

# **NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER**

**81 Huntington Street  
New Brunswick, New Jersey 08901  
(732) 745-5100, (732) 246-1040 Fax**

**Melanie M. Ford, Director**

# **SENIOR ACCENT BOOKLET**



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**MESSAGE FROM THE DIRECTOR**

Dear Friends:

The New Brunswick Senior Citizen Resource Center is a multi-purpose facility for independent seniors and is designed to provide a supportive and stimulating environment for New Brunswick senior citizens who are 60 years of age and older.

The Senior Accent Booklet is designed to provide you with details regarding our activities, classes, consultants/volunteers, meals, policies and procedures, programs, social services, special events, trip policy, and van transportation. If you have any questions regarding the contents of this document, please feel free to see me.

As always I look forward to seeing you at the Center, “Your Home Away From Home.”

*Melanie M. Ford*

**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT**

**TABLE OF CONTENTS**

<b><u>POLICIES &amp; PROCEDURES</u></b>	<b><u>Pages 1-5</u></b>
• Mission Statement	Page 1
• Code of Conduct	Page 1
• General Rules	Page 2
• Grievance Policy	Page 2
• Becoming a Member	Page 3
• Hours of Operation	Page 3
• Mandatory Sign-in	Page 3
• Entrance To & Exit from Center	Page 3
• Client Update	Page 3
• Member Contributions	Page 4
• Computer Usage	Page 4
• Parking & Parking Permit Decals	Page 5
• Wheelchair Lift	Page 5
<b><u>VAN TRANSPORTATION</u></b>	<b><u>Page 6</u></b>
• Early Pick-up	
• Late Morning Pick-up	
• Mid-Day Transportation	
• Last Transport	
• Seating & Reserved Seats	
<b><u>TRIP POLICY &amp; PROCEDURE</u></b>	<b><u>Pages 7-8</u></b>
• Advance Sign-up	Page 7
• Promptness Requested	Page 8
• Trip Cancellation	Page 8
• Trip Waiting List Process	Page 8
<b><u>MEALS</u></b>	<b><u>Page 8</u></b>
• Breakfast & Lunch Prices	
<b><u>SOCIAL SERVICES</u></b>	<b><u>Pages 9-10</u></b>
• Information & Referral Service	Page 9
• Scheduling Appointments	Page 9-10
• SHIP Counselor Services	Page 10
• PAAD	Page 10
<b><u>CONSULTANTS &amp; VOLUNTEERS</u></b>	<b><u>Pages 11-12</u></b>

**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**TABLE OF CONTENTS**

<b>CLASSES</b>	<b>Pages 13-14</b>
<hr/>	
• Arts & Craft	Page 13
• Ceramics	Page 13
• Computer	Page 13
• Conversational Spanish	Page 13
• Crocheting & Knitting	Page 13
• Let's Dance	Page 13
• Exercise	Page 14
• Exercise Equipment	Page 14
• Painting & Drawing	Page 14
• Chorus	Page 14
<b>ACTIVITIES</b>	<b>Pages 15-16</b>
<hr/>	
• Advisory Council	Page 15
• Billiards	Page 15
• Bingo	Page 15
• Bocce	Page 15
• Card Playing	Page 15
• Dominoes	Page 16
• Electronics & Applications	Page 16
• Game Day	Page 16
• Garden Club	Page 16
• Karaoke	Page 16
• Music Appreciation	Page 16
• Sittercise	Page 16
• Ping Pong	Page 16
• Wii	Page 16
<b>PROGRAMS</b>	<b>Page 17</b>
<hr/>	
• Book Club	
• Crime Prevention	
<b>SPECIAL EVENTS</b>	<b>Page 18</b>
<hr/>	
• Birthday Breakfast	
• Lunch & Learn	
• Presentations	
• Programs	
<b>SERVICES</b>	<b>Page 19</b>
<hr/>	
• Beautician	
• Blood Pressure Reading	
• Legal Consultation	
• Podiatrist	

**NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**TABLE OF CONTENTS**

**TRIPS**

**Page 20**

- Ceramic Studio
- Delicious Orchards
- Monday & Friday Food Shopping
- Retail Shopping

**SPECIAL TRIPS**

**Page 21**

**IMPORTANT NUMBERS**

**Page 22**



# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

### **MISSION STATEMENT**

The Mission Statement of the New Brunswick Senior Citizen Resource Center is to:

- Provide information and referral services
- Create a caring and nurturing environment
- Stimulate interests, creativity and artistic expressions
- Offer support systems for Seniors to lead active and independent lives
- Make connections in the community
- Promote the celebration of life through physical and mental well-being

### **CODE OF CONDUCT**

Members of the New Brunswick Senior Citizen Resource Center shall govern themselves by the following Code of Conduct:

- Members shall treat others with courtesy and respect
- Members shall not use profanity or engage in the use of derogatory comments, or language that is abusive, threatening, loud, insulting, or harassing
- Members shall not fight, encourage others to fight, bully, or engage in disruptive behavior
- Members shall not damage or deface Center Property
- Members shall not remove any property from the Center or place items within the Center without permission from the Director
- Members shall not steal
- Members shall not bring alcohol, illegal drugs, or weapons to the Center
- Members shall not engage in solicitation within the Center
- Members shall govern themselves by the “General Rules” of the Center

Any infraction to the above may be grounds for a verbal or written warning, suspension, or expulsion from the New Brunswick Senior Citizen Resource Center with all the rights and privileges thereof.

The New Brunswick Senior Center thanks you in advance for your anticipated cooperation in adhering to and abiding by the Code of Conduct and General Rules of the Center.

**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**GENERAL RULES**

- Members of the New Brunswick Senior Citizen Resource Center must be able to care for themselves independently while participating in Center activities.
- Proper personal hygiene is expected from all members, which requires daily bathing and clean clothes for health purposes and common courtesy for all members.
- The Center is not responsible for the security, damage, or theft of any personal belongings or misplaced items in the Center or on its grounds
- All members, visitors, and guests must sign their name upon entrance into the Center at the Reception Desk.
- Members should always carry their Senior Center identification card while attending the Center.
- All foods and beverages must be consumed in the Dining Room Area.
- Smoking is prohibited inside the Center by City Ordinance Pers NJAC5: 18-3.3 (k).
- The Center will not accept personal or social calls for members. However, emergency calls are accepted.
- The New Brunswick Senior Citizen Resource Center, in conjunction with the United States Department of Health and Human Services and the City of New Brunswick's policy, prohibits discrimination in employment, services and all related programs on the basis of color, race, religion, creed, national origin, ancestry, marital status, gender, age or handicap.
- Members shall govern themselves by the Center's Code of Conduct.

**GRIEVANCE POLICY**

If there's a grievance or dispute, a member should verbally inform the Director. If informal discussions are not met with satisfaction, a member can submit a written complaint, which will be acknowledged within three days of receipt and then investigated by Director followed by a written report of findings within ten days. If a member is not satisfied, he/she may request in writing a hearing before the City Administrator of the City of New Brunswick.

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## **POLICIES & PROCEDURES**

**PAGE 3**

### **BECOMING A MEMBER**

The New Brunswick Senior Citizen Resource Center is open to all New Brunswick residents 60 years of age or older. Proof of residency is required, such as a valid New Jersey Driver's license, or current bill. There is no fee to join, and there are no membership dues. Come into the Senior Center any weekday between 9:30 am and 3:00 pm to register for membership with our Social Worker and become part of New Brunswick's active and mature population.

### **HOURS OF OPERATION**

The New Brunswick Senior Citizen Resource Center's hours of operation are Monday through Friday from 8:30 am to 4:30 pm.

### **MANDATORY SIGN-IN**

Every member and visitor who enters the Senior Center should sign-in at the Reception Desk. This daily attendance procedure is extremely important as it allows us to locate and identify all individuals in case of an emergency. We thank you in advance for your anticipated cooperation in this matter.

### **ENTRANCE TO & EXIT FROM THE CENTER**

Entry to and exit from The New Brunswick Senior Citizen Resource Center is by the front double doors **ONLY**. Occasional use of the double doors by the kitchen is permissible. However, at no time are the double doors in the Community Room or by Wykcoff Street to be used except in case of an emergency. This policy is in effect with your security in mind.

### **CLIENT UPDATE**

Have you moved or changed your name, telephone number, mailing address or emergency contact? If so, we would like to update our database. Stop by the office or contact the Office Manager at (732) 745-5124 and provide all the necessary updates. In addition, if you know of a member that has recently passed, kindly inform us so that we can update our records.





# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

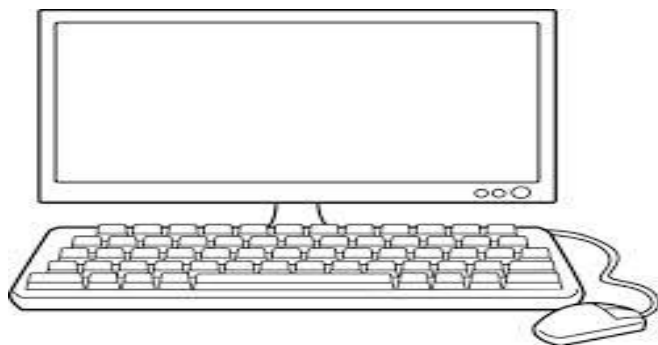
## **MEMBERSHIP CONTRIBUTION**

The New Brunswick Senior Citizen Resource Center receives Title III funds under the Older Americans Act. It has been mandated that agencies receiving Title III funds implement a client contribution policy to expand services. The New Brunswick Senior Advisory Council adopted a contribution policy for implementation at the Center and it is as follows:

1. Every member at our facility will be provided the opportunity to voluntarily make a monetary contribution by means of a locked collection box located in the Senior Center Dining Room.
2. Privacy and confidentiality of members who voluntarily contribute will be fully ensured.
3. Members who are unable to contribute will not be denied services.
4. Funds collected through client contributions will be bi-monthly and recorded at the Senior Center Business Office, then deposited in a special account at the City of New Brunswick's Finance Department.
5. Member contribution funds will be reported quarterly to the Middlesex County Office of Aging and Disabled Services.

## **COMPUTER USAGE**

Any member of the New Brunswick Senior Citizen Resource Center has access to six (6) computers in the library from Monday through Friday between the hours of 8:30 am and 4:30 pm. Members also have the opportunity to sign up for a 30-minute one-on-one computer class. Simply see any staff member for this complimentary session. Anyone accessing inappropriate sites will not be allowed to use the computers.



# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## **POLICIES & PROCEDURES**

**PAGE 5**

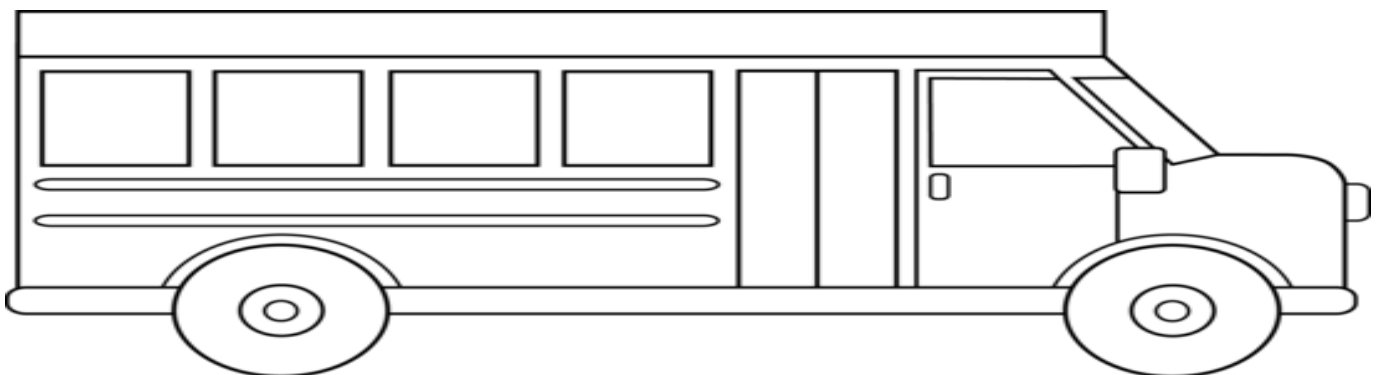
### **PARKING & PARKING PERMIT DECALS**

Alternate side of the street parking is in effect on Huntington Street. Seniors who park in posted Senior Citizen Parking areas on Huntington Street must adhere to alternate side of the street regulations. This does not affect seniors who park in posted Senior Citizen Parking areas on Wyckoff Street from Huntington Street into the park area side of the Senior Center building. Please remember that valid parking is permitted only in posted areas around the Senior Center designated as Senior Citizen Parking. Moreover, your parking decal must be properly displayed.

Parking permit decals are available for members and consultants of The New Brunswick Senior Citizen Resource Center and must be permanently mounted on the inside left side rear window of your vehicle. In order to receive a parking decal a member must be in good standing and present a valid driver's license along with proper vehicle registration, to the Office Manager any morning between 9:30 am and 12:30 pm. Failure to do so, may result in a ticket from the New Brunswick Parking Authority or the New Brunswick Police Department. There is no charge for the Center's parking permit decals.

### **WHEELCHAIR LIFT**

The New Brunswick Senior Citizen Resource Center has two omnibuses equipped with a wheelchair lift. Any member in need of assistance should contact the Social Worker at (732) 745-5090 to provide 24-hour advance notice. Example: If you wish to come to the Center or attend a trip on a Wednesday, call the Social Worker the day before (e.g. Tuesday). Then on the day you wish to attend the Center call the Reception Desk at (732) 745-5100 at the appropriate time (see Van Transportation) and inform the receptionist that you need the wheelchair lift. The Center will make every reasonable accommodation to provide you with the wheelchair lift transportation.



# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## **VAN TRANSPORTATION**

**PAGE 6**

Free transportation is made available to all members of the New Brunswick Senior Citizen Resource Center. Round-trip transportation is provided to a member's permanent address for early or late morning pick-up requests made during the designated time period. Pick-ups and/or stops at any other location is prohibited (no exceptions).

### **EARLY MORNING PICK-UP**

Members desiring early morning van transportation to the Center should call (732) 745-5100 on the day transportation is needed between 8:00 am and 8:30 am. Calls received after 8:30 am may result in delayed arrival or no transportation at all. This early morning pick-up is designed to get you to the Center between 9:00 am and 9:30 am.

### **LATE MORNING PICK-UP**

Calls for late morning transportation to the Center will be accepted between 10:30 am and 11:00 am only. No calls will be accepted before 10:30 am or after 11:00 am. **Please note:** The van leaves the Center for pick-ups at 11:00 am promptly. There will be no second trip for late callers.

### **MID-DAY TRANSPORTATION**

Members who prefer a mid-day transport home at 12:30 pm must sign up at the Reception Desk before the 12:30 pm van departure.

### **LAST TRANSPORT**

The last transport of each day is at 3:00 pm when both vans are operating. When there is one (1) van in operation, 2:30 pm will be the last transport unless otherwise indicated by the Director.

### **SEATING & RESERVED SEATS**

The first two rows of the Center's vans are reserved for members who use assistive devices or need special assistance entering or exiting the van. **Designated seats will also be assigned for married couples at the discretion of the Recreation Leader.** Everyone's cooperation in this matter is appreciated. **During special and chartered trips members sit in the same seat to and from the destination.**

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## TRIP POLICY & PROCEDURE

PAGE 7

In order to accommodate as many members as possible and assure everyone's safety and well-being, all trip participants must adhere to the following:

- All members must abide by: the Center's Code of Conduct and General Rules, instructions provided by staff, and adhere to designated departure/pick-up times.
- Members interested in attending trips must sign up at the Reception Desk and provide their name, address, current home phone and cell number.
- At no time can a name or names for reservations be left on the desks of staff members or at the Receptionist Desk.
- All trips requiring payment must be paid for in cash, in full, at the time of sign-up (no exceptions).
- If a member gets lost or separated during a trip he/she should: 1) Go to an information/security booth immediately, 2) Contact the Center at (732) 745-5100 and inform of your location, and 3) Remain at the location until a staff member arrives.
- **On the first working day of the month:**
- No sign-ups or reservations before the first of the month unless the trip has been previously announced, or otherwise indicated.
- Members may sign up, in person at 9:30 am (**not before**) and any day thereafter. **Members cannot sign up another person on the first sign-up day. Sign-ups begin once both vans are present. Members must sign up in designated lines for each trip. When feasible, the Center will schedule two trips for popular outings to accommodate those on the waiting list (excluding Mystery Trips).**
- Telephone sign-ups are accepted after 1pm on the first sign-up day only. Any other day, members can sign up between 8:30 am – 4:30 pm.

### **ADVANCE SIGN-UP**

The Senior Center asks that you sign up for any trip or event at least 24 hours in advance (unless otherwise stated). This procedure enables the Center to notify members if a trip or event is cancelled or if there is not a minimum number of sign-ups. **(Please note that no trip can go out with fewer than three members for local trips and five for long excursions).**

**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**TRIP POLICY & PROCEDURE**

**PAGE 8**

**PROMPTNESS REQUESTED FOR ALL TRIPS**

When a trip, especially a chartered trip, is advertised for a certain hour, the Center will wait no more than five minutes for a latecomer. If you are detained please call the office at (732) 745-5100 or (732) 745-5124. If possible, we will try to make arrangements to hold the bus for a **few additional minutes**. However, it is the participant's responsibility to arrive in plenty of time for a trip and to make allowances for traffic, parking, or other difficulties that might be encountered. The Center reserves the right to allow a trip to leave within 5 minutes of the advertised time with or without latecomers. **All trips are non-refundable and any loss is the responsibility of the latecomer.**

**TRIP CANCELLATION**

If you desire to cancel your reservation for an event or trip, kindly contact the Recreation Leader at (732) 745-5127 at your earliest convenience. At such time the Recreation Leader will contact the next person on the waiting list.

**TRIP WAITING LIST PROCESS**

The Recreation Leader will contact members on the waiting list who provide their name and number if there's a cancellation. If no number is available or if a message is undeliverable, the next person on the waiting list will be contacted.

**MEALS**

**BREAKFAST & LUNCH**

Breakfast is served daily from 8:30 am to 10:30 am. Our deli-lunch offering features satisfying platters and sandwiches served with soup or salad, according to the season. Lunch is served daily from 11:30 am to 12:30 pm. All meals are paid at the Reception Desk (payment is encouraged but not required). Please note that the menu is subject to change.

**Breakfast & Lunch Prices**

Breakfast Platter	\$2.50
Soup	\$1.25
Soup & Sandwich	\$2.00
Lunch Platter	\$2.50



***Please note: Non-member breakfast and lunch fees are double the aforementioned prices.***

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## **SOCIAL SERVICES**

**PAGE 9**

The New Brunswick Senior Citizen Resource Center provides an array of free social services designed to inform, assist and connect seniors to local, county, state and federal programs. Our Social Worker provides professional and confidential assistance to members in a private setting, Monday through Friday between the hours of 8:30 am to 4:30 pm.

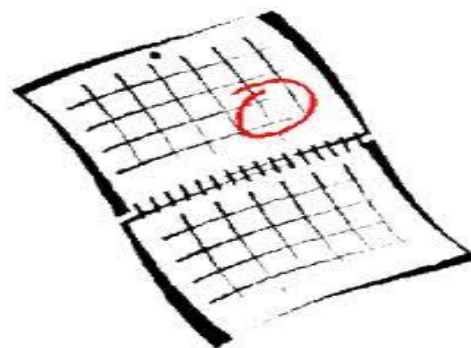
## **INFORMATION & REFERRAL SERVICES**

Under guidelines established by the New Jersey Department of Community Affairs, Division on Aging (through the Middlesex County Office of Aging and Disabled Services) regarding funding to The New Brunswick Senior Citizen Resource Center, the Center's primary focus will continue to be on information and referral services in such areas as housing, transportation, crime prevention, Pharmaceutical Assistance to the Aged and Disabled (PAAD), Lifeline, Medicare, Medicaid, SSI, food stamps and other social service programs.

The New Brunswick Senior Citizen Resource Center is proud of its diverse offerings and will continue to offer educational, cultural, recreational and health related classes, seminars, and programs. In addition, a very important outreach aspect of our information and referral services are available to both the active members who come through our doors daily and to the homebound and frail elderly, who are serviced on a personal basis by the dedicated staff of the City's Office on Aging and over the telephone by members of the Senior Center staff. Information can be obtained by calling (732) 745-5090. We are dedicated to serving the needs of all our members.

## **SCHEDULING APPOINTMENTS**

The Center's Social Worker is here to assist you and provide quality service. In order to avoid backlogs and long waiting lines, we ask that you call our office at (732) 745-5090 to schedule an appointment. Members can receive assistance with a variety of applications such as PAAD, Lifeline, Home Energy Assistance (HEAP) for Heating/Cooling, as well as other grant programs.



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**SCHEDULING APPOINTMENTS (Continued)**

**Please Note:** An appointment is necessary for assistance with all applications. Missing or incomplete paperwork will result in rescheduling the appointment.

**SHIP COUNSELOR**

The Center has a State certified S.H.I.P. (State Health Insurance Assistance Program) Counselor to assist members with PAAD, Senior Gold, PDP's (Medicare Prescription Drug Plans), Medicare Part A and Part B issues/concerns, Medicare Advantage Programs, Medicaid, Medigap policies and much more. If you need assistance, contact our Social Worker at (732) 745-5090.

**\*PAAD INCOME LEVEL ELIGIBILITY**

Pharmaceutical Assistance to the Aged and Disabled (PAAD) eligibility requirements are as follows:

- You must have been a NJ resident at a permanent address at least 30 days before applying
- You must be 65 years of age or older, or
- You are receiving social security disability benefits and are under age 65.
- Nursing home residents also are eligible if they meet all the other requirements.

With your PAAD card, you pay only \$5.00 or \$7.00 toward the cost of each prescription. PAAD pays the rest. Only prescription drugs are covered. If you have questions, write to PAAD, CN 715, Trenton, NJ 08625, or call their toll-free number at 1-800-792-9745.

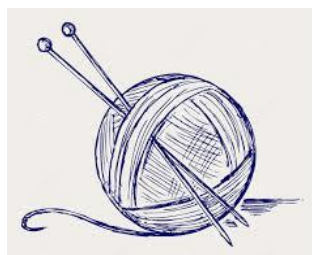
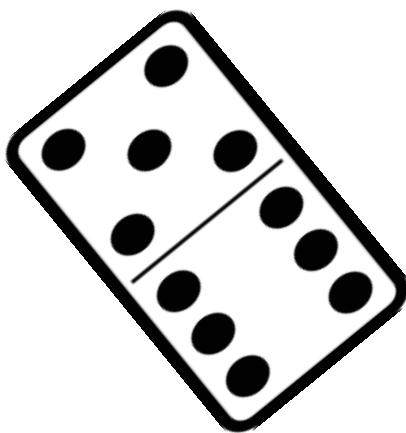
**\* For current PAAD income level eligibility contact our Social Worker at (732) 745-5090.**



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

The New Brunswick Senior Citizen Resource Center offers a wide variety of classes, workshops and projects led by highly qualified instructors. This service is of no charge to members. All members are welcome to join any class. A visit beforehand is a great way to learn about these offerings and to get to know the instructors listed below.

<b>Activity</b>	<b>Date &amp; Time</b>	<b>Instructor</b>
Painting & Drawing	Tuesday 1:00 pm – 3:00 pm	Joyce Browning
Adult Coloring	Tuesday 12:30 pm – 1:30 pm	Volunteer
Beautician/Masseuse	2 <sup>nd</sup> Tuesday 10:00 am – 2:30 pm	Nancy Goldberg
Billiards	Wednesday 9:30 am – 10:30 am	Donshae Smith
Blood Pressure Reading	Friday 9:30 am – 10:30 am	Saint Peter's Hospital
Ceramics	Monday 9:00 am – 10:00 am	Veronica Sanders
Computer	See Senior Accent	Volunteer
Conversational Spanish	See Senior Accent	Evelyn Azcona
Crime Prevention	2 <sup>nd</sup> Thursday 10:30 am – 11:30 am	Det. Harry Hudson
Let's Dance	See Senior Accent	Volunteer
Dominoes	See Senior Accent	Volunteer
Electronics/Applications	See Senior Accent	Jacqueline Perez





**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

<b>Activity</b>	<b>Time</b>	<b>Instructor</b>
Exercise	See Senior Accent	Volunteer
Game Day	See Senior Accent	Jacqueline Perez
Exercise Equipment	See Senior Accent	Volunteer
Legal Consultation	3 <sup>rd</sup> Tuesday 10:30 am – 12:00 pm	Gary Hoagland, Esq.
Music Appreciation	See Accent	Jacqueline Perez
Ping Pong	Monday/Tuesday 9:30 am – 10:30 am	Volunteer
Podiatrist	See Senior Accent	Dr. Horowitz
Chorus	Wednesday 1:00 pm – 1:30 pm	Joan Seamon
Wii	See Senior Accent	Volunteer
Zumba	See Senior Accent	Saint Peter's Hospital



**Please Note:** Always check the Senior Accent to see if any dates or times have been changed or cancelled.

This project is funded in part under the Older Americans Act (Title III) by the Human Resources Office on Aging and the NJ Department of Community Affairs.

The New Brunswick Senior Citizen Resource Center serves all senior citizens regardless of age, race, creed, color, national origin, ancestry, marital status disability or gender.

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## **CLASSES**

**PAGE 13**

All classes are of no cost to New Brunswick Senior Citizen Resource Center members.

### **ARTS & CRAFTS**

Whether you are artistically inclined or not, you are bound to enjoy our arts & craft class where you can make a variety of fun and creative items.

### **CERAMICS**

Every Monday from 9:30 am to 10:30 am Ceramic classes are provided under the professional instruction of Veronica Sanders. New and past participants are welcome to join. Participants will have the opportunity each month to visit a ceramic studio to purchase supplies.

### **COMPUTER**

Computer training and instruction is available to all interested members. 30-minute one-on-one sessions provide members with hands-on experience and the ability to learn at your own pace.

### **CONVERSATIONAL SPANISH**

Come join us for our Conversational Spanish Class. No prior knowledge is necessary.

### **CROCHETING/KNITTING**

Join us for a crocheting session for all levels from beginner to the most advanced. Interested members are invited to drop in any Thursday morning to observe the class. Completed projects will be donated to local nursing homes and our homebound members.

### **LET'S DANCE**

It's time to dance! Join us for some fun as we learn various styles of dance from the waltz, cha cha-cha, boogie and line dancing. No experience necessary.



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**CLASSES**

**PAGE 14**

**EXERCISE**

Now you can sign up for a 60-minute exercise and fitness class. We will focus on improving muscle tone, joint range of motion and balance. You'll learn new exercises using resistance bands in an effort to promote a healthier lifestyle. All fitness levels are welcome, however, members must provide a doctor's note.

**EXERCISE EQUIPMENT**

Members are welcome to utilize the Center's recumbent bike, treadmill, nautilus unit and free weights in our Exercise Room. However, any equipment usage must be supervised by a staff member or a designated volunteer and a doctor's note is required.

**PAINTING & DRAWING**

Painting and drawing classes are offered weekly for a two-hour session. Whether you are a beginner, intermediate or advanced student you'll enjoy this introduction to the world of visual art. All members are welcome to observe and join the class.

**CHORUS**

If you are interested in singing Patriotic, Broadway and/or Holiday music, then join our Senior Choir on Wednesdays for a 30-minute session.



**All members should check the Senior Accent for the dates and times of all classes.**

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## ACTIVITIES

PAGE 15

All activities are of no cost to New Brunswick Senior Citizen Resource Center members. All members should check the Senior Accent to confirm the date and time of all activities.

### ADVISORY COUNCIL

Members of the New Brunswick Senior Citizen Advisory Council meet monthly. The Council's objective is to enhance the quality of life of its members and the community through the implementation of programs and activities. In addition, Council members serve in a variety of volunteer roles in support of the staff and Center. Members interested in joining the Council should see the Director.

### BILLIARDS

Learn the fundamentals of playing pool and games such as 8 ball, 9 ball, and straight pool on Wednesdays from 9:30 am to 11:00 am.

### BINGO

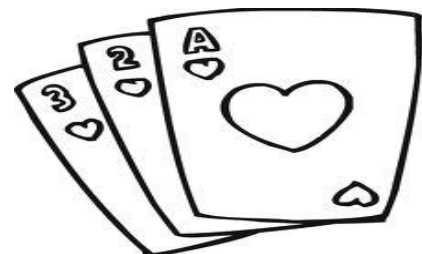
Calling all Bingo enthusiasts! Come join us every fourth Thursday for a friendly game of Bingo (3 card limit) from 12:30 pm to 3:00 pm, unless otherwise indicated by Director. Winners will receive an assortment of prizes.

### BOCCE

All members are welcome to join our Bocce team. Games are held every Thursday at the New Brunswick Senior Citizen Resource Center or at the North Brunswick Senior Center. The season runs from April through October and no experience is necessary.

### CARD PLAYING

If you're interested in a fun and enjoyable setting to play a friendly game of cards, come to the Center on Tuesdays and Thursdays between the hours of 10:00 am and 2:00 pm. You'll meet new friends and have a pleasurable time. All members are welcome.



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**ACTIVITIES**

**PAGE 16**

**DOMINOES**

A friendly game of Dominoes is open to all members weekly in our Arts Studio Room.

**ELECTRONICS & APPLICATIONS**

Learn how to use the functions on your cell phones and tablets along with how to download senior friendly applications.

**GAME DAY**

Members can participate in a variety of weekly board games such as: scrabble, checkers, backgammon, monopoly, etc.

**GARDEN CLUB**

If you have a green thumb or simply love plants, see the Director to join our Garden Club.

**KARAOKE**

Join the fun and participate in Karaoke monthly.

**MUSIC APPRECIATION**

Music Appreciation is a great opportunity for you to listen and learn about different styles of music and artists. So join us for some great music, conversation and light refreshments.

**SITTEERCISE**

This might be just the type of exercise you've been looking for without the stress and strain of standing. Our fun and instructional video will get you moving while you're comfortably seated.

**PING PONG**

Come out and join us for a fun game of Ping Pong. No experience is necessary.

**Wii**

Come play a variety of simulated games such as bowling and tennis on our large screen television by simply moving a remote control! The fun is limitless.

**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET**

**PROGRAMS**

**PAGE 17**

All programs are of no cost to New Brunswick Senior Citizen Resource Center members.

**BOOK CLUB**

Join us for our monthly book club gathering. All books are provided by the New Brunswick Free Public Library. See the Senior Accent for the book title and a brief description.



**CRIME PREVENTION**

Detective Harry Hudson, Crime Prevention Officer of the New Brunswick Police Department, will provide monthly educational and informative Crime Prevention presentation geared towards keeping you safe.



**THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER**  
**SENIOR ACCENT BOOKLET**

**BIRTHDAY BREAKFAST**

It is with pleasure that we bring you this special program known as the Birthday Breakfast with the Honorable James Cahill. Members are invited to a complimentary breakfast with Mayor Cahill to celebrate their birthday during the month they were born. Interested members must RSVP.

**LUNCH & LEARN**

Join us for our new Lunch & Learn series. These fifteen to twenty minute informal lunch time sessions are designed to “keep you in the know.” Get ready to enrich yourself with relevant information.

**PRESENTATIONS**

The New Brunswick Senior Citizen Resource Center partners with a variety of city and local agencies such as; The New Brunswick Police & Fire Departments, Rutgers University, Robert Wood Johnson Hospital, Saint Peter’s University Hospital, Parker, COPSA, Puerto Rican Action Board, New Brunswick Public School District, Middlesex County Office Of Aging & Disabled Services, Middlesex County Health Department and the New Brunswick Education Foundation. These organizations provide an array of monthly presentations, workshops and seminars at our site, covering diverse topics of interest some of which include but are not limited to the following; health & wellness, cultural enrichment, education, transportation, housing and social services (view the Senior Accent for details, dates and times).

**PROGRAMS**

The staff takes great pride in providing an array of seasonal and annual programs based on the expressed desires of our members. Some of them include but are not limited to the following; Barbecue Tuesdays, Consultant/Volunteer Celebration, Reverend Dr. Martin Luther King, Jr., celebration, Easter Egg Hunt, Father’s Day Celebration, Fruit Festival, Game Day, Grandchild Day, Holiday Party, Ice Cream Festival, Mardi Gras Celebration, Marshmallow Roast, Mayor’s Picnic, Mother’s Day Celebration, Mystery Trips, New Member’s Tea, Robotics, Senior Health & Fitness Day, Shuffleboard, St. Patrick’s Day Luncheon, Thanksgiving Day Dinner, Theatrical Presentations and Walks in the Park (view the Senior Accent for all upcoming events, descriptions, dates and times).

# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER SENIOR ACCENT BOOKLET

## SERVICES

PAGE 19

### BEAUTICIAN

A licensed hairdresser and cosmetologist provides manicures, hair care services and chair massages at the Center on a monthly basis. Men and women can sign up in advance at the Front Desk for an appointment. Please note there is a fee for all services rendered (cash only).

### BLOOD PRESSURE

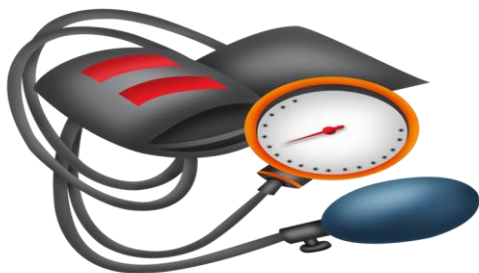
Once every other month, the Center has representatives from Saint Peter's University Hospital provide free blood pressure screenings. Interested members should sign up at the Front Desk.

### LEGAL CONSULTATION

Every 3<sup>rd</sup> Tuesday of the month a local attorney provides free legal consultation to members of the Center by (appointment only). Appointments are scheduled in 20 minutes intervals. Interested members should sign up at the Front Desk.

### PODIATRIST

Podiatry services are provided to members on a monthly basis. Interested members are asked to bring in their medication history along with insurance information. **Please be sure to discuss charges with the doctor before receiving services. Medicare covers routine podiatry care once every 61 days, and care must be considered "medically necessary."** The care must be performed or delivered by a healthcare provider who participates in Medicare. Members can sign up at the Reception Desk for appointments.





# THE NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER

## SENIOR ACCENT BOOKLET

The New Brunswick Senior Citizen Resource Center provides round-trip van transportation at no cost to members for the following trips.

### CERAMIC STUDIO

Members of the Ceramics class can travel to the Mushroom Ceramic studio to purchase and choose supplies for their projects. Reservations can be made at the Front Desk with priority given to members of the Ceramic Class.

### DELICIOUS ORCHARDS

Delicious Orchards reflects each season with fresh fruits and vegetables. Available from the bakery are marvelous breads and rolls as well as pies and other desserts. Cheeses, gourmet delicacies, and specialties from around the world are a delightful temptation. This trip is limited to 20 participants and members should sign up at the Front Desk.

### MONDAY & FRIDAY FOOD SHOPPING

Due to popular demand, the Senior Center provides food-shopping trips to Shop Rite and/or Stop & Shop every Monday. In addition, every Friday the Center van travels to Aldi's and diverse Farm Markets in Middlesex County.

**Please note:** No more than three (3) regular sized grocery bags per person are permitted on the Center's bus. Moreover, all members interested in food shopping must abide by the guidelines and direction of the drivers for safety purposes.

### RETAIL SHOPPING

The Center also provides trips to retail shopping malls on a monthly basis.



NEW BRUNSWICK SENIOR CITIZEN RESOURCE CENTER  
SENIOR ACCENT BOOKLET

The Senior Center provides a variety of special trips throughout the year. Some of these excursions may require transportation via a Chartered Bus. In this instance, members can invite a non-member provided there is available space. For other trips (e.g. Parx Casino, Point Pleasant Beach, Theatrical presentations, Pennsylvania Dutch Country) the Center van is utilized.

**Please note:** The Senior Center's van services are made available to members only.

\* \* \*

YOU ARE ALWAYS WELCOME AT THE  
NEW BRUNSWICK SENIOR CITIZEN  
RESOURCE CENTER...  
YOUR HOME AWAY FROM HOME!

\* \* \*

The New Brunswick Senior Citizen Resource Center staff values your suggestions on how to enhance our programs and activities. Kindly drop off your opinions in the "Suggestion Box" located in the Fireside Lounge. In addition, all members are encouraged to complete the Center's Questionnaire (found in the Lobby Area), which is designed to obtain feedback on how to better serve you.

