



## News from the Somerset County Board of Chosen Freeholders

Patrick Scaglione, Freeholder Director • Brian D. Levine, Freeholder Deputy Director  
Patricia L. Walsh, Freeholder • Mark Caliguire, Freeholder • Brian G. Gallagher, Freeholder

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May 22, 2018

### **FOR IMMEDIATE RELEASE**

## Somerset County Senior Centers Announce June Activities

The Somerset County Senior Centers announce the June program schedule. Programs begin at 11 a.m. unless otherwise noted.

All county-operated senior centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50 for anyone 60 and above. Menu choices include a **hot** meat-based or meatless entrée, or a **cold** meat-based or meatless boxed lunch. Reservations must be made prior to 10 a.m. the previous business day. Participants are welcome to bring friends or neighbors to lunch.

If participants drive or have their own ride they are welcome to visit any Somerset County Senior Center.

Somerset County Senior Centers are multi-purpose facilities that offer participants a wide range of experiences including the opportunity for social engagement, as well as interesting activities and programs. All Somerset County Senior Centers are operated by the Somerset County Office on Aging & Disability Services.

To stay up to date with Somerset County events and information, sign up for free email alerts at [www.co.somerset.nj.us/subscribe](http://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 a.m. – 4 p.m.**

**Knitting/Crochet/Stitching Club** – Monday, 9:30 – 11:30 a.m. All are welcome to join. Bring your own knitting/crocheting/stitching project, or learn a new craft and meet wonderful friends while doing something you love.

**Dancercise** – Monday, 10:30 a.m. This is an innovative and fun way to exercise! The class incorporates dance moves to well-known music that will keep you moving. Starting with a warm-up to help you avoid injury—you will dance to the beat of the music and finish with a cool down. An aerobic class that is low impact and great for the heart! Sneakers are required. **\*\*\$40 for the 8-week program. Next session starts July 9. Registration is required by June 29. Call (908) 204-3435 for more information.\*\***

**Yoga with Denise** – Open to all levels of experience. This class practices Hatha Yoga poses while standing or sitting 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 will help relieve stress and foster overall sense of well-being.

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

- Tuesday Afternoon 1– 2 p.m. This cost is **\*\*\$40 for the 8-week program. Next session starts June 12. Registration is required by June 1. Call (908) 204-3435 for more information.\*\***
- Friday Afternoon 1– 2 p.m. The cost is **\*\*\$40 for the 8-week program. Next session starts June 15. Registration is required by June 1. Call (908) 204-3435 for more information.\*\***

**Morning Bridge Club** – Tuesday, 9:30 a.m. – 12:00 p.m. **\*\*Call (908) 204-3435 for more information.\*\***

**Afternoon Bridge Club** – Wednesday & Thursday, 12:30 – 3:00 p.m. **\*\*Call (908) 204-3435 for more information.\*\***

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

**Tai Chi for Health** – Wednesday, 1 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage development of 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, learn postures that will recur in new Tai Chi forms. **\*\*There is a suggested donation of \$16 for the 8-week program—the next session starts on June 27. Registration is required by June 18. Call (908) 204-3435 for more information.\*\***

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

**Take Control with Exercise** – Tuesday, 9:30 a.m. & Thursday, 10:30 a.m. This exercise program is for all levels of ability and can be done standing or sitting. Strengthen key core muscles, improve flexibility and balance while boosting stamina. This is an ongoing class. You must be registered with the center to attend. **\*\*Call (908) 204-3435 for more information.\*\***

**Monthly Book Club** – Every third Thursday, at 12:30 p.m. Join us for a discussion of the book, “Pretending to Dance” by Diane Chamberlain, and select the next book. New members are always welcome!

**Zumba Gold** – Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for people age 60 and above, and 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 are required.

- Wednesday Morning 9:30 – 10:30 a.m. **\*\*\$40 for the 8-week program. Next session starts June 6. Registration is required by May 25. Call (908) 204-3435 for more information.\*\***
- Friday Morning 9:30– 10:30 a.m. **\*\* \$40 for the 8-week program. Next session starts June 8. Registration is required by May 25. Call (908) 204-3435 for more information.\*\***

**Computer Lab** – Available Monday to Friday, 9 a.m. – 4 p.m.

**Individual Computer Instruction** - Meet with an expert computer instructor—by appointment only. Call (908) 204-3435 for more information.

**June 1 – “Annual Seniors’ Day at the Bernardsville Library,”** 10:30 a.m. The featured entertainment at the library is the Florian Schantz Jazz Combo led by a 15-year old professional trumpet player! County transportation will pick up registered seniors at their home, bring them to the library, and then to the Senior Wellness Center for lunch. **\*\*Registration required by May 29. Call (908) 204-3435 for more information\*\***

**June 4 – Learn Merengue Workshop with Donnamarie McCarthy,** 10:30 a.m. Merengue is a Dominican style of music and dance done with a partner. The workshop is open to all levels of experience, Donnamarie will guide you step by step.

**June 5 – “Females in Power,”** 10:30 a.m., presented by Helen Vasko. Ms. Vasko will lead this round table discussion highlighting women that have made a lasting impression throughout history.

**June 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 give individual blood pressure screenings. No appointment is necessary.

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



**June 6, 13, 20, 27 – Brazilian Dance Lessons**, 10:30 a.m., taught by Nicole Mahnke of Nikki Manx Dance Project/NJ Arts Horizon. Listen to the sounds of Brazil through Samba music, and take part in the Brazilian dance workshop in the style of Capoeira. Learn the basic steps of Capoeira, the "jinga" and why it was created as a hidden form of protection. Experience the color and life of a carnival, as participants clap to rhythms, and dance with joy. We invite participants to wear something colorful that is easy to move in! **\*\*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.\*\***

**June 8 – Brain Games with Michael**, 10:30 a.m. For anyone who loves mind games and puzzles, so you will exercise your brain with Michael Salas.

**June 11 – “Musicals of the 1960s,”** 10:30 a.m., presented by Sam & Candy Caponegro, Roadshow movies were all the rage in the late 1950's and early 1960's. See the “Can-Can” plus scenes from “The Bells are Ringing,” “West Side Story” and “The Music Man”.

**June 12 —**  **“Native American Cultures,”** 10:30 a.m., presented by Debra Esposito from the Morris Museum. This program will provide a broad overview of American Indian life before European settlement in the Eastern Woodlands region of New Jersey. Debra will discuss the natural resources that were available to the Lenape Indians, an indigenous New Jersey Tribe, and how it influenced the development of their culture. **\*\*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 15 – “Tribute to Broadway,”** 10:30 a.m., presented by Lorri Kulp Woodward & James Hummel. Lorri and James will present an array of Broadway show tunes from “Hello Dolly,” “Lullaby of Broadway,” “Cats,” “Sinbad”. Lorri will dazzle listeners with her singing while Jim gives a top notch keyboard performance. Both have over 30 years of stage experience.

**June 18 – Bingo.** It's more than an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and the concentration it requires has shown to improve listening and short term memory skills.

**June 19 – Total Brain Workout**, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

**June 20 – Card Making Workshop with Jerry**, 10:30 a.m. Jerry will instruct participants on how to make unique greeting cards for friends and loved ones. **\*\*All supplies will be included, reserve a seat by June 18\*\***

**June 22 – “Preserve and Create Family Food Traditions,”** 10:30 a.m., presented by Vanessa Young from the Thirsty Radish. Spend time with fellow food lovers to explore, identify and preserve meaningful traditions. Learn ways to find cultural recipes, document food memories and create the traditions of tomorrow. The series will include: food cultures in the United States, the role of food in society, the importance of cultural food traditions across generations, tips for preserving and sharing recipes, documenting food histories and how to engage family members—particularly children and grandchildren—with continuing family traditions and enjoying the family food experience.

**June 25**  **“George Washington Remembers New Jersey,”** 10:30 a.m., presented by B. David Emerson from History on the Hoof, at George Washington was no stranger to New Jersey. From Trenton to Princeton to Morristown to Monmouth to Middlebrook—the General spent more time in New Jersey than any other state. Join General Washington (portrayed by B. David Emerson) as he reminisces about his brightest and darkest moments during the battles and encampments of the “Cockpit 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\*\***

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

**June 26 – “Recycling 101: What Goes In Your Recycling Bin,”** 10:30 a.m. Presented by Melissa Harvey from the Somerset County Solid Waste Department. Melissa will answer questions about what is and is not recyclable.

**June 27 – Rio Carnival,** 10:30 a.m. The Rio Carnival is a festival held every year before Lent and considered one of the largest in the world, with over two million party-goers. Join the fun for the final day of the 4-part Brazilian dance workshop. Celebrate with dancing and Brazilian style food tastings. The official Rio Carnival parade may have already passed, but the Senior Wellness Center at Basking Ridge will be embracing the elegance and extravagance that is so Carnival! **\*\*Reserve by June 25\*\***

**June 27 – Birthday Celebration,** at 12:15 p.m. Celebrate all June birthdays today with a slice of bakery cake (included with the lunch reservation).

**June 29 – Performance with Randi Accardi, Performer, Director & Choreographer,** 10:30 a.m. Randi has worked in musical theatre nationwide for over 25 years. He combines music from the 1920's up to the present with dance and trivia that sparks old memories and creates new ones. There's only one rule during Randy's show...NOBODY LEAVES WITHOUT HAVING A GOOD TIME!

## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER**

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

**Open Monday – Friday, 9 a.m. – 4 p.m.**

**Gentle Aerobics** – Monday & Thursday, 10:30 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 tasks. 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 need fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. This is also offered on Thursday's, 12:30 – 3:00 p.m., for experienced players.

**Circuit Training** – Tuesday, 9:30 – 10:30 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 are required. **\*\* \$20 for the 4-week program. Next session starts June 5. Registration is required by May 22. Call (908) 203-6101 for more information.\*\***

**Needlework Crafts Club** – Tuesday, 12:30– 3:00 p.m. New members are 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, better balance and flexibility, a supple spine and improved circulation. Bring a personal mat; some mats are available on a first come, first serve basis. Space is limited. **\*Check the monthly calendar for the 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. **\*\*There class will not be held on June 20. \*\***

**Scrabble Club** – Wednesday, 1 p.m. Enjoy a friendly game of scrabble. If there is sufficient interest, the Center may plan opportunities for members to compete with other scrabble clubs in the area.

**Book Club** – Fourth Thursday of the Month, 10 a.m. New members are welcome. Join us to discuss the current book: “Elizabeth is Missing” by Emma Healey. This debut novel is a darkly riveting, sophisticated, psychological mystery that is heartbreaking and an honest meditation that addresses memory, identity and aging. In this book an elderly woman who is descending into dementia, embarks on a desperate quest to find her best friend who has disappeared. Her search for the truth has shattering consequences.

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**SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**Tai Chi for Health (Intermediate)** – Thursday, 1– 2 p.m. The Intermediate course will build upon the basic form learned in the Beginner class, allowing students to advance 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. It will also increase the ability to keep the body aligned, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to help develop and strengthen bones and muscles. **\*\*\$16 is a suggested donation for the 8-week program. The next session starts on June 28. Registration is required by June 14. Call (908) 203-6101 for more information. There will be no class held on August 9. \*\***

**Tai Chi for Health (Beginner)** – Thursday, 2 – 3 p.m. This preparatory course is the core of the Tai Chi program, and is 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 improvement in their physical ability, as well as, learn postures that will recur in new Tai Chi forms. **\*\*There is \$16 suggested donation for the 8-week program. The next session starts on June 28. Registration is required by June 14. Call (908) 203-6101 for more information. There will be no class held on August 9 \*\***

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

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

- o Friday Afternoon, 1:00– 1:45 p.m. **\*\*\$40 for the 8-week program. Next session starts on June 8. Registration is required by May 24. Call (908) 203-6101 for more information. \*\***

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

**Individual Computer Instruction** – Available Monday – Friday. **\*\*Call (908) 203-6101 for an appointment. \*\***

**Carrom** – Available Monday – Friday. “Strike and Pocket” is a table game of Eastern origin, and is similar to billiards and table shuffleboard.

**Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.)** – Available Monday – Friday. If there is a game that is not listed, participants are welcome to start their own club to play their game of choice. Please inform the staff.

**Ping Pong** – Available Monday – Friday, call for availability.

**Pool Tables (2)** – Available Monday – Friday, call for availability.

**Table Shuffleboard/Air Hockey** – Available Monday – Friday.

**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 – “Troubadour Tales,”** 10:45 a.m. Presented by Gordon James Ward, Author. Everyone loves good stories, and when they're reinforced with music and song it's even better! Audiences adore this captivating live performance of stirring tales, told through music and spoken words that will capture the audience's attention and imagination. Entertaining anecdotes complement James Ward's acoustic, contemporary folk songs that include haunting melodies, multi-instrumental accompaniment, evocative vocals, and poetic lyrics. Listeners will embark upon a 90-minute, captivating journey into the past with a Revolutionary War soldier, a Rockabye Railroad engineer, Robert Frost, the ghost of the Headless Hessian of New Jersey's Great Swamp. The audience will also be transported to the Historic Trail of Tears, the Civil War, the Trail of Lewis and Clark, and other times and places! This presentation has been described by adults as “spellbinding.” Audiences will find this program to be a real treat!

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**June 4 – “Arctic Wildlife”** presented by David Ward, C.L.P. In August 2017 David went on a wildlife adventure that took him to exotic territories in Canada, such as; Kuujuaq the largest Inuit settlement in Nunavik Territory, Quebec, Ungava Bay Tassiujaq, and Leaf Bay. Although his guide did not guarantee that he would see any animals, he saw everything from polar bears to bearded seals. This presentation will also include pictures of icebergs and the northern lights as experienced during an Arctic Summer.

**June 5 & 19 – Bereavement Group**, 10 a.m. The death of a loved one is a universal experience in our lives. The purpose of this support group is to provide our guests with a safe place to talk to others who share common feelings about their grief and renewal process by incorporating interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist, will facilitate discussions. We welcome your presence and participation.

**June 5 – “Planting Pleasures,”** 10:45 a.m. with BrightStar Homecare. Mark the beginning of warmer days by choosing a flower or herb to plant and a flower pot to decorate.

**June 7 – Bingo.** Bingo is more than just an exciting activity; researchers have found that playing Bingo has multiple health benefits, such as: promoting socialization, strengthening hand-eye coordination, and improving listening and short term memory skills.

**June 8 – “Lower Back Pain,”** presented by Jason A. Smith, MD, Atlantic Health System. Jason will lead a program about lower back pain. As people age, back pain can prevent people from performing everyday tasks. Join the Center for a presentation given by a Spine Interventionist about the causes of back pain, available treatments, and preventing back pain to help sustain mobility.

**June 11 – “Energy Efficient,”** presented by Rob Walton, Jersey Central Power & Light (JCP&L). Rob will present a program on bringing good energy into everyday life. JCP&L is a forward-thinking, electric utility company powered by a diverse team of employees committed to making customers’ lives brighter, the environment better and communities stronger.

**June 12 – “Back to Graceland with Elvis,”** 10:45 a.m., presented by Mike Holland. Join Mike Holland, Elvis Impersonator, as he presents the life and performance of many hit songs by Elvis. There will be trivia and dancing as well. Come and take a walk down memory lane.

**June 13 & 27 – Bingo**, 10:30 – 11:00 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, improves listening and short term memory skills.

**June 14 – “Stroke Prevention,”** presented by Bill Daley, President, Somerset/Morris Stroke Support Group. Bill will discuss the importance of stroke prevention. Strokes are the fifth leading cause of death in America, and a leading cause of adult disability. Yet, research shows few really know what a stroke is and how to recognize when a stroke is happening. You could save the life of a loved one by learning how to prevent a stroke and identifying its signs and symptoms.

**June 15 –Choral Performance by the Swinging Singing Seniors.** The swinging vocalists will sing an array of catchy Broadway tunes. This will be a performance you don’t want to miss..

**June 18 – Hawaiian Floral Painting**, 10:45 a.m. Join local artist Karen Haake as she provides instruction on Bristol Board Paper. The participants will be provided with paint brushes and acrylic paints. Everyone will have the opportunity to create their own Hawaiian floral design to take home. A brief demonstration using fun and colorful techniques will be given. An emphasis on blending will be highlighted.

**June 19 – “How to Live to 100,”** presented by Dr. Brian Wallace from Somerset Hills Chiropractic. Dr. Wallace will be onsite to discuss how to live to 100. He will explain the importance of what it truly means to be healthy, how to decrease some medications, eating right and how to exercise properly for your next 20 to 50 years.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**June 20 – 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 above and their caregivers, on Wednesday, June 20, at 10:30 a.m. at the Senior Wellness Center at Bridgewater, 876 East Main Street. The purpose of the hearing is to offer county residents the opportunity to comment on the needs of those age 60 years and above, caregivers, and persons living with a disability.

The 2019 Area Plan Contract Update provides services funded under Title III of the Older American 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 to meet current needs will be discussed. The services and programs to be provided under the Older Americans Act will be described, along with the proposed spending plan. The forum is an opportunity for the public to talk about community needs and recommended potential solutions.

Written comments will be accepted up to June 19, as part of the public record of the 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, the Office on Aging and Disability Services at (908) 704-6336.**

**June 21 – Fourth Annual Thrill'n & Grill'n: A Picnic at Colonial Park**, 10:30 a.m. Join the annual picnic for fun, food and friends. Get sizzling and groove to the tunes of the season provided by DJ Gio. Don't miss the largest Zumba Dance Party ever scheduled. Remember, a picnic isn't complete without good old fashioned games, such as beach volleyball and horseshoes. See how low you can go in a friendly game of Limbo. Events are followed by lunch grilled under the sun! To be held rain or shine (Pavilion/Tents are Available)!

**June 22 –  "Native American Cultures,"** 10:45 a.m., presented by Debra Esposito from the Morris Museum. This program will provide a broad overview of American Indian life before European settlement in the Eastern Woodlands region of New Jersey. Debra will discuss the natural resources that were available to the Lenape Indians, an indigenous New Jersey Tribe, and how it influenced the development of their culture. **\*\*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 25 – Swim Inc.** Presented by Shirley Tellmen, from SWIM Inc. This is a non-profit organization that was founded by Doris Hollingsworth of Bedminster, New Jersey in 1975. SWIM's mission is to provide a safe and supportive environment for adults with mobility impairments who want to participate in aquatic exercise in a social setting of caring and respect. The SWIM Program offers free aquatic exercise at multiple locations including Basking Ridge, Bridgewater, Hillsborough and Branchburg. Some programs include a social hour.

**June 26 – "Medication Management,"** presented by Katie Boyle, Kessler Rehabilitation Center. Katie will address medication management from an occupational therapy perspective. This will include reviewing the importance of taking medications as prescribed and what questions patients should ask a doctor when being prescribed new medications. Katie will encourage participants to problem solve, as she creates scenarios, such as going on a trip or what to have ready in case of emergency.

**June 28 – "Preserve and Create Family Food Traditions,"** 10:45 a.m., presented by Vanessa Young, from the Thirsty Radish. Join Vanessa as she continues to help participants enhance family bonding, promote well-being and celebrate their cultural heritage. Vanessa will explore how and why to creatively document food memories, preserve recipes and photos. Tips, tools and inspiration will help participants infuse joy and meaning into their dining experience.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH**

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

**Open Monday – Friday, 9 a.m. – 3 p.m.**

**Bocce Court and Horseshoe Pit** – Available Mondays – Fridays (Weather Permitting)

**June 1, 8, 15, 22 & 29 – Horseshoe and Bocce Ball Clubs**, 9:30 a.m. Enjoy time outside, while being part of the horseshoe and bocce ball clubs! This is great for all levels of ability. Instruction will be available. (Weather Permitting)

**June 1, 8, 15, 22 & 29 – “The Week in Review,”** 10:00 a.m. Join the Center for a recap, the new headlines of the week, and to discuss with the group articles of interest. Join this lively weekly discussion of local and national events.

**June 1 – “Arctic Wildlife Program”** by David Ward, C.L.P., 10:45 a.m. In August 2017, David went on a wildlife adventure that took him to Kuujuaq, the largest Inuit settlement in Nunavik Territory, Quebec, as well as, Ungava Bay Tassiujaq, and Leaf Bay. Although his guide did not guarantee that he would see any animals, David saw polar bears, bearded seals and other species. This presentation will include pictures of icebergs and the northern lights as experienced during an Arctic Summer.

**June 4, 11, 18 & 25 – “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 18 – Yoga Your Way** by Pam Elarabi – Monday, June 18, 12:45 – 1:30 p.m. Get the benefits of yoga without bringing your mat! This instructor-led class explores yoga poses that can be performed standing or sitting. This class is great for beginners or those with yoga experience. Come to “Yoga Your Way” for mindfulness or meditation, poses you can learn quickly, and breathing techniques for relaxation. Wear clothing for safe and easy movement. **\*\*Call (908) 369-8700 to register for this FREE weekly class\*\***

**Fit & Flex with Rose** – Tuesdays & Thursdays, 10:45 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all. Included are stretches, strength training, laughter yoga, and breathing exercises. **\*\*Check the monthly calendar for schedule updates\*\***

**Healthy Bones Exercise Class** – Tuesdays, 12:45 – 2:15 p.m. This peer-led, 24-week exercise and education program is for individuals at-risk or who anyone who has osteoporosis. The exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor’s note is required prior to the first class and then once every year. **For new participants, 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** – Wednesdays, 9:30 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 any age, ability or condition, while standing or sitting. **\*\*\$25 for the 10-week program. Session started on May 9. Call (908) 369-8700 for more information. No Class on June 13. Dates for the new session will be posted in July.\*\***

**Walk with Ease Program** – On Mondays & Fridays, at 12:45 p.m. For participants that need relief from arthritis pain, or just want to be active; the Arthritis Foundation’s six-week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. “Walk with Ease” is proven to: reduce the pain and discomfort of arthritis, increase balance, strength, walking pace, and build confidence in participants’ ability to be physically active and improve their overall health. This class will meet on Monday and Friday afternoons for six-weeks, beginning June 11. **\*\*Registration is required by June 6. Call (908) 369-8700 to register. \*\***

**Horseshoe Pit** Available Monday – Friday (Weather Permitting)

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## SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D



**June 4, 11, 18 & 25 - Italian Dance Lessons**, 10:30 a.m., with Christina Carelli from Nikki Manx Dance Project/NJ Arts Horizon. Learn the history behind Italian dance, and how it evolved from baroque to modern times. Learn fun facts, basic Italian phrases, and most importantly, the Tarantella! Learn the history behind the Tarantella, and experience why it is still a popular celebratory dance for both Italians, Italian-Americans, and everyone today! **\*\*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.\*\***

**June 5, 12, 19 & 26 – Puzzle Club**, 10 a.m. Strike up conversations, make new friends and enjoy assembling puzzles.

**June 5 – Yoga Your Way with Pam Elarabi**, 10:00 a.m. Get the benefits of yoga without bringing your mat! This instructor-led class explores yoga poses that can be performed standing or sitting. The class is great for beginners or those with yoga experience. Come to “Yoga Your Way” for mindfulness or meditation, poses you learn quickly, and breathing techniques that will help you relax. Wear clothing that is easy to move in and for safe stretching.

**June 5 – “The Balanced Plate,”** presented by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Achieving and maintaining a healthy weight is done mainly through portion control and dietary choices. A balanced plate is a great way to reinforce food selections and food groups. Join Sam for this informative discussion, that will help make shopping and food preparation easier.

**June 5, 12, 19 & 26 – Social Networking Group** (Tuesday Group), 12:30 p.m. Join a group of people that get together to chat about everything under the sun. Themes can range from the best local restaurants to coupons for shopping. This group is a great way to get out to meet and connect with friends.

**June 6 – Social Painting Party**, 10:15 a.m., with Caitlyn Campbell, from Foothill Acres. Join our friends from Foothill Acres for a Social Painting Party. Join the Center and listen to soothing music, socialize with friends and paint a beautiful keepsake landscape or floral. **\*\*All supplies are included. In order to ensure there are enough supplies on hand, call (908) 369-8700 to reserve your spot. \*\***

**June 6, 13, 20 & 27 – Mahjong Club**, 12:30– 3 p.m. Want to learn how to play mahjong, or do you just need fellow players? Join the Center for lessons refreshers on how to play the game are available.

**\*\*Call (908) 369-8700, for more information. \*\***

**June 6, 13, 20 & 27 - Social Networking Group**, Wednesdays, 12:30 p.m. Join a group of people that get together to chat about everything under the sun. Themes can range from the best local restaurants to coupons for shopping. This group is a great way to get out and meet new people and connect with friends.

**June 6 – 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. **\*\*Call (908) 369-8700 to schedule an appointment. \*\***

**June 7, 14 & 28 – Trivia Time**, 10 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 the Center for some mind-tingling brain stumpers and a fun-filled intellectual workout.

**June 7 – “Name That Tune: A Musical Adventure,”** 10:15 a.m. Challenge your memory and guess old and new songs in this hilarious game.

**June 8 & 29 – Bingo Bonanza**, 10:30 a.m. Bingo is more than just an exciting activity—researchers have found that playing Bingo has multiple health benefits that include: promoting socialization, strengthening hand-eye coordination, and improvement of listening and short term memory skills.

**June 13 – “Movie Musicals of the 1940’s,”** 10:30 a.m., presented by Sam and Candy Caponegro. During the Depression, film musicals helped the audience escape hard times. See some of the clips that include scenes with Eddie Cantor, Sonja Hennie, Betty Boop, Marx Brothers and extravaganzas of Busby Berkley will also be featured.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D**

**June 14 – TED Talks: The Transformative Power of Classical Music with Benjamin Zander**, 10:15 a.m. TED Talks are influential videos featuring expert speakers with knowledge of education, business, science, tech and creativity, and offering subtitles in 100 plus languages. Benjamin Zander has two infectious passions: classical music and helping people realize their untapped love for it—and by extension, their untapped love for all new possibilities, new experiences and new connections. Paper and pencils will be provided for participants to take notes. After, a group discussion will be held afterwards.

**June 15 -**  **“Immigration: Coming to New Jersey,”** 10:30 a.m., presented by Debra Esposito from the Morris Museum. This program highlights Immigration in New Jersey from the 1700's until the Great Depression. In addition to an educational program, this is also a reminiscent program as attendees hear about what their families may have experienced if and when they immigrated to the United States. **\*\*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 20 – June Jeopardy.** Challenge yourself in this mind-stimulating morning of Jeopardy that celebrates all things June.

**June 21 - Fourth Annual Thrill'n & Grill'n: A Picnic at Colonial Park**, 10:30 a.m. Join this annual event of summer fun, food and friends at the Annual Picnic in the Park. Get sizzling as participants groove to DJ Gio's tunes of the season. Make sure to join the Center for the largest Zumba Dance Party ever scheduled. Remember, a picnic isn't complete without good old fashioned games such as beach volleyball and horseshoes. Join the crowd to see how low you can go in a friendly game of Limbo. The events are followed by lunch that is grilled under the sun! The event is held rain or shine (Pavilion/Tents are Available)!

**June 22 – Craft: Acrylic Party Glasses**, 10:45 a.m. This month in our very popular “Crafting with Pam Series” participants will create their own individually designed acrylic summer drink glass using acrylic paint markers. Featured designs include confetti, sunbursts, and fireworks.

**June 27 – July 4 Patriotic Entertainment** by Ian Gallagher, 10:30 a.m. Ian will be visiting the Center for the first time, and performing a selection of patriotic songs celebrating July 4. He will also intertwine summer songs along with 50's and 60's music to get the audience engaged.

**June 28 – “Are You Smarter Than a 5<sup>th</sup> Grader?”** 10:15 a.m. Made popular by the television program, this game will test your recollection of events, products and all those things that you learned in school and thought you'd never use again.

## **MONTGOMERY SENIOR CENTER**

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

**Open Monday – Friday, 9 a.m. – 4 p.m.**

**Games/Cards (Scrabble, Chess, Uno, Rummikub, etc.)** – Every Tuesday, Wednesday & Friday, 9 a.m. – 2 p.m. If interested, and there is a favorite game not listed, and/or if you are interested in starting up 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), then 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 are required. **\*\*Check the monthly calendar for schedule updates.\*\***

**Mahjong Lessons** – Every Monday, 1– 4 p.m. Want to learn how to play Mahjong, or do you just need fellow players? Come to the center! Lessons and refreshers on the game are available! **\*\*Call (609) 466-0846 for more information.\*\***

**Montgomery EMS Blood Pressure Screenings** –Held the 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 is necessary.

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## **MONTGOMERY SENIOR CENTER – CONT'D**

**Beginner Ukulele Lessons with Chris** – Tuesday, 10:30 a.m. For beginners to get started on the right note, learn the foundation of playing the ukulele. Participants will get instruction on how to hold the uke, tune it, strum, play simple chords, and get details about how to buy a ukulele. These are easy-to-follow lessons for beginners, or for anyone who would like a refresher course. **\*\* Call (609) 466-0846 for more information. \*\***

**Intermediate Ukulele Lessons with Chris** – Tuesday, 9:30 a.m. & Thursday, 10:00 a.m. Now that you have the foundation of ukulele playing down the intermediate lessons aim to get you playing like a pro! Using a wide range of musical genres, we look further into chord and melody playing, improvisation, and playing multi-part arrangements together in a band. **\*\*Call (609) 466-0846 for more information. \*\***

**Yoga with Elizabeth** – Every Tuesday, 11 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while standing or sitting 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. **\*\*Check the monthly calendar for scheduled updates. \*\***

**Exercise for Arthritis with Elizabeth** – Tuesday, 10:30 a.m. & Thursday, 11 a.m. This program is a recreational exercise program designed to address the following physical goals: reduce pain, decrease fatigue and stiffness while increasing flexibility, strength, balance and endurance in a safe and positive environment. **\*\*Check monthly calendar for a schedule updates. \*\***

**Tai Chi with Herb** – Wednesday, 11 a.m. Tai Chi is based on the practice of 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 the risk of falls, and especially for those with balance problems. This program can be practiced either standing or sitting. **\*\*Check monthly calendar for schedule updates. \*\***

**Healthy Bones Exercise Class** – Meets Wednesdays, 10:15 a.m. This is a Peer-led, 24-week exercise and education program for individuals at-risk, or who have osteoporosis. The exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. **\*\*For new participants, 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/Crafting with Jane** – Every Wednesday, 10:30 a.m. New members welcome! **\*\*Call (609) 466-0846 for more information. \*\***

**Walk with Ease Program** – Mondays & Wednesdays, 12:30 p.m. If you need relief from arthritis pain or just want to be active—the Arthritis Foundation's six-week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Walk with Ease is proven to: reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve overall health. This class will meet on Monday and Wednesday afternoons for six weeks. **\*\*Classes started in May. Call (609) 466-0846 to hear about other opportunities. \*\***

**Card Game: 3-13** – Every Friday, 10 a.m. or 11 a.m. **\*\*Check monthly calendar for schedule updates.\*\***

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

**Pool Table** – Available Monday – Friday.

**Computer Lab** – Available Monday-Friday, 9 a.m. – 4 p.m.

**June 1 – Bingo.** Bingo is more than just a fun activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination and improves listening and short term memory skills.

**June 1 – State Health Insurance Program (SHIP).** A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. **\*\*Call (609) 466-0846 to schedule an appointment. \*\***

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## MONTGOMERY SENIOR CENTER – CONT'D



**June 4, 11, 18 & 25 - ARTS** **Irish Dance Lessons**, by Nicole Mahncke, from Nikki Manx Dance Project/Arts Horizon, 10:30 a.m. Take a journey to the Emerald Isle, as you dance and listen to music from Ireland. Listen to sounds of bagpipes and harps, as we get your blood flowing and heart rate up through both classical line dances, and modern day music from Ireland. From Handel to U2, Ireland has influenced American culture in many ways. Learn Gaelic words, fun facts, and the famous line dance, "Siege of Ennis" plus the history behind it. **\*\*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.\*\***

**June 6 & 20 – Move Today with Elizabeth**, 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. The class focuses on good posture and fall prevention. Exercises can be done while standing or sitting.

**June 7, 14, 21 & 28 – Mahjong**, 10 a.m. Want to learn how to play mahjong, or are you familiar with the game, and need fellow players? Friday mornings are mahjong mornings. Lessons and refreshers on how to play the game are available.

**June 7, 14, 21 & 28 – Bocce Ball**, 11 a.m. Enjoy time outside while playing bocce ball. This is great for all ability levels and instruction will be available. (Weather Permitting)

**June 8 & 22 – Ageless Grace Fitness Program** with Roz Gerken, a Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity—that 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 standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

**June 11 – Smartphone & Tablet Workshop**, 12:30 p.m. Need help with your electronic devices? The Center is offering a Lunch & Learn opportunity, by AT&T. Join the Center for a one hour crash course on how to use your smartphones and tablets. Learn about and test the newest phones and tablets during this seminar led by highly trained AT&T employees. Bring your devices in and get your questions answered. **\*\*Call (609) 466-0846 to register. \*\***

**June 13 & 27 – “Creative Wellness,”** 10:15 a.m., led by Shirin Stave-Matais, a former professional dancer, “Creative Wellness” integrates various disciplines to create a unique combination that results in a variety of experiences for the participant. The class merges aspects of hatha and chair yoga, gestural, improvisational and world dance forms, sound therapy and creative play, with guided relaxation and meditation techniques. The class aims to instill calm, control, and meditative practices with imaginative, joyful and social interaction. Creative Wellness 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 standing or sitting.

**June 14, 21 & 28 – “Laughter Class”** with Denise Crowley, 10:30 a.m. Laughing is an excellent way to reduce stress in our lives, and can help you cope and survive a hectic lifestyle. Laughter provides a full-scale workout for your muscles and unleashes a rush of stress-busting endorphins. Since our bodies cannot distinguish between real and fake laughter, anything that makes you giggle will have a positive impact.

**June 15 – “History of Movie Musicals,”** 10:45 a.m., by Sam and Candy Caponegro. Exotic settings have been the backdrop for many American film musicals. Join the Center to explore cultures with a local vibe that include France, England, Latin America, and other places. Learn the real facts behind movie symbolism.

**June 22 – Karaoke**, 11:15 a.m. Take a turn trying out our karaoke machine! Go solo or join a group for this fun activity.

(more)

## MONTGOMERY SENIOR CENTER – CONT'D

**June 29** -  **“New Jersey Inventors,”** 10:30 a.m., presented by Debra Esposito from the Morris Museum. What innovations and inventions have the people of the great state of New Jersey contributed to our home state, the rest of the country and the world? How have these creations impacted our world today? Join us for an exploration of the inventions that rocked the globe, including: Thomas Edison’s Electric Light bulb, Samuel Morse’s improvements on the telegraph and the invention of Morse code. **\*\* 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.\*\***

## QUAIL BROOK SENIOR CENTER

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

**Open Monday – Friday, 9 a.m. – 4 p.m.**

**Table Tennis (Ping Pong)** –Monday – Friday. Take a shot at being a tournament master by playing single or a 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.

**Individual Computer Instruction with Mike Dias** – on Tuesdays, 9 a.m. – 12 p.m. **\*\* Call (732) 563-4213 to schedule an appointment. \*\***

**Healthy Bones Exercise Class with Joan Ackerman** –Mondays, 9:15 a.m. This is a peer-led, 24-week exercise and education program for individuals at-risk or who have osteoporosis. The exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor’s note is also required prior to the first class and then once every year. **For new participants, 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.**

**QBC News** – Monday – Friday, 10:00 – 10:30 a.m. Stay up-to-date on breaking news around the world and current events while engaging in a stimulating Question and Answer session as fellow center members take turns researching and sharing hot topics of the day.

**The Regime Exercise Class** – On Monday, Wednesday & Friday, 1 p.m. Exercise and move without putting undo pressure or strain on your body. Learn movements that will help lubricate the joints and keep them flexible, as well as, strengthen and stabilize individual muscles and increase blood circulation. These exercises can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be performed standing or sitting.

**Continuing Art Institute**, Tuesdays, 1 – 3 p.m., led by Karen Haake. This five-part module will teach the participants how to create Origami: Module 1 -“The Ancient Art of Folding Paper,” Module 2- “The Ancient Art of Folding Paper,” Module 3 -“The Ancient Art of Folding Paper,” (continued), Module 4- “Origami Sculpting Techniques,” Module 5- “Origami: Classic Designs and Jewelry” **\*\*\$10.00 fee per class includes supplies.\*\***

**Electronic Keyboard Lessons** –Thursdays, 11 a.m. Esther Fowlkes and Joan Simons (Quail Brook’s very own talented members), will happily introduce you to basic music theory and keyboard skills.

**Line Dancing** – Fridays, 9:30 a.m. Line Dancing is so much fun, it doesn’t seem like exercise! No partner is needed and it’s an easy way to stay healthy, both mentally and physically. It’s suitable for participants with limited mobility, and is known to improve cardiovascular health, muscular strength, and improve coordination and balance as participants work through different movements.

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

**A Variety of Board & Card Games** (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday. 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 featuring the game of your choice, please inform the staff.

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## QUAIL BROOK SENIOR CENTER – CONT'D

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

**June 1** – “**Frick & Frack: The Dynamic Duo Comedy Session**,” 10:30 a.m., with Sandi & Irene who are Quail Brook Senior Center Participants. The ladies will provide the audience with a lounge act of comedy.

**June 4, 11, 18 & 25** – “**Take Control of Your Health**,” 10:15 a.m. – 12:00 p.m., presented by Adalin Ball, MSW, Eldercare Educator, from Somerset County Office on Aging & Disability. “Take Control of Your Health” is a 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 skills needed to take a more active role in their health care. Participants will learn healthier ways to live, gain confidence, manage their health and feel more positive about life. **\*\*Advanced registration by May 25<sup>th</sup> is required. Call (732) 563-4213 for more information. \*\***

**June 5, 12 & 26** – **Body and Brain Yoga with Lucy Pagnetti**, 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. Participants will alternate between standing and sitting in a chair when performing the exercises.

**June 6, 20 & 27** – “**Ageless Grace**” **Fitness Program**, 10:30 a.m., presented by Roz Gerken a Certified Ageless Grace Educator. “Ageless Grace” is 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, recall, analytical thinking, creativity, and kinesthetic thinking). This program is intended for participants of all abilities, and can be performed while standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

**June 7** – “**Eating Healthier, Feeling Happier, and Aging Gracefully**,” 10:30 a.m., presented by Chung “CS” Yang, Ph.D., a Distinguished Professor & John L. Colaizzi Endowed Chair in Pharmacy at Rutgers University, Ernest Mario School of Pharmacy EOHSI – Toxicology. This informative lecture will examine the science and the importance of a healthy diet, exercise, and maintaining a positive attitude; as well as, guidance on how to achieve those three attributes for healthy living. Don’t miss out on this lecture and discussion about positive, healthy aging!

**June 8** -  “**ARTifacts**,” 10:30 a.m., presented by Debra Esposito from the Morris Museum. This program is an interactive program where participants will learn about selective New Jersey born artists whose work is part of the Morris Museum’s collection. Join the Center to learn the academic steps for critiquing art work, and broaden your appreciation for various styles of artwork. **\*\*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 13** – “**Flow & Flair**,” 10:30 a.m., led by Michael Dicus, of Eec! Productions, Inc., “Flow & Flair” is a one hour, flagging dance class, designed to engage participants of all abilities. Flagging Class is designed to provide a unique channel of expressive and innovative extensions of the dance arts.

**June 14** – **Zumba Gold**, 10:30 – 11:00 a.m. led by Laura Fechter. Exercise with popular music designed to inspire a hearty workout. This class is designed for people age 60 above, beginners, and others needing modifications in their exercise routine. Using fun, energetic and rhythmic moves, “Zumba Gold” builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms.

**June 14** – “**Interfaith Discourse Discussion Program**,” 11:00 a.m., presented by Rabbi Ronald Kaplan, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist. Get engaged with a give-and-take discussion on life’s never ending topic of change; and how to manage upheaval, and lessen the impact on one’s self, family and friends.

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## QUAIL BROOK SENIOR CENTER – CONT'D

**June 15 & 29 – Tai Chi with Laurena Kugliowski**, 10:30 a.m. Lauren is an Activities Director, from Regency Jewish Heritage Rehabilitation Center. Tai Chi is based on the practice of shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants have experienced a reduction in pain, fatigue, stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially for those with balance problems. This program can be performed while standing or sitting.

**June 19 – “Sinister Sodium,”** 10:30 a.m. presented by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, from Rutgers Cooperative Extension of Somerset County. This educational lecture is intended to emphasize what we already know about the risks of too much sodium, plus imparting creative ways to lower your sodium dependency.

**June 21 – Fourth Annual 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. Make sure to join us for the largest Zumba Dance Party ever scheduled. Remember, a picnic isn’t complete without good old fashioned games such as beach volleyball and horseshoes. Test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo. Events are followed by lunch grilled under the sun! Event occurs rain or shine (Pavilion/Tents are Available)!

**June 22 – “A Pakistani Wedding,”** 10:30 a.m., presented by Durdana Asheer a Quail Brook Senior Center Volunteer. Be a guest at this interactive program of culture, history, music, clothing, wedding traditions and of course, fun!

**June 28 -  “Over Here, Molly Pitcher,”** 10:30 a.m., presented by Stacy Roth from History of the Hoof. This interpretive storytelling program relates the legend of Molly Pitcher—Mary Hays McCauley, the heroine of the 1778 Battle of Monmouth Courthouse—and explores the daily lives of the “women of the army” who followed their husbands to war during the American Revolution. Molly reminisces about the days when she accompanied her husband through battles and winter encampments from Valley Forge to Monmouth to Morristown. Relating her tales of firing cannons in the heat of battle to trudging “behind the baggage,” she provides a glimpse into what it was like to be a “camp follower” in the days when American independence was a dream rather than a certainty. This program is presented in costume of that period. **\*\*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 Cultural & Heritage Commission.\*\***

## WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

500 Warrentown Rd., Warren, NJ 07059

(908) 753-9440

**Open Monday – Friday, 9 a.m. – 4 p.m.**

**Zumba Gold with Angie** – Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 and above, 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 starts on June 25. Registration is required by June 15. Call (908) 753-9440 for more information.\*\***
- Monday Afternoon 1:00– 1:45 p.m. **\*\*\$40 for the 8-week program. Next session starts on June 25. Registration is required by June 15. 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 starts on July 11. Registration is required by July 2. Call (908) 753-9440 for more information.\*\***

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## **WARRENBROOK SENIOR CENTER – CONT'D**

**Watercolor Paint Class** – Monday & Thursday, 9:00 – 11:30 a.m. This is a great opportunity for an experienced artist to meet new people while water coloring. **\*\*Advanced registration is required. Call (908) 753-9440 for more information. Openings are available in the Monday Group. \*\***

**Oil Painting** – Wednesdays, 9 – 11 a.m. This is an excellent way to connect with people who have oil painting experience. **\*\*Advanced registration is required. Call (908) 753-9440 for more information.\*\***

**Healthy Bones Exercise Class** –Wednesdays & Fridays, 10 a.m. This peer-led, 24-week exercise and education program is for at-risk individuals or those who have osteoporosis. The exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. **\*\*For new participants, the price is \$45, and includes ankle weights, a participant manual and the class fee. If ankle weights are not needed then the price is \$15. Openings are available, call Caitlin Witucki at (908) 704-6339 for more information. \*\***

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

**Carrom Board Game** – Available Monday – Friday. Play "Strike and Pocket" a table game of Eastern origin that is similar to billiards and table shuffleboard.

**Computer Lab** – Call for Availability.

**Jigsaw Puzzle** – Available Monday – Friday. Strike up conversations, make new friends and enjoy assembling puzzles together.

**Lending Library** – Available Monday – Friday. Paperback books are available to take home and return when read.

**June 1, 8, 15, 22 & 29** –“**Brains, Games and Hand Bells 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-stumping word games and a fun-filled musical workout using hand bells.

**June 4 –CANCELLED–**“**Sleep Disorders and Sleep Apnea,**” 10:30 a.m., presented by Samer Gerges from the Sleep Disorders Center, at Robert Wood Johnson Barnabas Health. Join the Center for an informative program that will address the following questions: How does sleep change as we age? Do we need less sleep as we age? Can a person expect to experience more sleep problems or have a sleep disorder as they age? How does sleep affect our overall health, medical conditions and general well-being as we age? What can we do to get a good night's sleep?

**June 5 –Folk Dancercise then Boggle,** 10:30 a.m., led by Rekha Srinivasan, from Bharat Nritya Academy. Before playing Boggle, a challenging game that is played using a grid of letters— participants will engage in Folk Dancercise— and enjoy the gaiety of folk dancing while getting exercise. Join the Center to stimulate the body and the mind.

**June 5, 12, 19 & 26 – Bridge Group with Ronnie,** 1– 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Regularly playing Bridge can stimulate the brain and help keep the memory active and the brain alert. Join Ronnie and her group to play bridge on a weekly basis. New members and beginners are welcome (lessons are available).

**June 5, 12, 19 & 26 – Chair Yoga with Jillian** – on Tuesday, 12:45– 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while participants are seated in a chair or have the option to perform standing poses. Yoga will help increase bone density, strength and balance. Participants will 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 to reduces stress and improve one's overall well-being. **\*\*\$40 for the 8-week program. Next session starts in July. Call (908) 753-9440 for more information. \*\***

**June 6, 13, 20 & 27 – Tone and Flexibility Exercise Class with Sabina,** 10:45 a.m. Enjoy an energizing class suitable for beginners and intermediate levels. Exercising with Sabina will boost energy levels, reduce stress, and help tone the body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

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## WARRENBROOK SENIOR CENTER – CONT'D

**June 6, 13, 20 & 27 – Ballroom Dancing with Bice**, 1– 3 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 including and impact on one's 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 7, 14, 21 & 28 – 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 that may improve listening and short-term memory skills.

**June 11** -  **"Immigration: Coming to New Jersey,"** 10:30 a.m., presented by Debra Esposito from the Morris Museum. This program highlights Immigration in New Jersey from the 1700's until the Great Depression. Also, participants may get a greater understanding of what some of their relatives may have experienced when they immigrated to the United States. **\*\*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 12 & 19 – "iPhone/iPad Workshop: Get the Most from this Powerful Tool"** with Maureen Greenbaum, 10 a.m. This is a second **and third class of a three-part workshop** where participants will get answers to their questions. The class will explore the benefits of individual iPhone apps such as "Find My Friend," Google/Apple maps, podcasts, mail, health, camera, calendar, and stocks. Participants can ask questions and get answers. This class is good for beginners and intermediate users who are interested in learning or enhancing their iPhone skills. **\*\*Bring your iPhone or iPad. Advanced registration is required. Space is limited. \*\***

**June 12 & 19 – Boggle and Word within a Larger Word**, 10:30 a.m. This challenging word-find game is played using a grid of letters where participants will try to create words within other words. The goal is to find as many words as possible.

**June 12 – Warrenbrook Book Club**, Second Tuesday of the Month, 1:30 p.m. Featuring "All the Light We Cannot See" by Anthony Doerr. In this imaginative and intricate novel inspired by World War II, the book follows a blind French girl and a German boy whose paths collide in France during the war where both try to survive the devastation of World War II. New Members are Welcome!

**June 14, 21 & 28 – "Matter of Balance" Workshop. This workshop is full, there are no available openings. \*\*The next eight-week "Matter of Balance" Workshop series will be offered in September at Warrenbrook. Call Caitlin Witucki, (908) 704-6339 to hear about other opportunities.\*\***

**June 18 – "Patio Planter Day,"** 10:30 a.m. The 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. Don't miss this hands-on experience.

**June 20 – FREE Blood Pressure Screenings**, 10:30 a.m., given by Jill Hockenbury, RN, Community Visiting Nurse Association, No appointments are necessary.

**June 25** -  **"Over Here, Molly Pitcher,"** 10:30 a.m., presented by Stacy Roth from History of the Hoof, This interpretive storytelling program relates the legend of "Molly Pitcher" (Mary Hays McCauley), the heroine of the 1778 Battle of Monmouth Courthouse – and explores the daily lives of the "women of the army" who followed their husbands to war during the American Revolution. Molly reminisces about the days when she accompanied her husband through battles and winter encampments from Valley Forge to Monmouth and Morristown. Relating her tales of firing a cannon in the heat of battle to trudging "behind the baggage," she provides a glimpse into what it was like to be a "camp follower" in the days when American independence was a dream rather than a certainty. This program is presented in costumes of that period. **\*\*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 Cultural & Heritage Commission.\*\***

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## **WARRENBROOK SENIOR CENTER – CONT'D**

**June 26 – “AmeriCare Physical Therapy,”** 10:30 a.m., presented by Barbara Golej-Figura, OT, CHT, AmeriCare. Barbara will be hosting an educational and informative workshop on the importance of Occupational Therapy (OT). OTs help patients across the lifespan by helping them perform daily tasks through the therapeutic use of everyday activities. Barbara will discuss the ways an OT can be beneficial to patients. She will demonstrate some equipment that an OT would use during a typical treatment session. Also, she will discuss the causes, symptoms, and treatments of arthritis in the hand. As a Certified Hand Therapist (CHT), Barbara is able to effectively identify and relieve the symptoms of inflammation and joint pain.

**June 29 – 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 of the New Jersey Department of Health and Senior Services.

**\*\*Services are available by appointment only, and are available the last Friday of the month. \*\***

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

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