



News from the Somerset County Board of Chosen Freeholders

Peter S. Palmer, Freeholder Director • Patrick Scaglione, Freeholder Deputy Director
Patricia L. Walsh, Freeholder • Mark Caliguire, Freeholder • Brian D. Levine, Freeholder

April 21, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce “Older Americans Month” Activities

In celebration of Older Americans Month, the senior centers operated by the Somerset County Office on Aging & Disability Services have announced the May program schedule. All programs begin at 11:00 a.m. unless otherwise listed.

This year’s national theme for Older Americans Month is “Age Out Loud,” which shines a light on many important trends. What it means to age has changed over the years. More than ever, older Americans are working longer, trying new things and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence and advocating for themselves and others. Older Americans Month is a perfect opportunity to recognize and celebrate what getting older looks like today.

All Somerset County-operated senior centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50 for anyone age 60 and above. Menu choices include a **hot** meat-based or meatless entrée and a **cold** meat-based or meatless boxed lunch. Please make reservations before 10:00 a.m., at least one business day in advance. Why not invite a friend or neighbor to join you for lunch! Or come earlier in the day and enjoy one of the center’s many programs.

If you drive or have your own ride, you can go to any center of your choice.

To stay up to date with Somerset County events and information, sign up for free email alerts at www.co.somerset.nj.us/subscribe or follow us on [Facebook](#) and [Twitter](#).

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE

202 Mt. Airy Road
Basking Ridge, NJ 07920
(908) 204-3435

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Ping Pong Club – Monday, 12:00 – 2:00 p.m. Members are not guaranteed so bring a friend!

Yoga with Denise – Tuesday, 1:00 – 2:00 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. **The fee for the eight-week program is \$40. A new session starts May 23. Advance registration is required. Call (908) 204-3435 for more information.**

Computer Lab – Available Monday – Friday, 9:00 a.m. – 3:00 p.m.

Pool Sharks – Pool Table Available, Monday – Friday, ****Call (908) 204-3435 for Availability****

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Dancercise – Monday, 10:30 a.m. An innovative and fun way to exercise! This class incorporates dance moves to well-known music that will keep you moving. Starting with a “warm up” which helps avoid injury; you will dance to the beat of the music and finish with a “cool down.” An aerobics class that is low-impact and great for the heart! Sneakers required. ****\$40 for the 8-week program; the next session will begin June 12. Registration is required; call (908) 204-3435 for more information****

Bridge Club – Tuesday, 9:30 a.m. – 12:00 p.m. Drop in on Tuesdays for more information.

Mahjong Club – Tuesday, Wednesday & Friday, 12:30 – 3:00 p.m. Drop in on scheduled days for more information.

Zumba Gold – Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Sneakers required.

Wednesday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, the next session begins May 3. Registration is required; call (908) 204-3435 for more information. ****

Friday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session begins May 5. Registration required, call (908) 204-3435 for more information ****

Billiards Club – Thursday, 10:30 a.m. Otherwise pool table available daily on a drop-in basis, 9:00 a.m. – 3:00 p.m.

Stretch & Flex Class – Thursday, 10:30 a.m. Upper & Lower Body Chair Exercise. This seated chair exercise is for all levels of ability and incorporates resistance bands and light weights. Ongoing class, must be registered with the Senior Wellness Center to attend. ****Check monthly calendar for schedule updates****

Monthly Book Club – Thursday, 12:30 p.m. Join us on the third Thursday of every month. New members are welcome. Join us to discuss the current book, a fiction novel, “Our Souls at Night” by Kent Haruf and to select the next book. New members are always welcome!

Circuit Training – Friday, 12:30 – 1:30 p.m. Have fun while performing exercises that tone your muscles. In this class you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, new session will begin on June 2. Registration required, call (908) 204-3435 for more information****

May 1 – “Vein Health” by Dr. Pappas, Center for Vein Restoration, 10:30 a.m. Dr. Pappas will present essential vein health information and lead simple leg and ankle exercises. ****Register by April 28****

May 2 – “Women in Politics” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion highlighting influential women in politics throughout history.

May 2 – **FREE** Blood Pressure Screenings by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. A Registered Nurse from the Visiting Nurse Association of Somerset Hills will be onsite to do individual blood pressure screenings. No appointment necessary.

May 3 – “Holi Celebration: Festival of Colors” by Maqsood Mamawala, 10:30 a.m. Join us to learn about this fun ‘festival of colors’ featuring Maqsood Mamawala, who will present the meaning, history, and significance of Holi. You will also have a chance to participate in lively Bollywood songs. ******

Register by April 28**

May 5 – Latin Dance Lessons Workshop by New Jersey Arts Horizons, 10:30 a.m. Join us to learn the basic steps of Latin Dances such as the tango, mambo, meringue and salsa. No dance experience is necessary! **** Register by May 2****

May 8 – **FREE** Dermascan Screenings by Saint Peter’s University Hospital, 10:30 a.m. Saint Peter’s University Hospital will conduct screenings to detect permanent sun damage on your face and provide information on skin cancer detection and prevention. With summer right around the corner, you don’t want to miss this! No appointment is necessary.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

May 9 – “Environmental Walk Part II: Blooms” by Jack Donohue, Chairman of the Environmental Commission, 10:30 a.m. We viewed the early spring greenery in April, now we will take a leisurely stroll around the campus to view the blooms of trees and flowers. Education and walk led by Environmentalist, Jack Donohue. He will explain the various types of trees and other greenery. Bring your walking shoes!

May 10 & 30 – Bingo, 10:30 a.m. Bingo is more than an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration-which improves listening and short term memory skills. Try your luck at some great prizes today. ****Register by May 8****

May 12 – “Older American’s Month Tribute: Songs of the Past” by James Barba, 10:30 a.m. James will sing all of your favorite songs from years past to celebrate this special month.

May 15 – Mandala Art & Tea Workshop, 10:30 a.m. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic mandala is a square with “four gates” containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary. Enjoy creating your won mandala over a cup of herbal tea. ****Register by May 11****

May 16 – “The Life & Work of Mary Cassatt” – Lecture & Wax Pastels Workshop, Art of the Master’s Program by Creative Notions, 10:30 a.m. Study the works of Mary Cassatt an American painter who traveled to France for her artistic training and remained there for her life and career. Cassatt’s work combined the light color palette and loose brushwork of Impressionism with compositions influenced by Japanese art as well as by European Old Masters. Her work typically depicted domestic settings. For the first part of the program we will learn and see some of her works, the remainder of the program will be spent creating an individual piece inspired by her art. ****Seating is limited. Register by May 12****

May 17 – Create-A-Card Workshop with Jerry, 10:30 a.m. Jerry will instruct on how to make an all-occasion, one-of-a-kind greeting card for friends and loved ones using various rubber stamps. All supplies provided. ****Register by May 12.****

May 19 – “Music of Times Past” by Tom Harabin, 10:30 a.m. This program presents instruments, their history, and music from the colonial/revolutionary war period. Tom has gathered a fine collection of instruments representing of the ones used in those times and earlier. Attired as a gentleman of the 18th century, Tom will play the music of the period on his Violin, Mountain Dulcimer, Hammered Dulcimer, Mandolin, Fife, and Bowed Psaltery and may even sing a song. Other instruments, like the Lute Guitar and Nepalese Sarangi will be displayed, while history of the piano, harpsichord, and glass harmonica will be presented. Take this journey back to the 18th century to hear the music and understand history from a musical perspective. ****Register by May 16****

May 22 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

May 23 – “Our Souls at Night by Kent Haruf, 10:30 a.m. Ann Babits of the Bernards Township library will read short stories from this book.

May 24 - “Aroma Tea Party” by Alison Trotta, Rivers Edge, 10:45 a.m. Join Alison Trotta of Rivers Edge, hosting company, for an Aromatherapy-Tea program. You will have an opportunity to enjoy a soothing blend of scents and flavors to relieve tension and relax the mind.

May 26 – Meditation Mindfulness Exercises with the School of Royal Yoga, 10:30 a.m. Meditation is helpful for ones outlook on life, for increasing focus and concentration and enhancing relationships.

May 29 – Holiday – Center Closed

May 31 – Annual Summer Picnic, 10:30 a.m. We will celebrate the unofficial start to summer by having freshly grilled burgers and activities outdoors on the patio. ****Register by May 26****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

Open Monday – Friday, 9:30 a.m. – 4:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Computer Lab – Available Monday – Friday, 9:00 a.m. – 3:30 p.m.

Individual Computer Instruction – Monday–Friday, ****Call (908) 203-6101 for appointment****

Caram – Monday–Friday. East Indian game similar to billiards.

Games/Cards (Scrabble, Uno, Canasta, etc.) – Monday–Friday. See other club opportunities below.

Ping Pong – Monday – Friday; call for availability

Pool Tables (2) – Monday–Friday; call for availability.

Table Shuffleboard/Air Hockey – Monday–Friday

Gentle Aerobics – Monday & Thursday, 10:15 a.m. Exercise and move without putting undo pressure or strain on your body. Learn movements that lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day physical activities.

Zumba Gold – Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 and above who are beginners or who need modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Friday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, new session will begin on May 26th. Registration required, call (908) 203-6101 for more information****

Mahjong Lessons – Tuesday, 9:30 a.m. Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. Also being offered on Thursday's from 12:30-3:00 p.m. for experienced players.

Needlework Crafts Club – Tuesday, 1:00 p.m.; new members welcome!

Hatha Yoga – Wednesday, 10:45 a.m. Hatha Yoga incorporates body postures, controlled breathing and meditation. There are many different benefits of Hatha Yoga, including stretching and aligning the body, improved balance and flexibility, a supple spine and improved circulation. Please bring a personal mat; some mats available on a first come, first served basis. ***Check monthly calendar for schedule***

Dance Aerobics with Marion Harris – Wednesday, 11:00 – 11:45 a.m. - Get your cardio while dancing to a variety of music such as pop, country and Broadway classics. ****No Class on May 17 and May 31****

Healthy Bones Exercise Class – Wednesday, 10:00 – 11:30 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. **Advanced registration is required.** Doctor's note is also required prior to first class and then once every year. **Class is currently filled, call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or hear of other opportunities.**

Scrabble Club – Wednesday, 1:00 p.m. Enjoy a friendly game of scrabble; with sufficient interest, we may plan opportunities for members to compete with other area scrabble clubs.

Book Club – 4th Thursday of the Month. New members are welcome. Join us to discuss the current book, a non-fiction novel, "A Walk in the Woods" by Bill Bryson. New members are always welcome! ****Call (908) 203-6101 for details****

Tai Chi for Health (Intermediate) – Thursday, 1:00 – 2:00 p.m. The intermediate course will build upon the basic form learned in the introductory class, allowing students to move forward with their Tai Chi abilities. Forms learned in both courses will improve specific strengths such as, the ability to shift weight from one side of the body to the other, move one leg to the other without stumbling or falling; increase the ability to keep the body in good alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to develop strengthen bones and muscles. **** \$16, suggested donation, for 8-week program, new session will begin on June 22. Registration required. Deadline for registration is June 8, call (908) 203-6101 for more information****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Tai Chi for Health (Introductory) – Thursday, 2:00 – 3:00 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage participants' development of their strength, balance and flexibility. Tai Chi has unfamiliar vocabulary, new ways of moving, and a sequence of movements that take time to learn. Participants will learn the **basic form** of this art, which will enable them to experience considerable improvements in their physical ability as well as to learn postures that will recur in new Tai Chi forms. ****A suggested donation for the eight-week program is \$16. A new session begins June 22. Registration is required; the deadline is June 8. Call (908) 203-6101 for more information.****

Social Dancing – Friday, 12:30 – 1:30 p.m. Do you love to dance, meet new people and make some friends? Join Frank as he plays a variety of music from Ballroom Dance to Country Western. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits, such as increased flexibility, strength, endurance and emotional well-being.

Pinochle Club – Friday, 12:30 – 3:00 p.m. New members welcome!

Board Games/Cards/Dominos – Friday, 2:30 – 4:00 p.m. Do you enjoy games like Boggle, Cribbage, Dominos or cards? If so, visit the center for a friendly game or two. **Please note:** We cannot guarantee players so bring your friends! Please identify your game of choice when you make your reservation so we can ensure adequate game supplies.

State Health Insurance Program (SHIP) - Do you have questions about or problems with your health insurance or benefits? Call to schedule a **FREE** appointment with a counselor who can help. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Call (908) 203-6101 to schedule an appointment.

May 1 – Tissue Paper Painting with Barbara Gerson, Art 4 All, 10:45 a.m. Barbara will assist you as you create a one of a kind tissue paper painting. This piece will be created by using colorful paint, tissue paper, and glue giving the picture a stained glass effect. Limited space is available. ****Please call (908) 203-6101 to register****

May 2 & 9 -  **ARTS** "Music for Wellness" by John Fitzpatrick, 10:45 a.m. Everyone becomes a member of the band and makes music together. Join us for a revitalizing hour of music as John plays the guitar and invites attendees to play hand percussion instruments. Attendees will sing along to prepare for our concert this month, which will celebrate Older American's Month. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

May 4 – "Plant and You Shall Grow" by Sally Awad, BrightStar Homecare. Sally will host a spring planting program. Mark the beginning of warmer days by choosing a flower or herb to plant and a flower pot to decorate.

May 5 & 26 – Bingo. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration-which improves listening and short term memory skills.

May 8 – Tap Performance with Marilyn Harris. Marilyn will perform an uplifting tap performance to 'Singing in the Rain' for all to enjoy.

(NEW) May 8, 15 & 22 – Pool Instruction with George, 1:00 – 2:00 p.m. Have you always wanted to learn how to play pool? Join George and fellow center members to learn and enjoy this interesting game. ****Call (908) 203-6101 for more information****

May 11 -  **ARTS** Older Americans Month Musical Performance, 10:45 a.m. Today our very own senior center participants will perform, after two months of practice, under the direction of John Fitzpatrick. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant.****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

May 12 – Mother’s Day Celebration by the Bridgewater Garden Club, 10:45 a.m. Join the Bridgewater Garden Club as they assist in creating a floral project for participants to take home and enjoy.

May 15 – Musical Memories by Mary Beth Kane, Arbor Terrace, 10:45 a.m. We all have songs that transport us to an exact moment back in time. Mary Beth Kane, our guide, will share some of her own personal musical memories while asking participants to share their own special songs for an enjoyable morning of musical reminiscing.

May 16 - “Aroma Tea Party” by Alison Trotta, Rivers Edge, 10:45 a.m. Join Alison Trotta of Rivers Edge, hosting company, for an Aromatherapy-Tea program. You will have an opportunity to enjoy a soothing blend of scents and flavors to relieve tension and relax the mind.

May 17 – Life Line Screening, 8:00 a.m. – 4:30 p.m. Life Line Screening, a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at the Somerset County Senior Wellness Center today. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and an osteoporosis screening for \$149 (\$139 with member discount). All five screenings take 60-90 minutes to complete. There are three ways to register for this event and receive a \$10 discount off any package priced above \$129. Please call toll-free 1-888-653-6441 or visit <http://lifelinescreening.com/communitycircle> or text the word circle to 797979.

May 18 – Memory Screenings, 10:00 a.m. Memory screenings consist of a series of questions and/or tasks designed to test memory, language skill, thinking ability and other intellectual functions.

Screenings and review of the results will be confidential. ****Please call (908) 203-6101 to register****

May 19 – 2017 Senior Expo, 2:00 – 5:00 p.m. Older adults (60+) and caregivers are cordially invited to join us for the Somerset County Office on Aging & Disability Services 2017 Senior Expo as we celebrate Older Americans Month’s theme “Age Out Loud.” The day will be filled with educational breakout sessions, **FREE** health screenings and vendor tables representing community agencies and programs. This **FREE** event will take place at the Senior Wellness Center at Bridgewater (876 East Main Street in Bridgewater, next to the TD Bank Ballpark). ****Please call (908) 704-6347 to register****

May 22 – NJIO Orchestra Performance & Program, 10:45 a.m. NJIO has been educating, entertaining, inspiring and sharing the joy of music with members and audiences for over 20 years.

May 25 – Dance Performance by the Bridgewater Roxies, 10:45 a.m. The Bridgewater Roxies are a group of senior performers, ages 59 to 83, from the Bridgewater Senior Center. They participate in classes and rehearsals three days a week and perform at schools and senior centers throughout the area. Join us as the Bridgewater Roxies help us celebrate Older American’s Month.

May 29 – Holiday – Center Closed

May 30 – “Great Songs of the 20th Century” by James Barba. James will entertain us with songs by the greats such as Frank Sinatra, Elvis Presley, Dean Martin and more. He will have us dancing the morning away with a musical walk down memory lane.

May 31 – Minute to Win It Competition, 10:45 a.m. **Minute to Win It** is an American primetime game show that originally ran on NBC with host Guy Fieri. Challenges use regular household items and great concentration to complete each challenge. Think you can do it? You’ve got 60 seconds! Join the suspense as the Senior Wellness Center at Bridgewater and the Quail Brook Senior Centers re-create this game and compete for this year’s title.

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HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

Open Monday – Friday, 9:30 a.m. – 2:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Game Room – Monday – Friday

Stretching – Monday – Friday

Horseshoe Pit – Monday – Friday (Weather Permitting)

Bocce Court – Monday – Friday (Weather Permitting)

Caram – Monday – Friday. East Indian game similar to Billiards.

Fit & Flex with Rose – Tuesday & Thursday, 11:00 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all. Included are stretches, strength training, laugh yoga, breathing exercises and more. ****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Tuesday, 12:45 – 2:15 p.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

T'ai Chi Chih with Janet O. – Wednesday, 9:30 – 10:15 a.m. T'ai Chi Chih is a series of 19 gentle, fluid movements and 1 pose that activate, circulate and balance the intrinsic energy of the body known as chi. The practice can be performed by individuals of most any age, ability or condition, while standing or sitting. ****The cost is \$20 for the 10-week program. A new session begins June 7. Come and sample a free trial class any Wednesday prior to signing up. Registration is required; call (908) 369-8700 for more information****

May 1, 8, 15 & 22 – Scrabble Friends, 9:30 a.m. Enjoy a friendly game of scrabble; with sufficient interest, we may plan opportunities for members to compete with other area scrabble clubs.

May 1 – Craft: Creating Patriotic Bandana Placemats with Pam, 10:45 – 11:45 a.m. Red, white and blue bandanas will be cut into strips. Select your pattern and hot glue or Modge Podge your design.

May 1, 8, 15 & 22 – Canasta Card Club, 12:30 – 2:45 p.m. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and “go out” by playing all cards in their hand.

May 2, 9, 16, 23 & 30 – Trivia Time, 10:15 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises can stimulate the brain and enhance your critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

May 3, 17 & 31 – Book Club, 9:30 – 10:30 a.m. New book club is forming. Meet friends, read and discuss books, poems, short stories and articles. Current book selection is the Thriller and Suspenseful Novel “Defending Jacob” by William Landay. ****Please call (908) 369-8700 for more information****

May 3 – “Aroma Tea Party” by Alison Trotta, Rivers Edge, 10:30 – 11:30 a.m. Join Alison Trotta of Rivers Edge, hosting company, for an Aromatherapy-Tea program. You will have an opportunity to enjoy a soothing blend of scents and flavors to relieve tension and relax the mind.

May 3, 10, 17, 24 & 31 – Mahjong Club, 12:30 – 3:00 p.m. Have you always wanted to learn how to play mahjong or are you familiar with the game but just in need of fellow players? Lessons and refreshers are available. ****Please call (908) 369-8700 for more information****

May 4, 11, 18 & 25 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles together.

May 4 – Mandala Art & Tea Workshop, 10:15 a.m. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic mandala is a square with “four gates” containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary. Enjoy creating your won mandala over a cup of herbal tea.

May 5, 12, 19 & 26 – Horseshoe and Bocce Ball Club, 9:30 a.m. Enjoy time outside while being part of our Horseshoe and Bocce Ball Clubs! Great for all ability levels; instruction will be available. (Weather Permitting)

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HILLSBOROUGH SENIOR CENTER – cont'd

May 5 – Genealogy Search with Janet, 10:45 a.m. Janet is very into genealogy and has traced her family back many generations. Learn a bit about her family tree, share stories about yours and get tips on how to research. Interest in this program could evolve into an afternoon club. ****Please call (908) 369-8700 to register****

May 8 – “All About Arthritis” by a Walgreen’s Pharmacist, 10:30 – 11:30 a.m. Today we will learn more about the various types and treatments for arthritis. Literature will be given out to all participants.

May 10 – Annual Volunteer Appreciation Ceremony, 10:45 a.m. Our Volunteers are “SUPER”. Come and celebrate with us as we recognize the volunteers who work so hard to make our center so great.

May 11 – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

May 12 – “History of the Movie Musical” by Sam & Candy Caponegro, 10:30 – 11:45 a.m. According to some experts, singing musical show tunes leads to mental clarity. Beginning with “The Jazz Singer” in 1927, film musicals changed the entertainment industry. Clips from the period included performances by Fred Astaire, Ginger Rodgers, Mae West, Shirley Temple, Jeanette MacDonald, Nelson Eddie, Judy Garland and Mickey Rooney. The goal is for you to leave with your toes tapping, and a song on your lips if not in your heart.

May 15 –   **ARTS** “Hands on Origami Wreath Workshop” with Joy Cabanos, 10:15 a.m. Joy will instruct us on how to create an origami wreath using special origami paper and unique paper-folding techniques. ****Please call (908) 369-8700 to register. This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

May 17 – “Healthy Summer Kickoff” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Sam will join us to review some healthy summer eating options. There will be a tasty recipe to sample and literature and recipes for all participants.

May 18 – Name That Tune: A Musical Adventure, 10:15 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

May 19 – “Ask the Nurse” by Steve Majewski, Senior Helpers, 10:45 – 11:45 a.m. Do you always feel like you never have enough time to get all your questions answered when visiting the doctor? Join Senior Helpers for our annual Ask the Nurse program. Bring your questions and join our group discussion.

May 22 – May Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things May.

May 24 – “Preventing Medication Errors” by the Visiting Angels, 10:45 a.m. A National Institute of Health study found that 40% of older adults aged 65 and older take five or more prescription medications and 90% take at least one prescription. The same study found that as many as 55% of older adults take their medications incorrectly. Learn more about common medication mistakes older patients make, and how to avoid them.

May 25 – “Who Am I?” 10:15 a.m. Ask clever questions while exercising your mental abilities to determine the identity of famous historians, celebrities, authors and public figures.

May 26 – Bingo Bonanza, 10:45 – 11:45 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration-which improves listening and short term memory skills.

May 29 – Holiday – Center Closed

May 31 – “Age Out Loud” by the Magic Mirror Players, Robert Wood Johnson University Hospital, Somerset, 10:30 a.m. Players improvise, using role-playing techniques to offer “Slices of Life” to provide an opportunity to focus on important life issues. The interactive skits help the audience become more self-aware of their reactions and opinions in similar situations. As a finale to Older American’s Month, come enjoy a performance of the players as they teach us all how to “Age Out Loud.”

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MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Meditation Garden – Monday – Friday, 9:00 a.m. – 2:00 p.m. Enjoy this outdoor oasis for your meditation practices. (Weather Permitting)

Pool Table – Monday – Friday

Cosmic Coloring – Monday – Friday, 9:30 a.m. Learn the emotional health benefits garnered from this inventive activity. When we immerse ourselves into a coloring action, a destressing effect occurs because we no longer focus on a problem or worry, but focus on a particular activity instead. Coloring also “brings out our imagination and takes us back to our childhood, a period in which we most certainly had a lot of stress.” Enjoy this creative activity with an emotional twist.

Games/Cards (Scrabble, Chess, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 a.m. – 3:00 p.m. If you have a favorite game not listed that you would like to play, and/or if you are interested in starting up a club on the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. 45 minutes of exercise for older adults; 20 minutes of cardio (or movement) followed by 20 minutes of toning (with or without weights), followed by a 5 minute relaxing stretch. This exercise is great for all levels and abilities. Sneakers required. ****Please check monthly calendar for schedule updates****

Mahjong Lessons – Monday, 1:00 – 4:00 p.m. Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Lessons and refreshers are available! ****Please call (609) 466-0846 for more information****

Montgomery EMS Blood Pressure Screening – Third Monday of the Month (May 15), 9:45 a.m.

Yoga with Elizabeth – Tuesday, 11:00 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being.

Exercise for Arthritis with Elizabeth – Tuesday at 10:30 a.m. and Thursday at 11:00 a.m. This program is a recreational exercise program designed to address the following physical goals: to reduce pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance in a safe and positive environment.

****Please check monthly calendar for schedule updates****

Circuit Training – Wednesday, 1:00 – 2:00 p.m. Have fun while performing exercises that tone your muscles. In this class you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, new session to begin on June 7. Registration required, call (609) 466-0846 for more information****

Tai Chi with Herb – Wednesday, 11:00 a.m. Tai chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants experienced a reduction of pain, fatigue and stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be done using a chair if desired. ****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

Crocheting with Jane – Wednesday, 10:30 a.m.

(more)

MONTGOMERY SENIOR CENTER – cont'd

Move Today with Elizabeth – Every Other Wednesday, 10:15 a.m. Move Today is a non-aerobic exercise class conducted by a certified leader and is designed to improve flexibility, balance, strength and stamina. A major focus of the class is on good posture and fall prevention. Exercises can be done while sitting or standing. ****Please check monthly calendar for schedule updates****

Card Game: “3-13” – Thursday 9:00 a.m. ****Please check monthly calendar for schedule updates****

Bocce Ball – Thursday at 9:00 a.m. and Friday at 9:00 a.m. (Weather Permitting)

Coming in June: “Comedy Workshop.” This 7 week session will start on Friday, June 2. Join Kate Lyn Reiter, a graduate of the Yale School of Drama, as she trains us to use creativity and comedy to turn adversity into assets. ****Please call (609) 466-0846 for more information and to register****

May 1 – TED Talk: My Stroke Insight by Jill Bolte Taylor. TED Talk is a YouTube site that is devoted to spreading ideas, usually in the form of short, powerful talks. Jill Bolte Taylor received a research opportunity few brain scientists would wish for: She had a massive stroke and watched as her brain functions, motion speech and self-awareness, shut down one by one. Jill has become the spokesperson for stroke recovery. After viewing the video, we will have a group discussion.

May 4, 11, 18 & 25 – Mahjong Lessons, 10:00 a.m. Have you always wanted to learn how to play mahjong or are you familiar with the game but just in need of fellow players? Thursday mornings are mahjong mornings. Lessons and refreshers are available.

May 5 & 19 – Ageless Grace with Roz Gerken, Certified Ageless Grace Educator, 10:15 a.m. Ageless Grace is a **FREE** fitness program based on the cutting-edge science of neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

May 10 & 24 – Creative Therapy with Shirin Stave-Matias, Former Professional Dancer, 10:15 a.m. Creative Therapy draws upon various disciplines to create a unique combination that results in a variety of experiences for the participant. By merging aspects of: hatha and chair yoga, gestural, improvisational and world dance forms, sound therapy with creative play, together with guided relaxation and meditation techniques, the class aims to instill calm, control, and meditative practices alongside imaginative, joyful and social interaction. Creative Therapy can enhance positivity, reduce stress and create feelings of empowerment and well-being. This program intended for people of all abilities and can be performed while sitting or standing.

May 11 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (609) 466-0846 to schedule an appointment****

May 12, 23 & 26 -  **ARTS** Beginner Ukulele Lessons with John Fitzpatrick, 10:00 a.m. The Ukulele is a small, four stringed instrument in four sizes: soprano, concert, tenor and baritone. Join us as John teaches the group how to play this very interesting and exciting instrument. You have the option to bring your own ukulele if you have one. ****Please call (609) 466-0846 for more information. This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

May 15 – Girls Again Productions Variety Show. Join us as Girls Again Productions puts on a fun-filled variety show for all to enjoy.

(more)

MONTGOMERY SENIOR CENTER – cont'd

-  **May 15** – “Hands on Origami Wreath Workshop” – Lunch & Learn Opportunity by Joy Cabanos, 1:00 p.m. Joy will instruct us on how to create an origami wreath using special origami paper and unique paper-folding techniques. ****Please call (609) 466-0846 to register. This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****
- May 16** – “Age Out Loud” Lip Dub Practice, 10:00 a.m. A “Lib Dub” is a type of video that combines lip synching and audio dubbing to make a music video.
- May 22** – “Age Out Loud” Lip Dub Shoot. Join us as we create our “Lip Dub” video to “Let’s Get Loud.”
- May 29** – Holiday – Center Closed
- May 31** – Celebrating “Age Out Loud” Lip Dub Premier. Join us as the Montgomery Seniors show us how to “Age Out Loud.”

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873
(732) 563-4213

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Table Tennis (Ping Pong) – Monday – Friday. Take a ‘shot’ at being a tournament master by playing Single or Doubles games. This competitive game has been an Olympic sport since 1988 and is a great way to maintain and improve hand/eye coordination, concentration and agility. Lessons, strategy and point system will be taught by Oluwaseun Odukoya (Raritan Valley Community College and Quail Brook Volunteer) every Friday at 10:30 a.m.

Body & Brain Yoga with Lucy Pagnetti – Monday, 10:30 a.m. Body and Brain Yoga is a dynamic mind-body practice that combines stretching, flowing movement, deep breathing exercises and meditation in a simple and easy to learn format that focuses on the development of the body’s core strength as the basis of physical, mental and spiritual health. Bring mats or you can use a chair.

****Class will be held on May 8 and May 15.****

Individual Computer Instruction with Mike Dias – Tuesday, 9:00 a.m. – 12:00 p.m. ****Please call (732) 563-4213 for appointment****

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor’s note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

A Variety of Board & Card Games (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday

Outdoor Shuffleboard and Horseshoes – Monday – Friday (Weather Permitting)

QBC News – Monday – Friday, 10:00 – 10:30 a.m. Enjoy breaking news around the world or current events of interest for a stimulating Question and Answer session as fellow center members take turns researching and sharing the hot topics of the day.

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. ****\$10.00 fee includes supplies****

(more)

QUAIL BROOK SENIOR CENTER – cont'd

Line Dancing – Friday, 9:30 a.m. Line Dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for people with limited mobility and is known to improve cardiovascular and muscular strength and improve coordination and balance as you work through the different movements.

Bridge Lessons – Friday, 10:30 a.m.

Card Sharks – Friday, 10:30 a.m. Learn how to play various card games for group play and/or tournament participation.

May 2 – “Rhymes For Our Times” by Roz Gerken, 10:30 a.m. A multicultural and literary experience incorporating poets and their published works representing gender and different ethnic backgrounds (African American, Spanish, Jamaican, etc.). Take a moment for reflection, join in on the analysis and try your hand at an extemporaneous journey into creating your own poetry.

May 3 –  **ARTS** Choir Practice with John Fitzpatrick & Bob's Quailers, 10:30 a.m. Our 2017 'Sing Out Loud' theme is Show Tunes that will culminate in a musical venue performed on May 4th as an artistic expression celebrating Older American's Month and it's 2017 theme Age Out Loud! ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

May 4 –  **ARTS** Bob's Quailers Choral Group 2017 Presents: “Sing Out Loud” Show Tunes Performance, 10:30 a.m. Today our very own senior center participants will perform a special concert to celebrate Older American's Month, after months of practice, under the direction of John Fitzpatrick. This concert will be held at the Spring Hills Memory Care & Assisted Living on 473 Demott Lane, Somerset, New Jersey 08873. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

May 5 – “Armchair Travel Presents: New Zealand-The Island Nation in the Pacific Southwest Ocean” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, have taken extensive photographs and put them together on a DVD complete with music and narration of their experience. Today's feature is New Zealand-The Island Nation in the Pacific Southwest Nation.

May 9, 16, & 23 – Tai Chi with Bobbi Joels, 10:30 a.m. Tai chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants experienced a reduction of pain, fatigue and stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be done using a chair if desired.

May 9 – State Health Insurance Program (SHIP), 10:30 a.m. A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (732) 563-4213 to schedule an appointment****

May 10 & 24 – Ageless Grace with Roz Gerken, 10:30 a.m. Ageless Grace is a **FREE** fitness program based on cutting-edge science of neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic thinking). The program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

(more)

QUAIL BROOK SENIOR CENTER – cont'd

May 11, 18 & 25 – The Regime Exercise Class: Interval Stretching & Aerobic Movements, 9:00 – 10:00 a.m. Exercise and move without putting undo pressure or strain on your body. Learn movements that lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day physical activities. This program can be done using a chair for support if desired.

May 11 & 18 – Zumba Gold with Laurie Fetcher, 10:30 – 11:00 a.m. Zumba Gold takes the popular Latin-dance inspired workout Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. This program can be done using a chair for support if desired.

May 11 – “Broadway Back in Time” by Sam Caponegro. Enjoy Musical Comedy and Broadway Hits through a historical view of clips, main character signature songs, blockbusters, supporting character’s songs and familiar tunes from Broadway musicals. Start tapping your feet, dust off your vocal chords and belt out a few lines for a memorable theatre/movie experience.

May 12 – “Yes You Can: The Art of Canning” by Brienne E. Janho, CTRS, Director of Recreation, Rehabilitation at River’s Edge, 10:30 a.m. Brienne will provide tips on the art of canning. Join us and help put a little bit of summer in a jar!

May 19 – A Spring Choral Performance by the Swinging Singing Seniors, 10:30 a.m. Our old time favorite ritual of spring is upon us! Join this lovely group of choral performers as they hit high notes and herald in the long awaited days of warmer weather.

May 22 – “Delaware & Raritan Canal: An Epic & Historic Journey” by Linda J. Barth, Canal Author & Historian, 10:30 a.m. Did you know that for more than 170 years, the Delaware and Raritan Canal has meandered across the narrow waist of New Jersey? Did you know that the D&R was one of our nation’s most successful towpath canals, carrying more tonnage in 1866 than the more famous Erie Canal? Did you know that Johnson & Johnson, Roebing, and Fleischmann’s Distillery all had their start along the D&R? And did you know that the canal provides the people of Central New Jersey with both a water supply and a premier recreational facility? Join us as we learn several interesting facts about the Delaware & Raritan Canal.

May 25 – “The Evolution of the Essential Oils Revolution” by Dr. Sharon Joag, East Brunswick Foot Care, 10:30 a.m. The ancient Egyptians believed the source of healthier lives could be found in the essence of aromatic plant based oils such as lavender, sage, cinnamon, etc. These oils have long been known to play important roles in history, medicine and religion. Awaken your nose and let’s go on a ‘Scentastic’ journey of smells!

May 26 – “Viva Las Vegas: A Tribute to Elvis Presley” by Mike Holland, 10:30 a.m. As a group we will meet Elvis Presley through tribute songs performed during his Las Vegas concert circa 1972. As a cultural icon, we will learn about his musical genius that blended soul, blues, pop, rockabilly and created a legend with Mike Holland as the King!

May 29 – Holiday – Center Closed

May 31 – Minute to Win It Competition, 10:45 a.m. Today we will take a trip to the Senior Wellness Center at Bridgewater for the Minute to Win It Competition. **Minute to Win It** is an American primetime game show that originally ran on NBC with host Guy Fieri. Challenges use regular household items and great concentration to complete each challenge. Think you can do it? You’ve got 60 seconds! Join the suspense as the Quail Brook Senior Center and the Senior Wellness Center at Bridgewater re-create this game and compete for this year’s title.

(more)

WARRENBROOK SENIOR CENTER

500 Warrentown Rd., Warren, NJ 07059

(908) 753-9440

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 10:30 a.m. unless otherwise listed.

Lending Library – Soft covered books available to take home and return when read. Available Monday-Friday

Billiards Room – Pool table available daily on a drop-in basis, Monday-Friday

Caram Board Game – East Indian game similar to Billiards, Available Monday-Friday

Individual Computer Instruction – **Free**, one-on-one computer lessons available for beginners.

****Advanced registration required. Please call (908) 753-9440 for more information****

Monday with Sal 10:00 a.m. – 3:00 p.m.

Tuesday with Tommy 10:30 a.m. – 12:30 p.m.

Wednesday with Alberto 10:00 a.m. – 1:00 p.m.

Zumba Gold with Angie – Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Monday Morning 10:45 – 11:30 a.m. ****\$40 for the 8-week program, new session will begin on May 15th. Registration required, call (908) 753-9440 for more information****

Monday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, new session will begin on May 15th. Registration required, call (908) 753-9440 for more information****

Wednesday Morning 11:30 a.m. – 12:15 p.m. ****\$40 for the 8-week program, new session will begin on May 17th. Registration required, call (908) 753-9440 for more information****

Watercolor Paint Class – Monday & Thursday, 9:00 – 11:30 a.m. This is an opportunity to meet people while watercolor painting. Experience required and limited supplies provided. ****Advanced registration required. Please call (908) 753-9440 for more information. Openings available in Monday Group****

Chair Yoga with Jillian – Tuesday, 12:45 – 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****\$40 for the 8-week program, new session began in April. Space still available, registration required, call (908) 753-9440 for late membership information****

Oil Painting – Wednesday, 9:00 – 11:00 a.m. This is an opportunity to meet people while oil painting. ****Advanced registration required. Please call (908) 753-9440 for more information****

Healthy Bones Exercise Class – Wednesday & Friday, 10:00 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **Openings available, call Caitlin Witucki at (908) 704-6339 to hear about available opportunities****

Computer Lab – Call for Availability

Jigsaw Puzzle – Strike up conversation, make new friends and enjoy assembling puzzles together. Available Daily.

Warrenbrook plans to celebrate May, Older American's Month, by offering a lot of new and exciting programs. The theme is "Age Out Loud" and our kick-off program on May 1 is "Make YOUR Difference." Please review the below information and join us for a fun-filled month.

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WARRENBROOK SENIOR CENTER – CONT'D

Eyeglass Recycling Community Service Project – How can you help? Donate glasses and help change someone's life. Imagine if you could help a child read. An adult succeed in his job. A senior maintain her independence. Help provide the community with more opportunities to grow and thrive by donating **usable eyewear at the Warrenbrook Senior Center during May, in honor of Older Americans Month.**

May 1 – Make YOUR Difference with Andrea Mastrobattista, 10:30 a.m. Even though it may not feel like it at times, you absolutely have the ability to make a positive difference in the world. It is called "POSITIVISM." Due to a physical handicap, Andrea has a unique perspective on negative emotions. She has become a "professional inspirer." Her philosophies are applicable to anyone who is searching for peace, happiness and the responsibility that comes with these choices. She believes that anyone, regardless of age or circumstances, has the power to create and live a fulfilling life and make a difference. Join us as Andrea shares ways to cultivate talents and skills so that attendees can make a difference every day.

May 1, 8, 15 & 22 – Line Dancing with Nancy, 1:00 – 3:00 p.m. Line dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for people with limited mobility and is known to improve cardiovascular and muscular strength and improve coordination and balance as you work through the different movements.

May 2 – "AARP Smart Driving Course" with Lois Hockenbury, 9:30 a.m. – 4:00 p.m. This is a classroom, driver-improvement course that will teach motorists about new traffic laws and defensive driving techniques. ****Advanced program registration is required. Fee-\$15.00 for AARP members and \$20.00 for non-members. A regular, vegetarian, or boxed lunch is available for an additional \$2.50 for attendees 60 and above and \$7.60 for attendees under 60. Lunch reservations are required by Wednesday, April 26****

May 2, 9 & 16 – Boggle and Word within a Larger Word, 10:30 a.m. This is a challenging game that is played using a grid of letters, in which attendees search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long but may not use the same letter on the grid more than once per word. Then look for words within a larger word. Join us as we try to find as many words as possible.

May 2, 9, 23 & 30 – Bridge Group with Ronnie, 1:00 – 3:00 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome. Lessons available. ****Bridge will be cancelled on May 16****

May 3, 10, 17, 24 & 31 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

May 3, 10, 17, 24 & 31 – Ballroom Dancing with Bice, 1:00 – 3:00 p.m. Meet new people and make some friends while exercising! Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance and emotional well-being. Join Bice, who has won several dance competitions, as she plays a variety of Ballroom Dance music.

May 4, 11, 18 & 25 – Brains and Games with Adrienne, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumpers, for a fun-filled intellectual workout.

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WARRENBROOK SENIOR CENTER – CONT'D



May 8 - "The Garden State in Bloom" by Walter Choroszewski, Photographer, 10:30 a.m. This program showcases Walter's 25 favorite public gardens with colorful photography and historical information about each garden. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

May 9 – Warrenbrook Book Club (New Members Welcome!) Featured Book: "The Lowlands," 1:30 – 3:00 p.m. The Lowlands is a fictional, engrossing family saga steeped in history: the story of two very different brothers bound by tragedy, a fiercely brilliant woman haunted by her past, a country torn apart by revolution, and a love that endures long past death. Moving from the 1960's to the present and from India to America and across generations, this dazzling novel is Jhumpa Lahiri at the height of her considerable powers.

(NEW) May 11, 18 & 25 – Ageless Grace with Kara Hodes-Wechsler, Certified Integrative Health Coach and Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is a **FREE** fitness program based on the cutting-edge science of neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). This program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

****Advanced registration is required prior to participation. Please allow additional time to complete the paperwork****

May 15 – "New Ragtime Guitar: A Musical & Historical View of America's First Popular Musical Fad" by Allan Jaffee, Composer & Guitarist, 10:30 a.m. Allan Jaffee will explore the musical and social origins of piano ragtime, focusing on the music of Scott Joplin, Joseph Lamb and James Scott, among others. He will next introduce the audience to the music of three great ragtime guitarists, Arthur "Blind" Blake, Mississippi John Hurt, and the Reverend Gary Davis, showing how these artists incorporated techniques from piano ragtime into their own particular form of acoustic blues. The third part of the presentation deals with his own rags, which effectively fuse the two styles of ragtime together, while incorporating elements of more contemporary forms of American music, i.e. Jazz, Funk, and Blues. The result is a new form of acoustic solo guitar music.



This program is funded by the Horizons Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.

May 22 – "Bees and Beekeeping with a Honey Tasting" by Adele Barree, 10:30 a.m. There has been a lot in the news lately about the plight of pollinators, with the honey bee in the forefront of the discussion. Destruction of native habitat through land development, negative effects of pesticide use and a parasitic mite that the honey bee is host to all have contributed to the dwindling of the honey bee population and the difficulties faced by beekeepers. Adele, a beekeeping hobbyist for eight-years, will present some facts on honey bee decline, describe the workings of the honey bee colony and give a few tips on how anyone, not just beekeepers, can help the bees. This program will conclude with a varietal honey tasting.

May 23 – "Global Spice and Ethnic Food Tasting" by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Join us as we do a global tasting of different spices, ethnic items and foods popular in other parts of the world.

May 26 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Services available by advanced appointment only and will be available the last Friday of the month****

May 29 – Holiday – Center Closed

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WARRENBROOK SENIOR CENTER – CONT'D

May 30 – “Summer Fun Safety and Plant Program” by Reeta Aggarwal, BrightStar Care, 10:30 a.m. Are you heading out for a picnic, a swim in the ocean or pool, a walk in the park or vacationing with grandchildren? There are so many ways to enjoy the outdoors and warm weather. This program will remind us to put safety first and then will conclude with an opportunity for participants to pot a small plant to take home as a reminder to “stay safe.”

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