



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

June 22, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce the July Program Schedule

The senior centers operated by the Somerset County Office on Aging & Disability Services have announced the July program schedule. All programs begin at 11 a.m. unless otherwise listed. ***This month, all centers will be closed on July 4, in observance of Independence Day.***

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 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 attend any of the centers.

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 to begin August 1st. Registration required, call (908) 204-3435 for more information. ****

Computer Lab – Available Monday – Friday, 9:00 – 4:00 pm

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; next session to begin Aug. 14. 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.

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, next session to begin Aug. 2. Registration required, call (908) 204-3435 for more information ****

Friday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session to begin Aug. 4. Registration required, call (908) 204-3435 for more information ****

(NEW) Tai Chi for Health – Wednesday, 1:00 – 2:00 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 the 6-week program, new session will begin July 12. Registration required. Deadline for registration is July 5, call (908) 204-3425 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.


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!

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

July 3 – “My How Things Have Changed” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion for those born before 1945. Topics include technology, cinema, and the roles of the nuclear family.

July 4 – Holiday – Center Closed

July 5, 12, 19 & 26 - ARTS  **“Good Old 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****

July 5 – **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.


(more)

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

July 7 – Senior Wellness Center at Basking Ridge Farmers Market & PAAD Enrollment Event, 9:00 am – 12:00 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Senior Wellness Center at Basking Ridge and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer's market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

July 7 – “How to Grow Strawberries & Blueberries” by Joe Gyurian, Horticulturalist Consultant, Rutgers Cooperative Extension, 10:30 a.m. Joe will discuss the best ways to produce your own berries.

July 10 – “Fall Prevention” by Saint Peter's University Hospital, 10:30 a.m. A representative from Saint Peter's University Hospital will be onsite to provide tips on how to prevent falls.

July 11 -  **ARTS** “Cinema and Television” by Walter Choroszewski, Photographer, 10:30 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 Television. ****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****

July 14 – An Elvis Tribute 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!

July 17 – Summertime 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 July 13****

July 18 – “AARP Defensive Driving Course” 9:00 a.m. - 3:00 p.m. Any licensed driver may take this course to sharpen driving skills plus receive a 5% discount on insurance premiums for up to three years. AARP members pay \$15; non-AARP members pay \$20. Lunch is available for a donation of \$2.50 for those over age 60 and a cost of \$7.60 for those under age 60. Seating is limited, reservations required. ****Please call (908) 204-3425 for more information****

July 18 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

July 21 – “The Statue of Liberty: A Photographic History” by Kevin Woyce, Author and Photographer, 10:30 a.m. Kevin will explain how the Statue of Liberty was built and what it symbolizes as well as talk about some of the people involved in its creation, including sculptor Frederic Bartholdi, engineer Gustave Eiffel, architect Richard Morris Hunt, and newspaper publisher Joseph Pulitzer. The slide show includes Kevin's original photography of the Statue of Liberty, Ellis Island, and New York Harbor views plus vintage images of historical people, places, and events.

July 24 – “In the Midst of Angels” by Gordon Thomas Ward, 10:30 a.m. Do angels exist? Do they interact with and intervene in our lives? Is there an unseen force that accompanies us in our daily lives? This presentation addresses these questions and takes you on a journey to uncover the signs and experiences in life that can teach us about them. Gordon will share captivating experiences, instructional metaphors, and stories of angelic encounters from meadows, mountains, coastlines, open rangeland, and our own backyards to lead listeners to some fascinating and though-provoking conclusions. Don't miss this special program!

July 25 – Short Story Readings by Janice Kildea, Storyteller, 10:30 a.m. Janice will read “Memory Laps” by David Sedaris and “Before Air Conditioning” by Arthur Miller.

(more)

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

July 28 – “Through a Glass Brightly” by Meg Wastie, Museum of Early Trades & Crafts, 10:30 a.m. The Museum boasts 56 stained glass windows, many adorned with quotes from the arts, sciences and humanities. Participants will see the beautiful details of the window designs and learn about the quotes and writers depicted in the windows.

July 31 - 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 own mandala over a cup of herbal tea. ****Reserve by July 27****

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

Open Monday – Friday, 9:00 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

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 p.m. for experienced players.

Needlework Crafts Club – Tuesday, 12:30 – 3:00 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. Space is limited. ***Check monthly calendar for schedule***

Dance Aerobics with Marion Harris – Wednesday, 11:00 – 11:30 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics.

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.

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

Book Club – 4th Thursday of the Month. New members are welcome. Join us to discuss the current book, a non-fiction novel, “The Orphan Train” by Christina Baker Kline. The Orphan Train is partially set in 1929, mere months before the stock market crash that would trigger the Great Depression. A young Irish girl, Niamh, has just lost her entire family after a fire ripped through their tenement building. 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. **** Class is currently filled; call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or to learn about other opportunities****

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. **** Class is currently filled, call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or hear of other opportunities****

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!

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 pm ****\$40 for the 8-week program, new session began on June 16. 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.

July 3 – “Tips on How to Declutter Your Home” by Tom Hollerbach, Senior Blue Book, 10:45 a.m. If you are wondering what to keep or what to toss this is the program for you. Tom will provide some helpful tips on how to declutter your home.

July 3 & 10 – “Self Defense & Public Safety” by Paul Kilduff, Master Instructor, Golden Rule Karate & Fitness, 1:00 p.m. Do you believe that self-defense techniques are just for men and police officers? Learn how to improve your safety with basic self-defense moves anyone of any age can learn. This class will also help you become more aware of your surroundings so you can better protect yourself wherever you go. ****Registration required. Please call (908) 203-6101 for more information****

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

July 4 – Holiday – Center Closed

July 5 – Memory Screenings, 10:00 a.m. – 12:00 p.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 for more information****

July 6 – “Backyard Birds” Somerset County Park Commission, 10:45 a.m. Ever wonder about the birds in your backyard? This lecture and discussion will help you get acquainted with many of New Jersey’s common backyard birds. Join a Naturalist and spend some time learning the fundamentals of backyard bird watching. You will learn basic identification skills, what to feed backyard birds, as well as when and where to place feeders in your yard.

July 7 & 25 – Bingo is more than just 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.

July 10 - Senior Wellness Center at Bridgewater Farmers Market & PAAD Enrollment Event, 9:30 a.m. – 12:30 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Senior Wellness Center at Bridgewater and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer’s market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

July 10 – “Tips on Skin Care” by Walgreens. A representative from Walgreens will be onsite to provide us with tips on how to care for our skin.

July 11 – Mandal Art. 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.

July 12 – Somerset County Lending Library, 10:15 – 11:45 a.m. The Bridgewater Library will be onsite to lend out books for your convenience.

July 13 – “Drumming Circle Interactive Workshop” by Sharon Silverstein, Living at Peace, 10:45 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! ****Please call (908) 203-6101 for more information****

July 14 – “Do You Know How to Fish?” by the Somerset County Park Commission. A naturalist from the Somerset County Park Commission will be onsite to provide tips on how to fish.

July 17 – “History of the Van Horn House” by the Heritage Trail Association, 10:45 a.m. A representative from the Heritage Trail Association will be onsite to discuss the history of the famous Van Horn House. There will be a question and answer session at the conclusion of the program.

July 18 – “Lottery Jackpot Winner Stories” by the New Jersey Lottery Commission. This presentation will consist of a 15 minute PowerPoint narrative, followed by a brief question and answer period and one to two interesting stories about lottery jackpot winners and how they reacted when they came to file their claim.

July 20 – “Sharks” by Gloria Hoffner, Science for Seniors, 10:45 a.m. These ocean dwellers have been living on Earth for over 550 million years! Gloria will show us preserved sharks, a shark jaw, shark teeth and demonstrate how a shark floats.

July 21 - Meditation Mindfulness Exercises with the School of Royal Yoga, 10:30 a.m. Meditation is helpful for one’s outlook on life, for increasing focus, concentration and enhancing relationships.

July 24 – “Jeopardy” by Jennifer Furman, Avalon Assisted Living. Join us as Jennifer hosts an exciting game of Jeopardy. Jeopardy is a classic game show with a twist. There are three rounds. In the first two rounds the answers are provided by the contestants in the form of a question. In the third round “Final Jeopardy,” the contestants can name their own jackpot as long as it’s within the amount of money they’ve already earned.

July 27 – Dominoes with Eugene.

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – cont'd

July 28 – What Does it Mean to Age Well” by Atlantic Health. Most people believe that the recipe for successful aging includes having a positive outlook and feeling physically healthy and socially connected with others. However, the description and meaning in each of these areas varies from person to person. Come learn about how you can find your own path to aging well and resources available to help.

July 31 – Mind Your Mind Exercises. 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.

HILLSBOROUGH SENIOR CENTER

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

Open Monday – Friday, 9:00 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, laughter 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. ****\$20 for the 10-week program; next session will begin Sept. 6. Registration required, call (908) 369-8700 for more information. Come and sample a free trial class any Wednesday prior to signing up****

July 3, 10, 17 & 24 – 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.

July 3, 17 & 24 – In the News, 10:00 a.m. Join us as we discuss breaking news around the world and current events of interest.

July 3 – 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.

July 3, 10, 17 & 24 – 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.

July 4 – Holiday – Center Closed

July 5 – Hillsborough Farmers Market & PAAD Enrollment Event, 9:00 a.m. – 12:00 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Hillsborough Senior Center and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer's market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

HILLSBOROUGH SENIOR CENTER – cont'd

July 5 – “A History of Hillsborough Through the Eyes of Seniors” by Julia Hans, 10:30 a.m. Julia Hans has spent months getting to know and talk with Hillsborough Seniors. Join us for a very special day as we view the video she has made and celebrate the completion of her Gold Award.

July 5, 12, 19 & 26 – 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****

July 6, 13, 20 & 27 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles together.

July 6 – Name that Tune: A Musical Adventure, 10:15 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

July 7, 14, 21 & 28 – 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)

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

July 10 – Craft: Hand Painted Ladybug Garden Rocks with Pam, 10:45 – 11:45 a.m. Using porch paint and rocks we will transform ordinary rocks into garden decorations or patio centerpieces. ****Space is limited; call (908) 369-8700 to register****

July 11, 18 & 25 – 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.

July 12 & 26 – 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 Historical Fiction Novel and The New York Times Bestseller, Sarah’s Key by Tatiana De Rosnay. **Please call (908) 369-8700 for more information****

July 12 - “Introduction to Chinese Culture & Shen Yun” by Tom Liang, 10:45 – 11:45 a.m. Tom will join us to present an overview of traditional Chinese culture. His presentation will cover 5,000 years of culture in one hour. Join us for this unique armchair travel program.

July 13 – “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.

July 14 – Blueberry Festival and Healthy Recipe Sampling. According to the U.S. Department of Agriculture, July is National Blueberry Month! If any fruit deserves its own month of honorable recognition, the little blue beauty certainly does. Native to North America, blueberries are grown in 35 out of 50 states. That translates into supplying roughly 95% of the entire world’s crop. With flavors ranging from pucker tart to mildly sweet, blueberries are in full seasonal swing somewhere from April to October, but July is prime blueberry season. Join us to sample a healthy blueberry recipe and bring your own recipes to share.

July 17 – Meditation Mindfulness Exercises with the School of Royal Yoga, 10:30 a.m. Meditation is helpful for one’s outlook on life, for increasing focus and concentration and enhancing relationships.

July 19 – “The Life & Work of Norman Rockwell” – Lecture & Watercolor Paints Workshop, Art of the Master’s Program by Creative Notions, 10:30 a.m. Norman Perceval Rockwell was a 20th-century American author, painter and illustrator. His works enjoy a broad popular appeal in the United States for its reflection of American culture. Rockwell is most famous for the cover illustrations of everyday life he created for The Saturday Evening Post magazine over nearly five decades. Among the best-known of Rockwell’s works are the Willie Gillis series, Rosie the Riveter, The Problem We All Live With, Saying Grace, and the Four Freedom Series. In this interactive workshop we will learn about Rockwell and his work and we will create an individual project inspired by his works. ****Advance registration is required; please call (908) 369-8700 to register.****

(more)

HILLSBOROUGH SENIOR CENTER – cont'd

July 20 – 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 own mandala over a cup of herbal tea.

July 21 – “Nocturnal Sounds” by the Somerset County Park Commission, 10:45 am – 11:45 a.m. Although humans are usually asleep at night, the New Jersey outdoors is anything but quiet. Listen to sounds from common nocturnal wildlife while learning a few fun facts about each animal. A county naturalist will lead this interactive program.

July 24 – July in History: A Walk Down Memory Lane. Take a walk through history as we remember great events that occurred in July.

July 26 – “Healthier Hydration” by Samantha Nunzio, Registered Dietitian, Shoprite/Wakefern. Sam will guide us through some tips for healthy hydration. What counts as water? What are some other ways we can stay hydrated in addition to water? There will also be a healthy recipe sample provided.

July 27 – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

July 28 – “History of the New Jersey Shore” by Kevin Woyce, Author & Photographer, 10:30 – 11:30 a.m. Have you ever wondered why there is an elephant-shaped building on the beach in Margate? A concrete ship stuck in the sand off Cape May Point? A town named Loveladies or Ship Bottom? The result is this colorful tour of our coastal history, from the long-ago days of pirates, shipwrecks, and lighthouses to the founding of today’s most popular summer resorts. The slideshow includes original photography of Jersey Shore lighthouses, amusement parks, boardwalks, and hotels, plus vintage maps and images of historic people, places, and events.

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 am – 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****

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.

(more)

MONTGOMERY SENIOR CENTER – cont'd

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****

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.


Move Today with Elizabeth – Every Other Wednesday, 10:15 a.m. Move Today is an 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 and Friday at 9:00 a.m. (Weather Permitting)

July 4 – Holiday – Center Closed

July 6, 13, 20 & 27 – 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.

July 7 & 21 -  **ARTS** Beginner Ukulele Lessons with John Fitzpatrick, 10:15 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****

July 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 (609) 466-0846 to schedule an appointment****

July 10 - Meditation Mindfulness Exercises with Genevieve, 10:30 a.m. Meditation is helpful for one's outlook on life, for increasing focus and concentration and enhancing relationships.

July 10, 17, 24 & 31 – Take Control of Your Health: Chronic Disease Self-Management, 10:00 a.m. – 12:00 p.m. 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. ****Registration required, call (609) 466-0846 for more information****

(more)

MONTGOMERY SENIOR CENTER – cont'd

July 12 & 26 – 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 install 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.

July 13 & 28 – 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.

July 14 – Community Project with Johnson & Johnson, 10:00 – 11:45 a.m. Johnson & Johnson will spend the day with us playing bingo and bocce ball.

July 17 – **FREE** Facial Derma Screenings by the Saint Peter's University Hospital Mobile Unit, 10:00 am – 11:45 a.m. No appointment is necessary.

July 24 – TED Talk: Why Bodybuilding at 93 is a Great Idea by Charles Eugster. TED Talk is a YouTube site that is devoted to spreading ideas, usually in the form of short, powerful talks. For as far as modern medicine has come, at times, it almost seems like it's working in reverse. While medicine is keeping people alive longer, these lives are riddled with disease and illness, especially in the later years. Well, Charles Eugster is here to change the tone of the conversation. The 93 year old (now 96) makes the case for elderly bodybuilding. Eugster is breaking records, staying fit and staying sharp while pushing 100, and he is a true testament to the power of the human body. Charles will provide us with his take on why old age is the perfect excuse to be in the best shape of your life.

July 27 - Montgomery Farmers Market & PAAD Enrollment Event, 9:00 a.m. – 12:00 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Montgomery Senior Center and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer's market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

July 31 - "Healthier Hydration with Fruits & Vegetables" by Samantha Nunzio, Registered Dietitian, Shoprite/Wakefern. Sam will guide us through some tips for healthy hydration. What fruits and vegetables are loaded with water? There will also be a healthy recipe sample and literature provided.

QUAIL BROOK SENIOR CENTER

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

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

(more)

QUAIL BROOK SENIOR CENTER – cont'd

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). ****\$10.00 fee includes supplies****

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.

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

July 3, 12, 19 & 26 – 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 the 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 if desired.

July 4 – Holiday – Center Closed

July 5, 12, 19 & 26- 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.

July 7 – "The United States Presidency" by Susan Addelston, Educator, 10:30 a.m. A unique chance to read and analyze with understanding, Article 11, the Executive Branch of our government; what it meant in 1789 and now in the 21st century. Historical and contemporary examples of presidential actions will be cited and discussed. This is an ideal opportunity to better understand our political and societal divide-2017.

July 10 – "Ask Your Freeholder" by Brian Levine, 10:30 a.m. Learn the origin of the term from New Jersey's State Constitution of 1776 and how your voice can make an impact today.

July 11 – National Ice Cream Day, with Chef Ed, Genesis Healthcare, 10:30 a.m. Experience our homemade and experimental flavors worthy of Ben & Jerry's.

(more)

QUAIL BROOK SENIOR CENTER – cont'd

July 13 – “Music & Songs From the Revolutionary Era” by Tom Harabin, Local Historian & Musician, 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, 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.



July 14 - **ARTS** “The American Revolution” by Walter Choroszewski, Photographer, 10:30 a.m. From the tea burning at Princeton to the Treaty of Paris, Walter presents New Jersey’s preeminent contributions to the Revolution with stories of the retreat across the Jerseys and the triumphant return across the Delaware, battles at Princeton, Monmouth and Springfield, winters at Middlebrook and Morristown and Rochambeau’s march through the crossroads of the Revolution. ****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****

July 18 – “Quick & Super Meals and Snacks” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Marisa will show us how to embellish our meals with superfoods. Recipes and literature will be provided.

July 20 – 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.

July 20 & 27 – “Interfaith Bereavement Support Program” by Rabbi Ronald Kaplan. This program provides an engaging and spirited general discourse in a group setting that delves into the many topics of change that occur throughout life while simultaneously exploring the different facets of loss. When done as an entire group, these discussions are avenues for positive revelations and resolutions.

July 21 – “Earthmovers Drum Collective” by Dave Miller, Musician, 10:30 a.m. Learn a new language of knowledge; the art of drumming! Impress yourself with simultaneous hand positioning, counting, different rhythms and singing that not only engages both hemispheres of the brain, but offers a unique opportunity to include everyone. By connecting to the energy generated through music, each individual will relish in the accomplishment of creativity.

July 24 – Quail Brook Farmers Market & PAAD Enrollment Event, 9:30 a.m. – 1:00 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Quail Brook Senior Center and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer’s market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

WARRENBROOK SENIOR CENTER

(Located on the Warrenbrook Golf Course)

500 Warrenville Rd., Warren, NJ 07059

(908) 753-9440

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

(more)

WARRENBROOK SENIOR CENTER – cont'd

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

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

Computer Lab – Call for Availability

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.

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, next session to begin in July.**

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

Monday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, next session to begin in July.**

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, next session to begin in July. 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. Registration required, call (908) 753-9440 for more 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****

July 3 – “Funnies” 10:30 a.m. Enjoy this reminiscent activity that will take us back to Sunday mornings when reading the comic strips in the Sunday paper was something the whole family looked forward to. Reacquaint yourself with some of your favorite characters as you learn about the fascinating history of the comics.

July 3, 10, 17, 24 & 31 – 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.

July 4 – Holiday – Center Closed

July 5, 12, 19 & 26 – 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.

(more)

WARRENBROOK SENIOR CENTER – cont'd

July 5, 12, 19 & 26 – 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.

July 6, 13, 20 & 27 – 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-which improves listening and short term memory skills.

July 7 – Craft: Creating Novelty Drink Umbrella Wreaths, 10:30 a.m. Join us as we make novelty drink umbrella wreaths and other decorations for our upcoming “Tour the Islands Through Dance” special event on July 17th.



July 10 - "Timeline New Jersey" by Walter Choroszewski, Photographer, 10:30 a.m. A lecture and visual presentation with Walter's perspective on New Jersey's history. Timeline New Jersey travels from the primeval dawn of the Highlands, through the Ice Age, up to the present. Meet New Jersey's first people and explorers; take pride in our Colonial and Revolutionary history and celebrate the numerous events and "Firsts" that make New Jersey special! ****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****

July 11 & 18 – 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.

July 11, 18 & 25 – 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).

July 11 – Warrenbrook Book Club (New Members Welcome!) Featured Book: “People of the Book,” 1:30 – 3:00 p.m. In 1996, Hanna Heath, an Australian rare-book expert, is offered the job of a lifetime: analysis and conservation of the famed Sarajevo Haggadah, which has been rescued from Serb shelling during the Bosnian war. Priceless and beautiful, the book is one of the earliest Jewish volumes ever to be illuminated with images. When Hanna, a caustic loner with a passion for her work, discovers a series of tiny artifacts in its ancient binding-a insect wing fragment, wine stains, salt crystals, a white hair-she begins to unlock the book's mysteries, ushering in its exquisite and atmospheric past, from its salvation back to its creation through centuries of exile and war.

July 12 – **FREE** Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association, 10:30 a.m. No appointment is necessary.

July 14 - 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 own mandala over a cup of herbal tea and music.

July 17 – “Tour the Islands Through Dance” Special Event, 10:30 a.m. Karen Emslie, from Hulahonney, will take us on a tour through the beautiful islands of Polynesia, performing hula dances from Hawaii, and Polynesian dances from New Zealand, Samoa and Tahiti. Her Hawaiian and Polynesian costumes and implements are authentic to each region. The show will explain the culture and history behind the hula dances and music. Join us as we dance the Huki Lau and have some island-hopping fun!

July 21 – Celebrating Mystery Items and People Through Trivia, 10:30 a.m. What am I? Who am I? Together we will hear a variety of clues that will help us solve the mystery.

(more)

WARRENBROOK SENIOR CENTER – cont'd

July 24 – “The Meaning of Sleep” by Dr. Andrew Galante, DMD, MAGD, Family and Cosmetic Dentistry, 10:30 a.m. Please join Dr. Galante for a fun and interactive lecture about what we do every day-sleep. We will discuss the health benefits of a good night’s sleep and how to achieve it. We will also discuss the dangers and health risks of interrupted sleep due to conditions like snoring or sleep apnea, and what we can do about it.

July 25 – “Grilling Fruits and Vegetables” by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Fruits and vegetables are vital to good health and the fresher they are, the more of their nutritional values they will maintain. Join Jessica and a chef from Whitsons Caterers as they grill fruits and vegetables for us to sample.

July 26 - Warrenbrook Farmers Market & PAAD Enrollment Event, 9:00 a.m. – 12:00 p.m. Are you eligible for Farmers Market Vouchers or PAAD? Please stop by the Warrenbrook Senior Center and find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer’s market vouchers and assist in completing PAAD applications. Call the main office at (908) 704-6346 to see if you qualify.

July 28 – 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****

July 28 –Visit to the Senior Wellness Center at Basking Ridge for the “Through a Glass Brightly” program by Meg Wastie, Museum of Early Trades & Crafts, 10:30 a.m. The Museum boasts 56 stained glass windows, many adorned with quotes from the arts, sciences and humanities. Participants will see the beautiful details of the window designs and learn about the quotes and writers depicted in the windows.

July 31 – “Got Trains?” by the Somerset County 4-H Trainmasters, 10:30 a.m. Learn about and operate a model train. View various engines and hear about several Trainmasters’ experiences. On display will be an O-Scale train with a hands-on opportunity to operate it.

###