

### Senior Center Staff

Jessica Zink     Supervisor, Senior Citizen Activities  
Carol Ann LaBarbera     Recreation Aide/Driver  
Rosemarie Hansen     Driver  
**Office Volunteers:**     Beverly St. John, Carmen  
Sollod, Sandee Whitman, Anne Figgiani

### 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

# *December 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 Cathy Nicola  
Councilman Ralph Andrews~ Councilman Bob  
Corbin~ Councilman Bob Davis~  
Councilwoman Shanti Narra~ Councilman Carlo  
Socio

# Special Events & News

## EXERCISE PROGRAMS!

### Mondays- NEW TIMES

9:30-10 am Chair Yoga with Jaclyn  
10:15-10:45 am ZUMBA with Steff  
11 am-12 pm Primetime Fitness  
(video)

### Tuesdays

9 am- Senior Walkers (sign up at  
DPRCS office)  
9 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  
**Bring a friend!**

### Lunch Prices

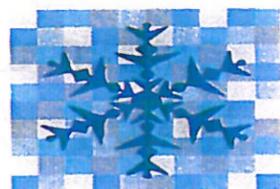
**We provide lunch Monday/  
Tuesday/Friday through a  
grant from Middlesex County  
11:30 am-1 pm  
\$4.00**

## WINTER WONDERLAND HOLIDAY DANCE

**JOIN US TO CELEBRATE  
THE SEASON AT OUR AN-  
NUAL DANCE!**

**DELICIOUS DINNER, LIVE  
ENTERTAINMENT &  
TREATS FOR EVERYONE!**

**FRIDAY, DECEMBER 12TH  
4:30 pm-7 pm \$3/person**



**Special Lectures  
We will serve lunch for \$3**

*12- Lunch & Learn  
Miracle Ear Presentation &  
Hearing Screening  
\$3/person*

**BRIDGE PLAYERS NEEDED!  
1:30 pm on Monday**

# 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 \$7/year per person. A schedule of meeting and activities is as follows:

- Membership meetings- 1st Monday of every month at 1 pm.
  - Socials (bingo)- 3rd Monday of every month at 12:30 pm.
  - Atlantic City trips (Showboat)- 2nd Wednesday of every month. Bus leaves Babbage Park parking lot at 8:45 am. Contact Rose Smoot: 732-317-3219
- For further information about the chapter contact Phyllis Andelman 732-297-5891.

**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 James Grieco, 732-297-0869 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. Twice a year, they host the Flea Market, which raises money for events and activities at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center.

# December 2014

Senior Center 15 Linwood Place

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30- Chair Yoga 10:15- Zumba 11- Primetime Fitness 1 1- AARP Meeting	2 9- <i>NYC Holiday Trip</i> 9- Walkers 9:30- Healthy Bones 10:45- Francine's Golden Voices Singing Group 12:30- Healthy Bones	3 9:30- Line Dancing 10:30- Chair Yoga 1- Pioneers Meeting	4 9- Wood Carvers 9:30- <i>ZUMBA</i> 10- Healthy Bones 12:30- NBC Social	5 9:30- Barber 10- Exercise With Donna 11:15- Happiness & Laughter Program	6
7	8 9:30- Chair Yoga <u>No Zumba</u> 11- Primetime Fitness 1 12- AARP Christmas Party at LAGO	9) 9- <i>Christmas Tree Shoppes Trip \$3</i> 9:30- Healthy Bones 10:45- Francine's Golden Voices Singing Group 12:30- Healthy Bones	10 9:30- Line Dancing 10:30- Chair Yoga 12- Pioneers Christmas Party at Pierre's	11 9- Wood Carvers 9:30- <i>ZUMBA</i> 10- Healthy Bones 12- North Brunswick Club Christmas Party at Pierre's	12) 9:30- Barber 10- Exercise With Donna 11:15- Happiness & Laughter Program <i>4:30 pm-7 pm Winter Wonderland Holiday Dance \$3/person</i>	13
14	15 9:30- Chair Yoga 10:15- Zumba 11- Primetime Fitness 1 12:30- AARP Social	16) 9- Walkers 9:30- Healthy Bones 10:45- Francine's Golden Voices Singing Group 12:30- Healthy Bones Hanukah begins at sundown	17 9:30- Line Dancing 10:30- Chair Yoga 1- Pioneers Meeting	18 9- Wood Carvers 9:30- <i>ZUMBA</i> 10- Healthy Bones 12- NBC Board Meeting 12:30- NBC Meeting	19 9:30- Barber 10- Exercise With Donna 12- <i>Lunch &amp; Learn</i> <i>Miracle Ear Presentation &amp; Hearing Screening \$3</i>	20 
21	22 9:30- Chair Yoga 10:15- Zumba 11- Primetime Fitness 1 12:30- <i>Center Bingo</i>	23 9- Walkers 9:30- Healthy Bones 10:45- Francine's Golden Voices Singing Group 12:30- Healthy Bones	24 <i>Christmas Eve</i> 9:30- Line Dancing 10:30- Chair Yoga	25 <i>Center Closed</i> <i>CHRISTMAS DAY</i> 	26 9:30- Barber 10- Exercise With Donna	27
28 	29 9:30- Chair Yoga 10:15- Zumba 11- Primetime Fitness 1 12:30- <i>Center Bingo</i>	30 9- <i>Menlo Park Mall Trip \$3</i> 9:30- Healthy Bones 10:45- Francine's Golden Voices Singing Group 12:30- Healthy Bones	31 <i>New Year's Eve</i> 9:30- Line Dancing 10:30- Chair Yoga			

## **\*NEW \* Transportation Information**

As of October 1st, 2014 THE TOWNSHIP OF NORTH BRUNSWICK NO LONGER HAS A CONTRACT WITH AMIGO MEDICAL SERVICE.

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, 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.

### **Wheelchair Clients**

1. Currently wheelchair service will be provided by the **North Brunswick Transportation Senior Center. Appointments can be scheduled by calling 732-418-2222 in advance.**
2. Hours of transportation for wheelchair clients will be from 9 am-3 pm.
3. The cost will be **\$1.50 EACH WAY** within **North Brunswick using North Brunswick Senior Center Transportation services.**
4. The cost for trips originating in North Brunswick, 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.**

# *Travel Time*

## Register for trips at the Senior Center

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

## New York City Holiday Tour & Luncheon at Pete's Tavern!

**Tuesday, December 2nd**

**\$60/person includes motorcoach bus, tour guide, tips, & full luncheon!**

**Get into the Holiday Spirit!**

**Trip departs Senior Center at 9 am.**



### 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**