



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

May 16, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce June Programs

The senior centers operated by the Somerset County Office on Aging & Disability Services have announced the June program schedule. All programs begin at 11:00 a.m. unless otherwise listed.

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. – 4:00 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 or standing 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 on May 23rd. Registration required, call (908) 204-3435 for more information. ****

Computer Lab – Available Monday – Friday, 9:00 a.m. – 4:00 p.m.

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

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, next session will begin on June 12. Registration 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.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE – cont'd

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 am ****\$40 for the 8-week program, next session will begin on July 5. Registration required, call (908) 204-3435 for more information ****

Friday Morning 9:30 – 10:30 am ****\$40 for the 8-week program, next session will begin on July 7. 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 am – 3:00 p.m.

(NEW) Take Control with Exercise – Thursday, 10:30 a.m. This seated exercise program is for all levels of ability. Strengthen key core muscles, improve flexibility and balance while boosting stamina. Ongoing class, must be registered with the center to attend. ****Please call (908) 204-3435 for more information****

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 Thriller, “The Absence of Emily” by Jack Ritchie 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****

Individual Computer Lessons – Friday Mornings ****Please call (908) 204-3435 to schedule an appointment****



June 2 – Annual Senior’s Day Bus Trip to the Bernardsville Library, 10:30 a.m. The featured entertainment is Ken Salvo’s Banjo Ragtimer’s Dixieland Jazz Trio. ***Reserve by May 30****

June 5 – Bingo, 10:30 a.m. Bingo is more than an exciting activity. Researchers 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. ****Reserve by June 2****

June 6 – “Political Scandals Throughout History” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion highlighting memorable scandals that have plagued United States politicians.

June 6 – **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.

June 6 – Lifeline Screenings, 9:00 a.m. – 4:00 p.m. Lifeline offers safe, painless, non-invasive preventative health screenings that are typically not a part of your routine physical. Screening choices include Stroke/Carotid Artery, Peripheral Arterial Disease (PAD), Atrial Fibrillation and Abdominal Aortic Aneurysm. At some locations, blood work is offered to detect Diabetes, COPD, Cholesterol and more. Register at: www.lifelinescreening.com/community-partners or call 1-888-653-6450.

June 7, 14 & 28 -  **ARTS**  “Good Ol’ Summertime: A Singing Journey” conducted by John Fitzpatrick, 10:30 a.m. Everyone becomes a member of the band! Join us for a revitalizing hour of music as John invites attendees to sing along to the Summer time favorite songs. Attendees will sing along to prepare for our concert in August. ****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 BASKING RIDGE – cont'd

June 9 – Celtic Voyage Live Music by the Cracked Walnuts, 10:30 a.m. This is a musical visit to the British Isles featuring songs, stories and humor of Ireland and Scotland.

June 12 – “Color Me Healthy: Seasonal Produce” by Cheryl Komline, Registered Dietitian, Bernards Township Health Department, 10:30 a.m. Cheryl will discuss the health benefits of fruits and vegetables that are currently in season. ****Register by June 7****

June 13 – “Drumming Circle Interactive Workshop” by Sharon Silverstein, Living at Peace, 10:30 a.m. Explore the various health benefits of drumming such as increased energy, improved immunity and an opportunity to connect with friends. No music or drumming experience necessary! ****Register by June 9****

June 16 – “Armchair Travel Presents: South India” 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, taken extensive photos and put them together on a DVD complete with music and narration of their experience. Today’s featured tour will be the southern half of India. ****Register by June 13****

June 19 – “Delaware & Raritan Canal: An Epic & Historic Journey” by Linda J. Barth, Canal Author, Historian & Curator of the Mule Tenders Barracks Museum in Griggstown, 10:30 a.m. This program highlights one of New Jersey’s greatest engineering structures in our own backyard, the Delaware & Raritan Canal. Learn about its history spanning more than 170 years, uses, well known modern day companies who owe their success to the canal, how a canal operates, vessels that used this waterway and much more.

June 20 – “Identity Theft Prevention” by New Jersey Citizen Action, 10:30 a.m. New Jersey Citizen Action is a statewide grassroots organization that fights for economic and social justice through community outreach.

June 21 – Fourth of July Summer Craft Workshop with Gerry Garris-Happ, 10:30 a.m. Jerry will instruct each participant to create a unique craft commemorating the Fourth of July. **** Register by June 17****

June 23 – “The History of the Great Swamp Area” by Dorothy Smullen, Naturalist, New Jersey Audubon Society, 10:30 a.m. Learn about the formation and history of the Great Swamp in Basking Ridge as well as its ecological importance.

June 26 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

June 27 – “The Absence of Emily: A Short Story by Jack Ritchie” read by Janice Kildea, Short Story Teller, Bernardsville Library, 10:30 a.m. Janice will bring this short story to life.

June 30 – Summer Fruit Salsa Demonstration and Tasting, 10:30 a.m. So much seasonal produce, so little time! Watch the demonstration then taste either a strawberry or mango based fruit salsa. Delicious!
**** Register by June 27****

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. – 4:00 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, Cribbage, etc.) – Monday – Friday, also see Club opportunities below

Ping Pong – Monday – Friday; call for availability

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

Table Shuffleboard/Air Hockey – Monday – Friday

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

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. This program can be done using a chair for support if desired.

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 for experienced players.

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

Hatha Yoga – Wednesday & Friday, 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 am – 11:30 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics. ****No class on June 21****

Healthy Bones Exercise Class – Wednesday, 10:00 am – 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 – Fourth 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 22nd. Registration required. Deadline for registration is June 8; call (908) 203-6101 for more information****

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. **** \$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****

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!

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

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.

Friday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, new session began on May 26.**

Registration required, call (908) 203-6101 for more information**

Board Games/Cards/Dominos – Friday, 2:30 – 4:00 p.m. Do you enjoy games like, Boggle, Cribbage, Dominos or cards, etc.? 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.



June 1 - ARTS “Cinema and Television” by Walter Choroszewski, Photographer, 10:45 a.m. Walter is New Jersey Proud and celebrates the state’s historic contributions to American cinema and television; from Edison’s Black Maria Studio to the numerous Jersey-born artists that have starred on the big and little screens. Walter showcases New Jersey as the Birthplace of Silent Film and he covers New Jersey’s popularity as a location for movies and Reality TV. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historical Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

June 2 – “The 12 Benefits of Walking” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. June is National Walking Month. What’s not to like about walking? It’s free, it’s easy to do, and it’s easy on the joints. There’s no question that walking is good for you and is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Join Caitlin as she discusses the physical and mental health benefits of walking. Don’t forget your walking shoes!

June 5 – “Warning Signs of a Heart Attack and Stroke” by Audrey Taffet, Visiting Nurse Association of Somerset Hills, 10:45 a.m. Learn more about the warnings. Some signs include: pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back, nausea, indigestion, heart burn, abdominal pain, shortness of breath, fatigue, lightheadedness or sudden dizziness. After the presentation, there will be an opportunity to ask questions.

June 6 – “All About Lighthouses: Cape Cod and Rhode Island” by Kevin Woyce, Author. Kevin will explain the history of lighthouses, from the ancient Pharos of Alexandria to the modern world. Kevin will show how they were built and how they work; and share the stories of the brave men and women who tended the lights. Today he’ll feature the lighthouses of Cape Cod and Southern Rhode Island, including Newport and Block Island. The program will be illustrated with original photographs, plus vintage postcard images.

June 7 & 26 – Bingo. Bingo is more than an exciting activity. Researchers 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.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

June 8 – FREE Skin Screenings with Saint Peter's University Hospital, 10:45 a.m. Skin cancer is the most common type of cancer, probably making up more than half of all diagnosed cases of cancer, according to the American Cancer Society (ACS). The incidence of skin cancer is rising dramatically in the United States. According to the American Academy of Dermatology (AAD), melanoma is the deadliest type of skin cancer, accounting for more than 75 percent of all deaths from skin cancer. With early detection, melanoma is highly curable. "The average five-year survival rate for individuals whose melanoma is detected and treated before it spreads to the lymph nodes is 98 percent," cites the AAD. They also say that there is a direct correlation between the thickness of the melanoma and survival rate. No appointment is necessary.

June 9 – "Heart Healthy Habits for Older Adults" by Dr. Ahn, Medicare Cardiology, 10:45 a.m. Join us for a discussion about cholesterol; what it is, how it affects us and treatments; as well as heart healthy diets and other heart considerations for older adults.

June 9, 23 & 30 – "Matter of Balance, 10:30 – 11:45 a.m. A Matter of Balance is an interactive workshop that acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These include: promoting a view of falls and fear of falling as controllable; setting realistic goals for increasing activity; changing the environment to reduce fall risk factors; and promoting exercise to increase strength and balance. This workshop is conducted over eight sessions, meeting weekly one hour and 15 minutes per session. The program's goal is to reduce the fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults. ****Registration is required. Please call (908) 203-6101 for more information****

June 12 – "You're in the Hospital: What Happens Next?" by Ella Furlong, Avalon Assisted Living, 10:45 a.m. Join Ella to better understand what you need to know to be better prepared for a more comfortable hospital stay.

June 15 – "Keeping Your Mind Sharp" by Kessler Rehabilitation Center, 10:45 a.m. As a group we will learn to recognize the effects of normal aging of the brain implement several ways to improve brain function and help prevent senior moments with "brain exercises."

June 16 – Thrill'n & Grill'n: A Picnic at Colonial Park, 10:30 a.m. Join us for summer fun, food and friends at the Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete without good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun! Rain or Shine (Pavilion/Tents Available)!

June 19 – Father's Day Celebration, 10:45 a.m. This is the time of year that Dad's need to be recognized. Finish the morning off with a special Father's Day Lunch.

June 20 – "A Caribbean Getaway Performance" by DNA Musical Entertainment, 10:45 a.m. Enjoy a day at the Caribbean without leaving Bridgewater. Dress the Islands as you may be the lucky winner of a door prize for the "Best Dressed." DNA Musical Entertainment will perform a variety of songs which will include a Steel Pan Drum accompaniment.

June 21 – Annual Public Hearing, 10:30 a.m. The Somerset County Office on Aging & Disability Services and its Advisory Council will hold a public hearing regarding programs and services for adults 60+ and their caregivers on Wednesday, June 21, 2017 at 10:30 am at the Senior Wellness Center at Bridgewater, 876 East Main Street, Bridgewater, New Jersey, 08807. The purpose of the hearing is to offer the county residents the opportunity to comment on the needs of those 60+, caregivers and persons living with a disability.

The 2018 Area Plan Contract Update provides services funded under Title III of the Older Americans Act, Social Services Block Grant, State Safe Housing and Transportation, Adult Protective Services, Casino Revenues, State, County and Local Funds. The plan identifies trends and conditions affecting the aging population in Somerset County. Goals and implementing strategies are suggested to meet objectives. The services and programs to be provided under the Older Americans Act are described, along with the spending plan. Residents are invited to make comments, ask questions and provide suggestions at the forum.

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

Written comments will be accepted up to June 20, 2017 as part of the public record of this hearing and should be addressed to: Joanne Fetzko, Executive Director, Somerset County Office on Aging and Disability Services, P.O. Box 3000, Somerville, New Jersey, 08876. **For more information, or to register for the forum, contact Helen O'Connor at the Office on Aging and Disability Services at (908) 704-6336.**

June 22 – “How to Grow Strawberries and Blueberries” by the Rutgers Cooperative Extension, 10:45 a.m. The Rutgers Cooperative Extension will discuss the task of growing berries. Strawberries, blueberries, blackberries and raspberries provide many benefits and are a powerful superfood. They're rich in nutrients, antioxidants and phytochemicals which may help prevent (and in some cases, reverse) the effects of aging, cardiovascular disease, arthritis, diabetes, high blood pressure and certain types of cancer.

June 23 – Music Through the Decades by Brightstar Homecare, 10:45 a.m. An interactive discussion with music from the 1940's through today. As a group we will also learn how music has changed through the years as society changed.

June 27 – “Recycling: What Goes In and What Stays Out” by Melissa Harvey, Recycling Coordinator, Somerset County Solid Waste Department, 10:45 a.m. Melissa will clear up any questions about what you can and cannot recycle.

June 29 – A Blast from the Past with Entertainment by DJ Gary Morton, 10:45 a.m. Gary will have you up and dancing with the greatest hits from the past.

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844
(908) 369-8700

Open Monday – Friday, 9:30 a.m. – 3:00 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 am – 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. ****\$20 for the 10-week program, new session began on June 7th. There will be no class on June 14 & 21st. Come and sample a free trial class any Wednesday prior to signing up. Registration required, call (908) 369-8700 for more information****

June 1, 8, 15, 22 & 29 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles together.

June 1, 22 & 30 – Name “5” Game, 10:30 a.m. Pick a category and see if you can name “5” things in that category.

HILLSBOROUGH SENIOR CENTER – cont'd

June 2, 9 & 30 – 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)

June 2 & 30 – 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.

June 5, 12, 19 & 26 – 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.

June 5 – Craft: Scratch Mandalas (A Unique Mandala Workshop), 10:45 am – 11:45 a.m. Scratch art is a unique art form using scratchboard. Scratchboard is a panel coated with a layer of white clay and then sprayed with a layer of black ink.

June 5, 12, 19 & 26 – 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.

June 6, 13, 20 & 27 – 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.

June 7 & 21 – Book Club, 9:30 – 10:15 a.m. New book club is forming. Meet friends, read and discuss books, poems, short stories and articles. Current book selection is the Historical Fiction Novel and New York Times Best Seller “Sarah’s Key” by Tatiana De Rosnay. ****Please call (908) 369-8700 for more information****

June 7 – June Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things June.

June 7 – 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 (908) 369-8700 to schedule an appointment****

June 7, 14, 21 & 28 – 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****

June 8 & 29 – “Who am I?” 10:30 a.m. Ask clever questions while exercising your mental abilities to determine the identity of famous historians, celebrities, authors and public figures.

June 9 – “Let’s Talk Lyme and Other Infectious Diseases” by Patricia Lofaro, Robert Wood Johnson University Hospital, 10:45 a.m. Lyme disease is on the rise. Find out the symptoms of Lyme and other infectious diseases and what you can do to keep yourself safe. Questions and answer session to follow program. Literature will be available for all participants.

June 12 – Name Those Capitals. Stretch those memories and combine a mental workout with exciting travel stories. In a bowl, we will have slips of paper with all the state capitals. Someone in the group picks out a capital and has to call out its state, and then attach it on its correct state on a map. Then everyone in the group who has had a travel adventure to that city (or who lived there) gets to share.

June 14 – “Why Everyone Experiences Hearing Loss” by Dr. Michael Vavrek, Audiologist, 10:30 am – 11:30 a.m. During this fascinating program you will learn the ins and outs regarding hearing loss. How do you hear versus how you listen, things to do to help preserve your hearing as well as a review of how hearing loss occurs will be covered in the discussion.

June 15 – Name That Tune: A Musical Adventure, 10:30 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.



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HILLSBOROUGH SENIOR CENTER – cont'd

June 16 - Thrill'n & Grill'n: A Picnic at Colonial Park, 10:30 a.m. Join us for summer fun, food and friends at the Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete without good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun! Rain or Shine (Pavilion/Tents Available)!

June 19 – Father's Day History, Trivia and Games, 10:45 a.m. Father's Day is steeped in history. Let's discuss its origins, enjoy some lively trivia and share stories about Dad's. Finish the morning off with a special Father's Day Lunch.

June 21 – "The Garden State: Where Ideas Grow" by Linda Barth, Author & Historian, 10:45 a.m. Band-Aids, movies, color television, bubble wrap, barcodes and the modern submarine. What do all of these things have in common? Give up? They were all invented in the great state of New Jersey! New Jersey is truly the land of inventions. Learn about the many inventions and innovations that came from the minds of Garden State people.

June 23 –   Visit to the Montgomery Senior Center for "The Amazing Superheroes of New Jersey" by Walter Choroszewski, Photographer, 10:45 a.m. Join us as we travel to the Montgomery Senior Center to see Walter present short biographies of New Jersey's most important superheroes from history to the arts, including Washington, Barton, Edison and many more. This fun-filled program instills New Jersey pride in our homegrown heroes. ****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****

June 26 – June in History: A Walk Down Memory Lane. Take a walk through history as we remember great events that occurred in June.

June 28 – An Elvis Tribute by Mike Holland, 10:30 – 11:30 a.m. Mike will bring the group down memory lane with many of Elvis's hit songs.

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558
(609) 466-0846

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

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

Meditation Garden – Monday-Friday, 9:00 a.m. – 4:00 p.m. Enjoy this outdoor oasis for your meditation practices. (Weather Permitting)

Pool Table – Monday – Friday

Games/Cards (Scrabble, Chess, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 a.m. – 4:00 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****

(more)

MONTGOMERY SENIOR CENTER – cont'd

Montgomery EMS Blood Pressure Screenings – Third Monday of the Month, 9:45 a.m. A Montgomery Township EMS worker will be onsite to do **FREE** individual blood pressure screenings. No appointment necessary.

Yoga with Elizabeth – Tuesday, 11:00 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated or standing 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, 10:30 am & Thursday, 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****

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 am

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, 9:00 am & Friday, 9:00 am (Weather Permitting)

June 1, 8, 15, 22 & 29 – 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.

June 2 & 16 – Ageless Grace Exercise Program 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.



June 2 & 9 - All Roads Lead to You. Let's find out who attends the Montgomery Senior Center. Each month we will interview several center members and find out their life's journey.

June 2 – 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****

June 5 - Beadmania, with Allison Trotta, River's Edge. Beadmania is a program sponsored by the Rehab at River's Edge. This event will include a step by step guide to jewelry making. We will provide the beads, you provide the creativity.

(more)

MONTGOMERY SENIOR CENTER – cont'd



  **June 9 & 30 - 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****

June 12 – Community Service Project: Join center participants to pack eating utensils that will be donated to the Samaritan Homeless Interim Program (SHIP).

June 14 & 28 – 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 is intended for people of all abilities and can be performed while sitting or standing.

June 19 – “Staying Healthy in 2017” by Lois Glasser, Oncology Social Worker, Robert Wood Johnson University Hospital, Somerset. This program will focus on the variety of ways older adults can make changes to their diets and lifestyles to maintain health or become even healthier in the coming year.

June 19 & 26 – Take Control of Your Health: Chronic Disease Self-Management. Take Control of Your Health is a six part highly interactive workshop designed to give people with chronic conditions, such as arthritis, heart disease, cancer, diabetes, asthma, etc., and/or their caregivers the knowledge and the skills needed to take a more active role in their healthcare. Participants gain confidence and motivation to manage their health and feel more positive about life. ****Parts 3, 4, 5, & 6 will be held on July 10, 17, 24 & 31st. Registration is required. Please call (609) 466-0846 for more information****

  **June 23 - ARTS** “The Amazing Superheroes of New Jersey” by Walter Choroszewski, Photographer, 10:45 a.m. Walter will present short biographies of New Jersey’s most important superheroes from history to the arts, including Washington, Barton, Edison and many more. This fun-filled program instills New Jersey pride in our homegrown heroes. ****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****

June 26 – “Be Kind to Your Mind” by Tony Dearing, Local Content Director, New Jersey Advance Media. Tony writes a column on dementia, brain health and successful aging that appears on NJ.com. He has spent 40 years working in the news business, both in print and now online. In December 2014 his mother died. The cause of death was dementia. Since then, he has become determined to learn everything about this horrible disease and shares that information with others so all of us can reduce our risk and keeps our minds sharp as we age.

June 29 – “Armchair Travel Presents: A River Trip through Russia” 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 as narration of their experience. Today’s feature is A River Trip through Russia.

(more)

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873

(732) 563-4213

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

All programs begin at 11:00 am 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.

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. Karen's focus is on the ability to artistically alter the true environmental form and material. For example, take an everyday charger plate and with acrylic paint, change the idea of a plate that is static to an expression of a personal memory (snowcapped trees, sandy beach, flower garden). Subsequent weeks in June will touch upon wood, glass and stone; always with an eye for perspective, color and shading. ****\$10.00 fee includes supplies****

Circuit Training – Thursday, 9:15 a.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, session began on April 27th and will run through June 15th. New session will begin in September. Registration required, call (732) 563-4213 for more information****

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 am

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

June 1, 8, 15, 22 & 29 – 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.

QUAIL BROOK SENIOR CENTER – cont'd

June 1 – “Armchair Travel Presents: India: Places & Poverty” by Dorothy & Irwin Vogel. 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 India: Places and Poverty.

(NEW) June 2 – QB Walking Club: A Virtual Summer Kickoff Program, 10:30 a.m. As a group will be walking to Cape May and convert steps walked into map miles. During the course of the summer we will go on a town by town educational Jersey journey. ****Please call (732) 563-4213 for more information****

June 6 – PED Enlightenment with Mike Dias, 10:30 a.m. Learn how to use your personal electronic devices (PED). In order to participate you will need to bring your own personal electronic device.

****Please call (732) 563-4213 for more information****

June 6 – 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****

June 7, 14, 21 & 28 - The Regime Exercise Class: Interval Stretching & Aerobic Movements, 9:00 am – 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.

June 7, 14 & 21 – Ageless Grace with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is a **FREE** fitness program based on cutting-edge science and 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.

June 8 – New Jersey Combat Hapkido with Captain Gregory Borland, Franklin Township Police Department. Learn this internationally recognized system of self-defense training that is practical, versatile and comprehensive. This type of program is known to improve physical fitness, mental awareness, flexibility and self confidence in everyday living. Please wear comfortable clothing and shoes.

June 9 - “How Does Your Garden Grow: Quail Brook’s Growing Commitment to Nutrition and Health” by Joey Meier, Eagle Scout, 10:30 a.m. Take nutrition and health to the next level as the Quail Brook Senior Center plants its version of super herbs in its custom made planters. Quail Brook is ready to flex its green thumbs by growing and harvesting fresh herbs and spices throughout the summer!

June 13, 20 & 27 – 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.

June 15 – “Why Everyone Experiences Hearing Loss” by Dr. Michael Vavrek, Audiologist. During this fascinating program you will learn the ins and outs regarding hearing loss. How do you hear versus how you listen, things to do to help preserve your hearing as well as a review of how hearing loss occurs will be covered in the discussion.

(more)

QUAIL BROOK SENIOR CENTER – cont'd

June 16 - Thrill'n & Grill'n: A Picnic at Colonial Park, 10:30 a.m. Join us for summer fun, food and friends at the Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete without good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun! Rain or Shine (Pavilion/Tents Available)!

June 22 – “Hurdle Over Life’s Hurdles: Inspiration & Motivation” by Paul McCall, P.E., M.P.A, Director of Public Works, Somerset County Public Works Department. Some hurdles that we run up to in life are higher than others. Sometimes life’s a breeze and we sprint right along. Everyone can overcome challenges when they learn to see them differently. Today Paul will show us how challenges can be brought to a successful conclusion in a short period of time. Staying committed to moving forward will allow you to conquer any obstacle you have in your path, no matter what it is.

June 23 – “Fascinating Fasciitis” by Dr. Sharon Joag, DPM, East Brunswick Foot Care, 10:30 a.m. Join Dr. Joag as she discusses causes, treatment and prevention of plantar fasciitis.

June 26 – Swing Around the Solar System: Quail Brook’s Fifth Annual Golf Tournament with the Ladies Golf League, 10:30 a.m. Test your skills as three teams vie for top billing as ‘Champion of the Hole in One’ and ‘Highest Scoring Team.’ The Quail Brook Senior Center will be transformed into the solar system. Prior knowledge of golf is not required. Equipment will be provided.

June 28 – “Gardens & More” by the Somerset County Park Commission Environmental Education Center, 10:30 a.m. A sensory garden is a garden environment that is designed with the purpose of stimulating the senses. This stimulation occurs courtesy of plants and the use of materials that engage one’s senses of sight, smell, touch, taste and sound. We will see plants and animals that belong in this environmentally sensitive park.

June 29 – Interfaith Bereavement Support Program with Rabbi Ronald W. Kaplan. Enduring the death of a loved one is a universal experience in our lives. The purpose of this support group is to provide our guests a safe place to talk with others who share common feelings about the grief and renewal process. Incorporating interfaith bereavement principles and universal spiritual concepts, Ronald W. Kaplan, Rabbi, Doctor of Ministry-a grief counselor and pastoral psychotherapist, will facilitate discussions. We welcome your presence and participation.

June 30 – “From the Nile: The Gardens of Ancient Egypt” by a Genesis Healthcare Registered Dietitian and Chef, 10:30 a.m. In keeping with Quail Brook’s endeavor to learn and incorporate good health and nutrition, take a trip back in time to ancient Egypt and taste the fruits (pomegranate, apples) and vegetables (leeks, chick peas) cultivated in their gardens. Literature and recipes will be provided.

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 will resume in September. Call (908) 753-9440 to put your name on the September waitlist.

(more)

WARRENBROOK SENIOR CENTER – cont'd

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. Registration required, call (908) 753-9440 for more information****

Monday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program. 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. 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 or standing 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 June. 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.

June 1 – Ageless Grace Exercise Program 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). 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. ****Please call (908) 753-9440 for additional class information****

June 1, 8, 15, 22 & 29 – Bingo, 10:30 a.m. 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.

June 2, 9 & 16 – 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.

June 5 – “Outscore the Scammers” by Adam Burton, Financial Advisor, 10:30 a.m. Incidents of fraud are on the rise and scammers' tactics are becoming more complex. This program will highlight how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or loved ones are targeted, and steps that attendees can take to help protect themselves. This presentation will help give attendees the information they need to *Outsmart the Scammers*.

(more)

WARRENBROOK SENIOR CENTER

June 5, 12, 19 & 26 – 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.

June 6 – “Unused Medication Drop-Off Opportunity” with Officer Nick Fazio, Somerset County Sheriff's Department, 9:30 – 10:30 a.m. Officer Fazio will be at the center to collect any unused or expired medications. Please take advantage of the safe way to dispose of your medications. Center staff cannot accept unused medication without the Sheriff's Officer being present.

June 6, 13, 20 & 27 – 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.

June 6, 13, 20 & 27 – 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).

June 7, 14, 21 & 28 – 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.

June 7, 14, 21 & 28 – Ballroom Dancing with Bice, 1:00 – 3:00 p.m. Meet new people and make some friends while exercising! Dancing is a great 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.

June 12 – “Family and Relationships” by Adalin Ball, Eldercare Educator, Somerset County Office on Aging & Disability Services, 10:30 a.m. Given increases in longevity, older adults today face the likelihood of acquiring and maintaining relationships far longer than any other time in modern history. Nearly 1 in 10 adults over the age of 65 has a child who is at least age 65. Long-term family relationships can bring both rewards and challenges. Adalin will discuss such rewards and challenges providing insight on handling family dynamics.

June 13 – Warrenbrook Book Club (New Members Welcome!) Featured Book: “The Other Wes Moore: One More Name, Two Fates,” 1:30 – 3:00 p.m. The Other Wes Moore is a narrative, non-fiction story that chronicles the lives of two young African-American men that share the same name: Wes Moore. The author was inspired to write this story because of this fact and their similar start in Baltimore, Maryland. While one Wes Moore was sentenced to life in prison, the author Wes Moore became a Rhodes Scholar and a best-selling author. Moore's purpose in writing the story is to examine how two people with such similar backgrounds can end up with completely different lives.

June 19 – Patio Planter Day, 10:30 a.m. Somerset County Park Commission Staff will join us for the planting of six large planters that will be placed on the patio outside the center's dining room. This is a hands-on experience.

June 23 – Card and Dice Games, 10:30 a.m.

June 26 – Those Lazy Hazy Crazy Days of Summer, 10:30 a.m. Enjoy the music of Gordon James as he plays songs to help us welcome the summer. Some of the songs he will play are Blue Skies, You are my Sunshine, Under the Boardwalk, Sealed with a Kiss and a variety of other songs that will warm your musical heart. Singing along is always welcome!

June 30 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain. As a group, we will do several “mind-stimulating” exercise workouts. In addition, we will play Mystery Items and People Through Trivia. What am I? Who am I? Together we will hear a variety of clues that will help us to solve the mystery.

WARRENBROOK SENIOR CENTER – cont'd

June 30 – 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****

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