



**North Brunswick**  
Parks, Recreation & Community Services

Director of Parks, Recreation & Community Services

**Lou Ann Benson**

## **MISSION STATEMENT**

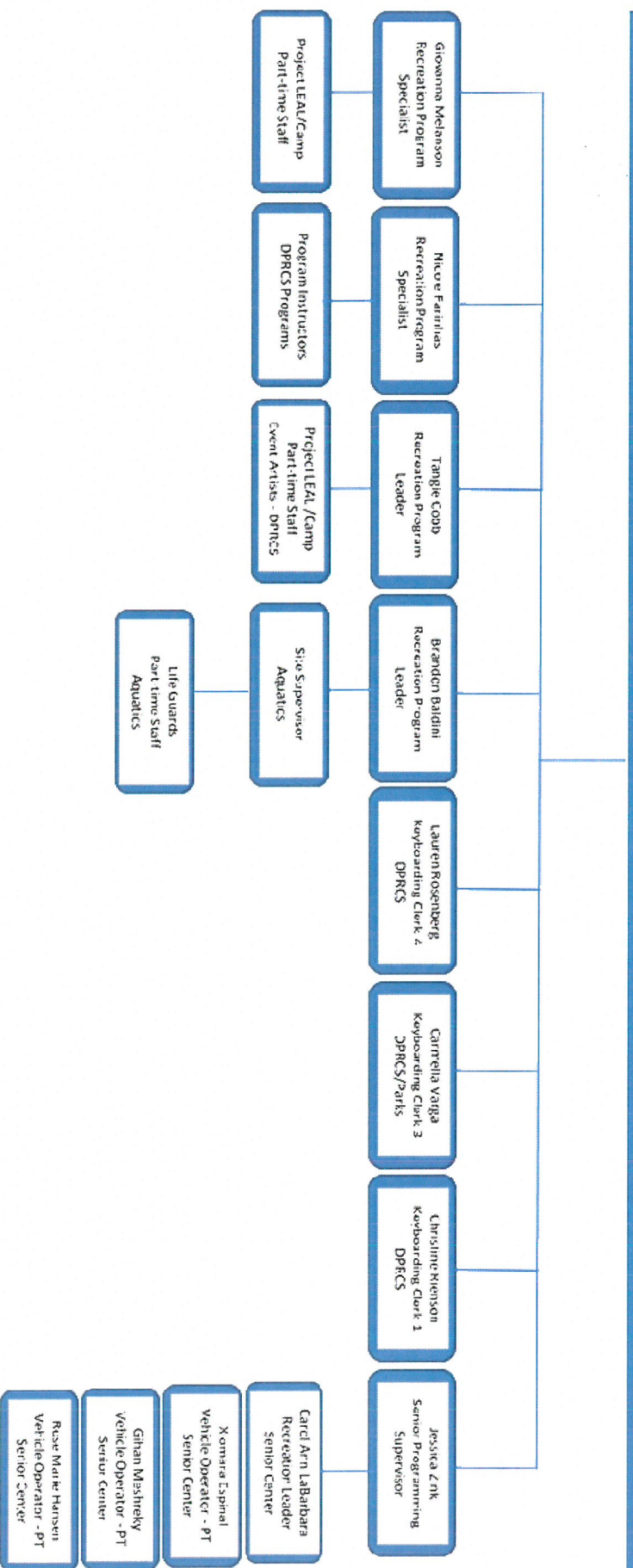
The Department of Parks, Recreation and Community Services (DPRCS) is dedicated to rendering optimal service to approximately 44,000 residents. The areas of service include: Child Care, Senior Programming, Public Recreation through Park use, Recreation Programming, Special Events and Veterans Programming within North Brunswick Township.

We advocate and support youth and adult programming and recreation through grants funding, sponsorships and Township funding. The DPRCS professionals collaborate and form rapport with local businesses and organizations who assist us in providing high quality recreation programs and services to all residents regardless of their ability to pay program fees.

We strive to ensure that all DPRCS programming remains affordable, stimulating and supportive for the families, children, senior citizens and single residents we serve each day. We will remain attuned to industry trends and best practices to continue offering quality recreational programs, special events and responding to community needs for our diverse population of residents.

# Department of Parks, Recreation and Community Services

## Lou Ann Benson, Director



# Department of Parks, Recreation & Community Services

## Director

Lou Ann Benson

### Programs at a Glance

Park Ranger Program  
Senior Ambassador Program

- Chess
- Martial Arts
- Yoga
- Robotics
- Basketball
- Lacrosse
- Wrestling
- Tennis
- Drawing Class
- Men's Softball
- Painting Classes
- First Aid/ CPR
- Gardening Club
- Field reserve
- Community Garden/ Reserve
- Municipal Alliance Programs
- Multi Sport Programs
- R.I.S.E Adaptive Aquatics
- Swim Lessons for all ages
- Birthday Parties at the Pool
- Lap/ Open Swim

### Project LEAL

Enrollment from 4  
Elementary and 1 Middle  
School

Summer Camp  
Kindercamp- 9<sup>th</sup> Grade

Feature Events  
Heritage Day  
Memorial Day  
Dr. Martin Luther King Jr. Program  
Fathers Day Fishing Derby  
Winter Wonderland  
Ice Rink Events  
Veterans Street Sign Program  
Veterans Paver Brick Project  
Scholar Athlete Artist  
Food Bank  
Summer Swim Team/ League  
Championships  
Concerts in the Park  
House Decorating Contests  
( Halloween & Christmas)  
Breakfast with the Easter Bunny  
UNITE North Brunswick PRIDE Event  
Pancakes & Pajamas Dine to Donate  
Trunk or Treat  
Taste of the Town  
Art Gallery

### Senior Programs

Holiday events  
Tax assistance  
Meals on wheels  
Home Assessments  
Senior Olympic Day  
Health Screenings  
Vendor Health Fair  
Educational Courses

Senior proms  
Wood carving  
Senior Fitness  
Bocce  
Zumba  
Chair Yoga  
Line Dancing  
Strength/ Cardio  
Healthy Bones  
Fall prevention  
Medicare Counseling  
Walking and swimming club  
Lunch and learn  
Senior Transportation- Lyft  
In House Transport- Shopping,  
Movies and Special Gatherings

# Annual DP RCS Special Events

If you do what you love,  
you'll never work a day in  
your life.

-Marc Anthony

January	Martin Luther King Jr. Ceremony	North Brunswick Municipal Building
February	Adult Drama Production	NBTHS Auditorium
March/ April	Breakfast with the Easter Bunny Wartime Veteran Street Dedication Taste of the Town	The Greene Turtle Township Wide Our Lady of Peace Church
May	Memorial Day 5K Run/Walk Memorial Day Ceremony	Community Park Veterans Park
June	Fathers Day Fishing Derby UNITE North Brunswick- PRIDE	Boyd Pond Municipal Complex
August	Music in the Park Young Adult Drama Show	Babbage Park NBTHS Auditorium
September	September 11th Ceremony	Municipal Complex
October	37th Annual Heritage Day Truck or Treat	Community Park TBA
December	Winter Wonderland Pancakes & Pajamas Menorah Lighting	Municipal Complex The Greene Turtle Municipal Complex
December- March	Ice Rink Events	Municipal Complex

## Community Outreach

Daily Meal Delivery to Homebound Seniors.

Technology assistance for Seniors in conjunction with the Library.

Senior Library Organized by Ryan Miller from NBPL for Seniors to enjoy.

Hosted Volunteer Luncheon for the Senior Center Volunteers.

Work with North Brunswick Women's Club for gifts for Homebound Seniors.

Network with North Brunswick students and schools to do special projects & events for Senior programs.

Coordinated monthly health & wellness programs with Robert Wood Johnson University Hospital.

Offered flu clinics in conjunction with Rite Aid & Middlesex County Health Department.

New Programming with Middlesex County Mobile Family Success Center.



ST  
PATRICK'S  
DAY



# Transportation



- Launched new program with Roundtrip using **LYFT** vehicles for easier accessibility and better on-time performance for senior use.
- In-house trips using Senior Center part-time driver (local stores, restaurants, points of interest).
- Featured on 1450 am, Keep Middlesex Moving Talk Show regarding Senior Pedestrian Safety and accessibility.



# Special Events

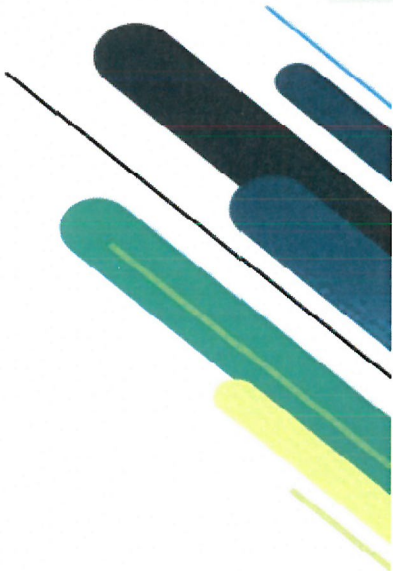


**Catering costs paid through County Grant.**

Month	Event	Participants	Cost
January	Birthdays Celebration	• 60 seniors	• No participant fees
January	New Year's Eve "Eve" Brunch	• 80 seniors	
February	Valentine's Party	• 80 Seniors	• \$4/person
March	St. Patrick's Day Party	• 80 seniors	• \$4/person

Month	Event	Participants	Cost	Entertainment
April	Annual Easter Egg Hunt	• 30 seniors	• No participant fees	• Light refreshments
April	Volunteer Luncheon	• 50 seniors		
May	Older Americans Month Lunch	• 80 Seniors	• \$4/person	• Entertainment: Magician sponsored by Friends of the Senior Center.
June/December	Annual Senior Dance	• 90 seniors	• \$4/person	• Entertainment: DJ sponsored by Friends of the Senior Center.

**Upcoming Events**  
**Senior Olympics**  
**Senior Health & Wellness Fair**



# Senior Fitness Programs

## Yoga

- 3 days a week: Monday, Tuesday, Wednesday
- 35-40 Seniors per class
- \$115/week for instructors
- No participant fees
- No additional expenses.



## Zumba

- 2 days a week: Wednesday & Friday
- 35-40 Seniors per class
- \$95/week for instructors
- No participant fees
- No additional expenses



## Strength & Cardio

### Classes

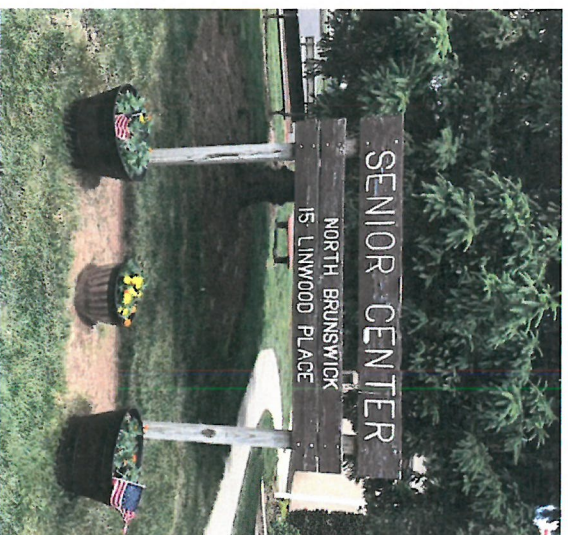
- Mondays (NEW Day added!) Thursdays, & Fridays
- 35-40 Participants
- \$110/week for instructors
- No participant fees
- No additional expenses



## Additional Fitness Programs

- Line Dancing
- Healthy Bones
- Fall Prevention
- Bocce
- Walking Club

# Senior Center



Always welcoming members with light refreshments & Coffee in the morning.



## Senior Highlights

- Gardening Club
- Award winning Wood Carving Club
- Mah Jongg
- Bocce
- Crochet Club
- Fitness Programs
- Special Events
- Transportation
- Speakers
- Medicare Counseling
- Day Trips