Senior Center Staff

Jessica Zink    Supervisor, Senior Citizen Activities
CarolAnn LaBarbera     Recreation Leader
Sandeep Whitman      Keyboarding Clerk 1
Anthony Scimone       Recreation Supervisor
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Mark Gicherman        Building Maintenance Worker

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
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

August
Senior Sage

North Brunswick Senior Center
15 Linwood Place
732-418-2222 Fax 732-418-3665
Email: TWPNB@northbrunswicknj.gov
Hours of Operation: 8:30 am – 4 pm

Mayor Francis “Mac” Womack III
Council President Amanda Guadagnino
Councilman Ralph Andrews
Councilman Bob Corbin
Councilman Bob Davis
Councilman William Lopez
Councilman Carlo Socio
Special Events & News

On Friday, August 16th at 11 AM, you’re invited to meet and chat with librarian Ryan Miller, from the North Brunswick Public Library, for our "pop-up library." Followed by an Ice Cream Social With Ice Cream Depot Please sign up

In the Works...

Monday, 9/9
10 am Flu Shots by Rite Aid
12 pm Grandparents Day Celebration $4

Friday, 9/2012 pm
Lunch followed by RWJUH Silver Lining Chair Massage 1 pm – 3 pm
By appointment only $2
Sign up starts 9/9/19

Shopping/Restaurant Trips
Monday, 8/12
10 am—Cracker Barrel

Monday, 8/19
10 am—Wegman’s

Monday, 7/29
11 am—Aldi’s East Brunswick $2/bus

BOCCCE
All games will be held at the North Brunswick Senior Center at 10 am
Please stop by the office to pick up a copy of the game schedule.

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 members of the national AARP are eligible to join. Dues are only $10.00 a year.

Join us for trips, parties, speakers, & entertainment. Past activities everyone enjoyed were lunch & concerts at Hunterdon Hills Playhouse, an overnight trip to Cape May, St. Patrick’s Day celebrations, and Christmas parties, just to name a few.

Last but not least, join us in raising money to give back to the community to support local organizations & makes lives brighter those less fortunate. Membership meetings—1st Monday of every month at 12:30 pm.

For further information about the chapter contact: Rosemarie Kimmell 732-501-3224.

Pioneers: Our motto is “teamwork and friendship.” make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st Wednesday of the month at 1 pm. 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 Donna Carolan, President, for more information 732-297-4654.

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.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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|     |     |     |     | 1. 9- Wood Carvers  
|     |     |     |     | 10- Healthy Bones  
|     |     |     |     | 10- Bocce Home  
|     |     |     |     | 11:15-11:45 Strength & Cardio  
|     |     |     |     | 12- Lunch $4/contribution  
|     |     |     |     | 12:30- Center Bingo  |
|     |     |     |     | 2. 9:30-10 Zumba  
|     |     |     |     | 9:30- Mike the Barber  
|     |     |     |     | 10- Exercise w/Donna  |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 10:20 — Zumba  
|     |     |     |     |     |     |     |
| 11- Chair Yoga  
|     |     |     |     |     |     |     |
| 8:30- Healthy Bones  
| 10:30- Fall Prevention  
| 11:15-11:45- Mat Yoga  
| 12:00- Gardening Club  |
| 9:30- Line Dancing  
| 9:30- Mah Jongg  
| 10:30- Chair Yoga  
| 11:30- Zumba  |
| 9- Wood Carvers  
| 10- Healthy Bones  
| 10- Bocce Home  
| 11:15-11:45 Strength & Cardio  
| 12- Lunch $4/contribution  
| 12:30- Center Bingo  |
| 9:30-10 Zumba  
| 9:30- Mike the Barber  
| 10- Exercise  |
| 11   | 12  | 13  | 14  | 15  | 16  | 17  |
| 10:20 — Zumba  
| 11- Chair Yoga  
| 10- Cracker Barrel  
|     |     |     |     |     |     |     |
|     |     | 9:45 Hunterdon Hills: I Do, I Do  
| 9:30- Healthy Bones  
| 10:30- Fall Prevention  
| 11:15-11:45- Mat Yoga  
| 12:00- Gardening Club  |
| 9:30- Line Dancing  
| 9:30- Mah Jongg  
| 10:30- Chair Yoga  
| 11:30- Zumba  |
| 9- Wood Carvers  
| 10- Healthy Bones  
| 10- Bocce Home  
| 11:15-11:45 Strength & Cardio  
| 12- Lunch $4/contribution  
| 12:30- Center Bingo  |
| 9:30-10 Zumba  
| 9:30- Mike the Barber  
| 10- Exercise w/Donna  
| 11- Pop Up Library with Ryan With Ice Cream Social by Ice Cream Depot  |
| 18   | 19  | 20  | 21  | 22  | 23  | 24  |
| 10:20 — Zumba  
| 11- Chair Yoga  
| 10- Wegman’s  
|     |     |     |     |     |     |     |
|     |     | 9:30- Healthy Bones  
| 10:30- Fall Prevention  
| 11:15-11:45- Mat Yoga  
| 12:00- Gardening Club  
| w/Sharon  |
| 9:30- Line Dancing  
| 9:30- Mah Jongg  
| 10:30- Chair Yoga  
| 11:30- Zumba  |
| 9- Wood Carvers  
| 10- Healthy Bones  
| 10- Bocce Home  
| 11:15-11:45 Strength & Cardio  
| 12- Lunch $4/contribution  
| 12:30- Center Bingo  |
| 9:30-10 Zumba  
| 9:30- Mike the Barber  
| 10- Exercise w/Donna  
| 11:30- Tea & Treats, Coffee & Cookies Get together! Bring a friend!  |
| 25   | 26  | 27  | 28  | 29  | 30  | 31  |
| 10:20 — Zumba  
| 11- Chair Yoga  
| 11- Aldi’s East Brunswick  
|     |     |     |     |     |     |     |
|     |     | 9:30- Healthy Bones  
| 10:30- Fall Prevention  
| 11:15-11:45- Mat Yoga  
| 12:00- Gardening Club  
| At Sharon’s  |
| 9:30- Line Dancing  
| 9:30- Mah Jongg  
| 10:30- Chair Yoga  
| 11:30- Zumba  |
| 9- Wood Carvers  
| 10- Healthy Bones  
| 10- Bocce Home  
| 11:15-11:45 Strength & Cardio  
| 12- Lunch $4/contribution  
| 12:30- Center Bingo  |
| 9:30-10 Zumba  
| 9:30- Mike the Barber  
| 10- Exercise w/Donna  |
|     |     |     |     |     |     |     |
Transportation Information

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

Contact the Senior Center office AT LEAST 2 days in advance to set up an Appointment 732-418-2222.

The transportation service is provided by Roundtrip using LYFT vehicles.

You will need to prepay for your rides ($25 minimum). Forms are available at the Senior Center, 15 Linwood Place. You can mail in your payment or pay at the Senior Center.

Each North Brunswick Township senior age 62 & over (or grandfathored 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 Transportation Program.

1. Review uses of approved transportation services.
2. Review the receipt that will be issued to you.
3. 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.
4. Rides 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 $3 EACH WAY.
5. You must call AT LEAST 2 days in advance to schedule your appointment at the Senior Center 732-418-2222.

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
10:20-10:50 am ZUMBA
11 am-Chair Yoga with Jaclyn

Tuesdays
9:30 am Senior Walkers
(sign up at DPRCS office)
9:30 am Healthy Bones
10:30 am-Fall Prevention Exercise Class
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
*11:30 am- Zumba *
*New class*

Thursdays
10 am- Healthy Bones
11:15 am-11:45 am Strength & Cardio with Jaclyn. Bring light weights if you have them!

Fridays
9:30 am- Zumba
10 am- Exercise with Donna

The Senior Center has lunch/bingo on Thursdays! Open to all Township residents 55 and over!
12 pm Lunch
$4/contribution
12:30 pm Bingo
(Unless otherwise noted on calendar)

Clubs
Gardening Club meets on Tuesdays
12 pm-1 pm

Mah Jongg – All levels
Welcome! Wednesdays
9:30 am

Crochet Club
2nd & 4th Monday
1:30 pm