

## 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

# *October Senior Sage*

North Brunswick Senior Center  
15 Linwood Place  
732-247-0922, ext. 820 Fax 732-418-3665  
Email: [jzink@northbrunswicknj.gov](mailto:jzink@northbrunswicknj.gov)  
[clabarbera@northbrunswicknj.gov](mailto: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 Shanti Narra  
Councilwoman Cathy Nicola  
Councilman Carlo Socio

# Special Events & News

## Lunch & Learn

Friday, October 7th  
12:15 pm  
Breast & Lung Education &  
Preventative Care  
\$2/person

## SENIOR CONFERENCE

### Friday, October 14th

9 am– 2 pm  
Breakfast & Lunch  
A variety of programs:  
Exercise led by Donna Fricke,  
vendors, flu shots, blood pressure,  
blood sugar, & sun damage screenings.  
\$3/person

Guest speakers include: Cheryl  
McBride, Director, North Brunswick  
Library  
And Dr. Aruna Bhargava

## HALLOWEEN PARTY!

Friday, October 28th  
12:30 pm

Spooky good food & treats!!  
Dress up if you want!

\$3/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

Oct. 6 at 1 pm, Oct. 13, 27 at 12:30 pm

Oct. 20 at 1:30 pm

AARP

Open Bingo on

Monday, Oct. 17 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

Monday October 24, 31

Friday, November 4, Monday, November 14

Friday, November 18, Monday, November 28

Refreshments will be provided.

### Flu Shots

Administered by Middlesex County on

Monday, October 24th

10 am-11 am

Bring your Medicare card.

### 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 Puleio 732-249-1387 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.

# October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  <i>Rosh Hashanah begins at Sundown</i>	3) 9:30—Chair Yoga 10:20—Zumba <b>11— Fall Prevention Exercise Class</b> 12:30 AARP Meeting	4 <b>9:30 Walkers</b> (Leave from Senior Center) 9:30— Healthy bones 11:30— Lunch 12:30— Healthy Bones	5 9:30—Line Dancing 10:30—Chair Yoga 1—Pioneers Meeting	6 9— Wood Carvers 9:30— Zumba 10— Healthy Bones 10— Bocce Home <b>11— Bocce Luncheon</b> 1- NBC Open Bingo	7) 9:30— Barber <b>9:30— Podiatrist</b> 10— Exercise with Donna 11:15 Dr. Aruna Bhargava <b>12:30— Lunch &amp; Learn Breast &amp; Lung Education &amp; Preventive Care \$2/person</b>	8
9	10 <b>Center Closed</b>  <i>Columbus Day</i>	11 <b>9:30 Walkers</b> (Leave from Senior Center) 9:30— Healthy bones 11:30— Coupons 12:30— Healthy Bones	12 9:30—Line Dancing 10:30—Chair Yoga  <i>Yom Kippur</i>	13 9— Wood Carvers 9:30— Zumba 10— Healthy Bones 12:30- NBC Open Bingo	14 <b>9 am-2 pm Senior Conference &amp; Health Fair</b> <b>\$3/person</b>	15
16	17 9:30—Chair Yoga 10:20—Zumba <b>11— Fall Prevention Exercise Class</b> <b>12— AARP PICNIC</b> 3-4 pm Alzheimer's Program at Library Register by 10/11 800-272-3900	18 <b>9:30 Walkers</b> (Leave from Senior Center) 9:30— Healthy bones <b>11:15-11:45 MAT YOGA</b> 12:30— Healthy Bones	19 9:30—Line Dancing 10:30—Chair Yoga 1—Pioneers Meeting	20 9— Wood Carvers 9:30— Zumba 10— Healthy Bones 12— NBC Halloween Party	21 9:30— Barber <b>9:30-1:30 Brunswick Square Mall</b> 10— Exercise with Donna 11:15 Dr. Aruna Bhargava	22
23  	24 *No Yoga or Zumba* <b>10-11 am FLU SHOTS</b> <b>11— Fall Prevention Exercise Class</b> 1:30— AARP Crochet <b>5:30-6:30 pm PASTAPALOOZA at NB American Legion</b> <b>\$10, register by 10/17</b>	25 <b>9:30 Walkers</b> (Leave from Senior Center) 9:30— Healthy bones <b>11:15-11:45 MAT YOGA</b> 12:30— Healthy Bones	26 9:30—Line Dancing 10:30—Chair Yoga 12— Pioneers Halloween Party	27 9— Wood Carvers 9:30— Zumba 10— Healthy Bones 12:30- NBC Open Bingo	28 9:30— Barber 10— Exercise with Donna 11:15 Dr. Aruna Bhargava <b>12:30 HALLOWEEN PARTY \$3/person</b> Music by Senior Moments	29
30	31 9:30—Chair Yoga 10:20—Zumba 10:30— AARP board meeting <b>11— Fall Prevention Exercise Class</b>					

## 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- NEW TIMES

9:30-10 am Chair Yoga with Jaclyn  
10:20-10:50 am ZUMBA  
11 am-12 pm Primetime Fitness (video)

### Tuesdays

9:30 am- Senior Walkers (sign up at DPRCS office)  
11:15 -11:45 am Mat Yoga w/Jaclyn (beginning 10/18)  
9:30 am & 12:30 pm Healthy Bones

### 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

### Mat Yoga with Jaclyn

Beginning Tuesday, October 18th from 11:15 am-11:45 am

This yoga class is for seniors who are comfortable on the mat.

### Shop & Dine!!

Friday, October 21st  
Brunswick Square Mall  
Leave Center at 9:30 am-1:30 pm

### New MEDIA CENTER

We are working on programs and classes in our Media Center! Stay tuned! We will have programs for all levels!



### 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**