Senior Center Staff
Jessica Zink     Supervisor, Senior Citizen Activities
CarolAnn LaBarbera  Recreation Leader
Christine Reinson   Clerk 1
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

December
Senior Sage

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

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

Friday, December 13th
Senior Center Holiday Party
12 pm–3 pm
Magician Michael Healy
$4/contribution

Wednesday, December 18th
Lunch &
Holiday Choral Performance
Linwood Choir & Jazz
12:30 pm
$4/contribution

Thursday, December 19th
Lunch & High School Choir &
Orchestra Holiday Performance
12 pm
$4/contribution

Monday, December 30th
New Year’s Brunch
11:30 am
$4/contribution

Shopping/Restaurant Trips $1

Tuesday, December 3rd
Christmas Tree Shops
(rescheduled trip)

Thursday, December 12th
Pennsylvania Farm Market
10 am

Friday, December 20th
Olive Garden
11:30 am

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: Patricia Wright 908-239-6089

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>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:30—Healthy Bones</td>
<td>9:30—Mah Jongg</td>
<td>9:30—Wood Carvers</td>
<td>9:30—Podiatrist</td>
<td>Holiday Decorating with Friends</td>
</tr>
<tr>
<td>11 — Chair Yoga</td>
<td>9:30—Walkers</td>
<td>10:30—Fall Prevention</td>
<td>10:30—Chair Yoga</td>
<td>10:30—Healthy Bones</td>
<td>9:30—Zumba</td>
<td>11:30 Holiday Decorating with Friends</td>
</tr>
<tr>
<td>11:30—Census</td>
<td>11:30—Zumba</td>
<td>11:30—Fall Prevention</td>
<td>11:30—Zumba</td>
<td>11:30—Zumba</td>
<td>11:30-11:45 Strength &amp; Cardio</td>
<td>11:45-12:00 Center Bingo</td>
</tr>
<tr>
<td>12:30—AARP Meeting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:30—Healthy Bones</td>
<td>9:30—Mah Jongg</td>
<td>9:30—Wood Carvers</td>
<td>9:30-10 Zumba</td>
<td>12— Holiday Party With Special Guest</td>
</tr>
<tr>
<td>11 — Chair Yoga</td>
<td>9:30—Walkers</td>
<td>10:30—Fall Prevention</td>
<td>10:30—Chair Yoga</td>
<td>10:30—Healthy Bones</td>
<td>9:30—Zumba</td>
<td>Michael Healy—Magician</td>
</tr>
<tr>
<td>12:00—AARP Holiday Party at B2 Bistro</td>
<td>11:15-11:45—Mat Yoga</td>
<td>11:30—Zumba</td>
<td>12:00—Coupon Clipping</td>
<td>11:30—Zumba</td>
<td>12:00—Lunch $4/contribution</td>
<td>12:30—Center Bingo</td>
</tr>
<tr>
<td>12:30—Center Bingo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:30—Healthy Bones</td>
<td>9:30—Mah Jongg</td>
<td>9:30—Wood Carvers</td>
<td>9:30-10 Zumba</td>
<td>Olive Garden</td>
</tr>
<tr>
<td>11 — Chair Yoga</td>
<td>9:30—Walkers</td>
<td>10:30—Fall Prevention</td>
<td>10:30—Chair Yoga</td>
<td>10:30—Healthy Bones</td>
<td>9:30—Zumba</td>
<td>11:30 Olive Garden</td>
</tr>
<tr>
<td>1:30—Crochet</td>
<td>11:15-11:45—Mat Yoga</td>
<td>11:30—Zumba</td>
<td>12:00—Lunch &amp; Holiday Show</td>
<td>12:00—Lunch $4/contribution</td>
<td>9:30-10 Zumba</td>
<td>10— Exercise w/Donna</td>
</tr>
<tr>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12:30—Lunch &amp; Holiday Show with Linwood Choir &amp; Jazz $4</td>
<td>12:00—Lunch &amp; Holiday Show</td>
<td>12:30—High School Chorus &amp; Orchestra Holiday Show</td>
<td>9:30—Zumba</td>
<td>11:00 Olive Garden</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:30—Healthy Bones</td>
<td>9:30—Wood Carvers</td>
<td>9:30—Wood Carvers</td>
<td>9:30-10 Zumba</td>
<td>10— Exercise w/Donna</td>
</tr>
<tr>
<td>11—Chair Yoga</td>
<td>9:30—Walkers</td>
<td>9:30—Healthy Bones</td>
<td>10—Healthy Bones</td>
<td>10—Healthy Bones</td>
<td>9:30—Zumba</td>
<td>10— Exercise w/Donna</td>
</tr>
<tr>
<td>12— Hot Lunch</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
</tr>
<tr>
<td>12:30—AARP Meeting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>29</th>
<th>30</th>
<th>31</th>
<th>32</th>
<th>33</th>
<th>34</th>
<th>35</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:45-10:30 Exercise with Jill</td>
<td>9:30—Healthy Bones</td>
<td>9:30—Wood Carvers</td>
<td>9:30—Wood Carvers</td>
<td>9:30-10 Zumba</td>
<td>10— Exercise w/Donna</td>
</tr>
<tr>
<td>NO CHAIR YOGA</td>
<td>NO CHAIR YOGA</td>
<td>9:30—Walkers</td>
<td>10—Healthy Bones</td>
<td>10—Healthy Bones</td>
<td>9:30—Zumba</td>
<td>10— Exercise w/Donna</td>
</tr>
<tr>
<td>$4/contribution</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>31</th>
<th>32</th>
<th>33</th>
<th>34</th>
<th>35</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 New Year’s Eve Brunch</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
</tr>
<tr>
<td>$4/contribution</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
<td>12— Gardening Club</td>
</tr>
</tbody>
</table>

**December 2019**

**Christmas Day**

**Christmas Eve**

**New Year's Eve**
Transportation Information
You must BE PRE-REGISTERED 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. The cost of this program is subsidized by the Township.

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 qualified North Brunswick Township senior age 62 & over will complete a passenger data sheet. Returning participants do not need to reapply for the program. You will be provided with a photo ID that must be used at all times while using the North Brunswick Transportation Program.

1. 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.
2. Rides originating in North Brunswick are permitted for MEDICAL TRIPS ONLY, going outside of the Township
3. limits in any direction (up to 10 miles in total travel per one way trip) will be $3 EACH WAY.
4. You must call AT LEAST 2 days in advance to schedule your appointment at the Senior Center 732-418-2222.
5. Weekend and after hours appointments (between 8:30 am – 4 pm) can be made in advance through the Senior Center office. For Pick ups after hours call 877-396-8080.

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
9:45 am-10:30 am Exercise with Jill
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 *

Thursdays
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

Join the Mobile Family Success Center of Middlesex County
To find out about becoming a Community Ace
Thursday, December 5th
At 12 pm

Food Collection!
Senior Center will be collecting non perishable food items for the North Brunswick Food bank all month- Please bring something when you come to any activity!

Clubs
Gardening Club meets on 2nd, 3rd, & 4th Tuesdays
12 pm–1 pm
(Unless otherwise noted)

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

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