE**

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New MEDIA CENTER **We are working on programs and classes in our Media Center! Stay tuned! We will have programs for all levels!** 		1 9—Walking 9:30—Healthy Bones **11:15-11:45 MAT YOGA** 12—Lunch	2 9:30—Line Dancing 10:30—Chair Yoga 1—Pioneers Meeting	3 9– Wood Carvers 9:30– Zumba 10– Healthy Bones 12:30- NBC Open Bingo	4 9:30– Barber 10– Exercise with Donna **11– Olive Garden Trip** 11:15 Dr. Aruna Bhargava **1-3 Project Wise**	5
6	7 9:30—Chair Yoga 10:30-12:30 – AARP Dues 10:20—Zumba **11– Fall Prevention Exercise Class** 12:30 AARP Meeting	8 **Election Day** Center Closed 	9 9:30—Line Dancing 10:30—Chair Yoga **12– Senior Center Thanksgiving Luncheon** **$4/contribution for lunch** 1:30– AARP Crochet	10 9– Wood Carvers 9:30– Zumba 10– Healthy Bones 12:30- NBC Open Bingo	11 **Veterans Day** Center Closed 	12
13	14 9:30—Chair Yoga **10– Delicious Orchards Trip (sign up starts 11/7)** 10:20—Zumba 11– Fall Prevention Exercise Class 11:30 AARP Coupon Clipping **1-3 Project Wise**	15 9—Walking 9:30—Healthy Bones **11:15-11:45 MAT YOGA** **12—Lunch & Learn** **Ike Agudosi Medicare Q &A** **$2/contribution for lunch**	16 9:30—Line Dancing 10– Friends Meeting 10:30—Chair Yoga 1—Pioneers Meeting	17 9– Wood Carvers 9:30– Zumba 10– Healthy Bones 12– NBC Board Meeting 12:30– NBC Meeting 1:30- NBC Open Bingo	18 9:30– Barber 10– Exercise with Donna **11:30– Lunch & Learn** **Dale "Care 2 Caregivers"** **Info Session on services** **1-3 Project Wise**	19
20	21 9:30—Chair Yoga 10:20—Zumba 11– Fall Prevention Exercise Class **12:30 AARP Open Bingo**	22 9—Walking 9:30—Healthy Bones **11:15-11:45 MAT YOGA** **12- Lunch & Learn** **Assemblyman Danielson** **$2/contribution for lunch**	23 9:30—Line Dancing 10:30—Chair Yoga	24 **Thanksgiving Day** Center Closed	25 **Center Closed** 	
27	28 9:30—Chair Yoga 10:20—Zumba 11– Fall Prevention Exercise Class **1-3 Project Wise**	29 9—Walking 9:30—Healthy Bones **11:15-11:45 MAT YOGA** 12—Lunch **AARP Hunterdon Hills Trip**	30 9:30—Line Dancing 10:30—Chair Yoga 1:30– AARP Crochet		**DECEMBER 2 11 AM-4 PM** **FUNDRAISER FOR FRIENDS OF THE SENIOR CENTER AT BARNES & NOBLE! 2 WAYS TO HELP: SHOP AND USE OUR NAME AND GET YOUR ITEMS GIFT WRAPPED! SHARE THIS**	**INFO WITH FRIENDS & FAMILY! FRIENDS SPONSOR TRIP BUSES, ENTERTAIN-MENT, GOODY BAGS, & MORE ITEMS TO ENHANCE THE SENIOR CENTER!**