



News from the Somerset County Board of Chosen Freeholders

Patrick Scaglione, Freeholder Director • Brian D. Levine, Freeholder Deputy Director
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June 21, 2018

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce July Program Schedule

The senior centers operated by the Somerset County Office on Aging & Disability Services announce the July program schedule. All programs begin at 11 a.m. unless otherwise listed.

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a **hot** meat-based or meatless entrée, or a **cold** meat-based or meatless boxed lunch. Please make reservations prior to 10 a.m. the previous business day. Invite a friend or neighbor to join you for lunch, or come earlier in the day and enjoy one of the center's many programs.

If you drive or have your own ride, you can go to any center of your choice. We hope to see you soon!

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.

Announcement: All centers will be closed on Independence Day (July 4).

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 come learn something new and meet wonderful friends while doing what you love.

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 to help you avoid injury; you will dance to the beat of the music and finish with a cool down. This aerobic class that is low-impact and great for the heart! Sneakers required. ****\$40 for the 8-week program, new 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 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 stimulate movement in joints and muscles. This class is perfect for stress relief and giving participants an overall sense of well-being. ****Call (908) 204-3435 for more information.****

- Tuesday Afternoon 1 – 2 p.m. ****\$40 for the 8-week program, next session starts August 7. Registration required by July 27.**
- Friday Afternoon 1 – 2 p.m. **** \$40 for the 8-week program, next session starts August 10. Registration required by July 27.****

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

Bridge Club – 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. New members and beginners are welcome (lessons available). ****Please call (908) 204-3435 for more information.****

- o Tuesday Morning 9:30 a.m. – 12 p.m.
- o Wednesday & Thursday Afternoon Wednesday & Thursday, 12:30 – 3 p.m.

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

Tai Chi for Health – Wednesday, 1 p.m. This preparatory course is the core of a Tai Chi program, and 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, and learn new postures that will enable them to experience considerable improvements in their physical ability. ****\$16 suggested donation for the 8-week program, next session starts on June 27. Registration 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, and participants must be registered with the center to attend. ****Please call (908) 204-3435 for more information.****

Monthly Book Club – Every Third Thursday, 12:30 pm. On June 21, join us for a discussion of the current book, *The Wright Brothers* by David McCullough, 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 with dance moves by challenging the heart and working the muscles of the hips, legs and arms. Sneakers are required. ****Call (908) 204-3435 for more information.****

- o Wednesday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session starts June 20. Registration required by June 11.****
- o Friday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session starts June 22. Registration required by June 11.****

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

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

July 2 – “Medicare 101” by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services, 10:30 a.m. As a follow up to the Medicare overview presentation at the Senior Expo, Laurie will return to address additional questions and give an overview of the different Medicare plans.

July 3 – “All about Plants” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion highlighting the best that nature has to offer this time of year.

July 3 – 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.

July 4 – Holiday –Centers Closed

July 6 – Fourth of July Performance by Ian Gallagher, 10:30 a.m. Ian will play the guitar and sing us some patriotic songs to honor Independence Day.

July 9 – “Recycling 101: What Goes in Your Recycling Bin” by Melissa Harvey, Somerset County Solid Waste Department, 10:30 a.m. Melissa will clear up any questions about what you can and cannot recycle.

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

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

July 11 & 27 – Country Western Dancing with Vince & Diana, 10:30 a.m. Learn line and partner dancing to popular and classic country hits. Vince and Diana will adjust their teaching according to the crowd; whether it's a mix of beginners, experienced, partners, or no partners. Everyone is welcome to join in!

July 13 – “Stories of Personalities & Technologies from Somerset County” by Jim DelGuidice, Photographer and Educator, 10:30 a.m. Since the days of Lord Sterling's astronomy, our very own county has been home to technological innovation! Learn more about the innovations that you probably use every day.

July 16 – “Armchair Travelers Presents: The Artic & Scotland” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together have visited 89 countries! In each country they have collected artifacts, have taken extensive photographs of their experience and recorded it on a DVD complete with music and narration. Today the Artic and Scotland will be featured.

July 17 – “Light Meals for One” by Allie Sanderson, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Allie will present some ideas for preparing light and healthy meals, followed by a Summer Salad demonstration and tasting. ****Reserve by July 13.****

July 18 – FREE Hearing Screenings by Farah Said, AuD, Raritan Valley Audiology, 10 – 11:30 a.m. No appointment is necessary.

July 20 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

July 24 – “Remembering the Ladies” by Carol Simon Levin, 10:30 a.m. Carol portrays Abigail Adams who famously wrote to her husband, John, asking that the Continental Congress “remember the ladies” when drafting new laws for the new nation. “Abigail” then looks forward in time to tell the stories of some of the courageous and tenacious women of all colors and creeds who fought to enhance women's political participation.

July 25 – 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 included, reserve by July 23.****

July 25 – Birthday Celebration, 12:15 p.m. Celebrate all July birthdays today with a slice of bakery cake (included with your lunch reservation).

July 30 – Coupon Workshop with Brenda, 10:30 a.m. Join Brenda and exchange coupons while sharing tips on how to save money on your next shopping trip.

July 31 – “Dental Sleep” by Dr. Patricia Swaintek-Lamb, Local Dentist, 10:30 a.m. Patricia is a local dentist that specializes in helping patients achieve better sleep. She works with sleep specialist to help fit patients with Continuous Positive Airway Pressure (CPAP) machines, and other dental appliances. Dr. Swaintek-Lamb will speak about the benefits and new advancements in dental technology.

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

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

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. The game is also being offered to experienced players every Thursday from 12:30 – 3 p.m.

Social Dancing – Tuesday, 11 a.m. Social dancing is not only great exercise, but an opportunity to make friends in a social environment. This program is run by senior center participants.

Needlework Crafts Club – Tuesday, 12:30 – 3 p.m. New members are welcome!

Hatha Yoga – Wednesday & Friday, 10:45 a.m. Hatha Yoga incorporates different body postures, controlled breathing and meditation. There are many benefits of Hatha Yoga that include, better stretching and aligning the body, improved balance and flexibility, a suppler spine and improved circulation. Please bring a personal mat; some mats are available on a first come, first serve basis. Space is limited. ****Check monthly calendar for schedule.****

Dance Aerobics with Marion Harris – Wednesday, 11 – 11:30 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics. ****Check the monthly calendar for the schedule.****

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

MOVE with Sharon – Thursday, 10 – 10:30 a.m. MOVE with Sharon is a summer fitness class offering chair exercises that can be done standing or sitting. This class will provide emphasis on body awareness, building muscle strength, balance, and gaining greater stability of movement in everyday life. Exercises will mirror everyday movements so participants will better understand how to strengthen their body; allowing for greater range of motion and being better able to enjoy daily activities.

Book Club – 4 Thursday of the Month, 10 a.m. New members are welcome. Join us to discuss the current book: “The Testament” by John Grisham.

Tai Chi for Health (Beginner) – Thursday, 10:45 a.m. This preparatory course is the core of Tai Chi. The program is designed to help participants develop their strength, balance and flexibility. In this Tai Chi program participants will learn unfamiliar vocabulary, and new ways of moving. Participants will learn the **basic form** of this art that will enable them to experience improvement in their physical ability, and learn new postures. ****\$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.****

Tai Chi for Health (Intermediate) – Thursday, 11 a.m. A peer led Tai Chi course will be offered under the pavilion every Thursday. Students can follow an advanced instructor, but must have prior experience. ****Please call (908) 203-6101 for more information.****

Tai Chi for Health (Intermediate) – Thursday, 1 – 2 pm. The Intermediate course will build upon the basic form learned in the beginner class. 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, moving one leg to the other without stumbling or falling, improving the body’s alignment, enhancing movement, and strengthen bones and muscles. ****\$16 is the 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 on August 9.****

Tai Chi for Health (Beginner) – Thursday, 2 – 3 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 learn new postures. ****\$16 is the 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 on August 9.****

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

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Zumba Gold – Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, and beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health with dance moves that challenge the heart, work the muscles of the hips, legs and arms. ****Call (908) 203-6101 for more information.****

- o Friday Afternoon 1:00 – 1:45 pm ****\$40 for the 8-week program, next session starts on June 8.****

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

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

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

Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.) – 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 for the game of your 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. Please call (908) 203-6101 to schedule an appointment.

July 2, 18 & 30 – Bingo. Bingo is more than an exciting activity. Researchers have found that playing Bingo has multiple benefits. It promotes socialization and strengthens hand-eye coordination that can improve listening and short term memory skills.

July 3 – “Sun Protection” by Walgreens Pharmacy, 10:45 a.m. Join Walgreen's representatives, Cesarina and Shatoya, as they present helpful information about sun protection and good skin products. As part of their program, door prizes will be given out and two lucky participants will have an opportunity to win a makeover.

July 4 – Holiday – Center Closed.

July 5 – Patriotic Tribute with Ken Tenkel. Join our patriotic tribute while we sing along with Ken as he plays the guitar and mandolin.

July 6, 13, 20 & 27 –  **“Brazilian Dance Lessons”** by Nicole Mahnke, Nikki Manx Dance Project/NJ Arts Horizon, 10:30 a.m. Listen to the sounds of Brazil through Samba music, and take part in our Brazilian dance workshop in the style of Capoeira. Learn the basic step of Capoeira, “Jinga,” and why it was created as a hidden form of protection. Experience the color and life of a Brazilian carnival, as participants clap to rhythms, and dance with joy. We invite participants to wear something colorful and 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.****

July 9 – “All about Deer Ticks” by Joe Gyurian, Rutgers Cooperative Extension. Joe will explain to participants how to be protected from these creepy critters. Knowing key facts about a deer tick is your first line of defense.

July 10 & 24 – Bereavement Support 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 a safe place to talk with others who share common feelings about their grief and renewal process. In this group participants will be able to incorporate 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.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

July 10 – “Be Wise About Medications” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. In this program participants will learn about prescriptions and over-the-counter drugs, understand the difference between generic and brand-name medications, and recognize how changes in our bodies affect medications. Participants will also learn how to identify an allergic reaction, side effect or adverse drug event, and how to avoid dangerous drug interactions.

July 11 – “Recycling 101: What Goes In Your Recycling Bin” by Melissa Harvey, Somerset County Solid Waste Department. Melissa will clear up any questions about what you can and cannot recycle.

July 12 – “Senior Fraud Protection Program” by Madeline Guzman, Director of Outreach, New Jersey Attorney General Office, Division of Consumer Affairs. Melanie will present a program on phone scams, lottery scams, the grandparent scam, email scams, telemarketing scams, identity theft, phishing and more.

July 16 – News & Views with Lynda. Have you heard the latest news? Join us for an open discussion on all the new interesting stories that are consuming the evening news.

July 17 – “Basics of Alzheimer’s Disease” by the Alzheimer’s Association. A representative from the Alzheimer’s Association will provide information and education on the facts and myths regarding aging, Alzheimer’s disease and dementia, the common risk factors and causes, the stages of the disease and current treatment.

July 19 – “Money Smarts for Older Adults” by Bernie Sokel, MBA, President, Money Care Financial. Bernie will discuss financial exploitation by a broad spectrum of perpetrators, including persons they know and trust, as well as strangers. Cognitive impairment diminishes the ability of some older adults to make financial decisions and to detect fraud and scams.

July 23 – “Safety on the Runway” by Edward Guo, PhD, former Professor of Applied Mechanics. Edward has worked on projects under the Federal Aviation Administration and is now retired. He enjoys continuing his education and sharing his knowledge with his peers. He will discuss the importance of safety on an airport runway.

July 24 – Game Day: Challenge Your Mind with Trivia Questions. 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 25 – “Crafting At Its Best” with Sunrise Senior Living, 10:30 a.m. Clients will have the opportunity to choose one of the following: First station is “Living with Artistry,” where participants will paint glass with sea sponges and learn simple brushwork; the second station is “Live with Anticipation,” where participants will have an opportunity to sit and relax with certified therapy dogs; the third station is “Live with Learning,” where clients will discuss different species of houseplants and have an opportunity to create a potted plant selection to take home.

July 30 – Musical Performance with the Senior Wellness Center at Bridgewater. Join us for a special performance as volunteers at the Senior Wellness Center at Bridgewater entertain us with classic rock songs of the 1960s and 1970s.

July 30 & 31 – AARP Defensive Driving Course 1 – 4 p.m. This is a one-day workshop. Any licensed driver may take this course to sharpen their driving skills. You will receive a five percent discount on insurance premiums for up to three years. ****AARP members pay \$15, and non-AARP members pay \$20. Seating is limited. Reservations are required.****

July 31 – “Burns in the Elderly” by the Visiting Nurse Association of Somerset Hills, 10:45 a.m. A representative from the Visiting Nurse Association of Somerset Hills will be onsite to discuss burns in the elderly. The elderly population is at a higher risk for severe complications as a result of injury from burns.

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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.

Yoga Your Way with Pam Elarabi – Mondays, 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. The class is great for beginners or those with yoga experience. Come to **Yoga Your Way** to achieve mindfulness and practice meditation, and learn poses and calming breathing techniques that you can use on-the-go. Wear clothing for safe movement and easy stretching. ****Please call (908) 369-8700 to register for this FREE weekly class.****

Fit & Flex with Rose – Tuesday & Thursday, 10:45 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 the 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. 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 the price is \$15.**

T'ai Chi Chih with Janet O. – Wednesday, 9:30 a.m. T'ai Chi Chih teaches a series of 19 gentle, fluid movements and one pose. Practicing these movements will activate circulation and balance that is the intrinsic energy of the body known as chi. The practice can be performed by individuals of most any age, ability or condition and done while standing or sitting. ****\$25 for the 10-week program, and the session starts on August 8. Call (908) 369-8700 for more information.****

Horseshoe Pit – Available Monday – Friday (Weather permitting).

Bocce Court and Horseshoe Pit – Available Monday – Friday (Weather permitting).

July 2, 9, 16, 23, & 30 – Scrabble Friends, 9:30 a.m. Enjoy a friendly game of Scrabble; with sufficient interest the center may plan opportunities for members to compete with other area Scrabble clubs.

July 2 – July in History: Take a Walk Down Memory Lane. Our popular historical series is back. Recap historical events and milestones as participants travel through time. Learn about exciting historical events- some very well-known and some obscure-that occurred in July.

July 3, 10, 17 & 24 – Puzzle Club, 10 a.m. Strike up conversations, make new friends and enjoy assembling puzzles.

July 3, 10, 17 & 24 – 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 and meet new people and connect with friends.

July 4 – Holiday – Center Closed.

July 5, 12, 19 & 26 – 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 us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

July 5 – Name That Tune: A Musical Adventure, 10:15 a.m. Challenge your memory in this hilarious game while guessing old and new favorite songs.

July 6, 13, 20 & 27 – Horseshoe and Bocce Ball Club, 9:30 a.m. Enjoy time outside, while being part of our horseshoe and bocce ball clubs! It's great for all ability levels; instruction will be available. (Weather Permitting).

July 6, 13 & 20 – The Week in Review, 10 a.m. Join us as we recap the new headlines of the week and discuss articles of interest. Bring an exciting event to share or join in our lively weekly discussion of local and national events.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

July 6 & 13 – Bingo Bonanza, 10:45 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. Bingo promotes socialization, strengthens hand-eye coordination and improves listening and short term memory skills.

July 9 – Wheel of Fortune – Contestants guess hidden phrases, words and places by guessing letters one at a time. Participants will divide into teams for this interactive, entertaining and educational game.

July 11 – Hearing Presentation and FREE Screenings, 10:30 a.m. Total Hearing in Hillsborough will be onsite to educate participants on preventing hearing loss, the predictors and signs of hearing issues, and the variety of hearing aids currently on the market. They will also conduct **FREE** hearing screenings for all interested participants. ****Please call (908) 369-8700 to let us know if you would like a screening.****

July 11, 18 & 25 – Mahjong Club, 12:30 – 3 p.m. Have you always wanted to learn how to play mahjong, or are you familiar with the game but just needing some fellow players? Lessons and refreshers are available. ****Please call (908) 369-8700 for more information.****

July 11, 18 & 25 – Social Networking Group (Wednesday 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 and meet and connect with friends.

July 11 – State Health Insurance Program (SHIP) – A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems and/or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (908) 369-8700 to schedule an appointment.****

July 12 – “Are You Smarter Than a Fifth Grader?” 10:15 a.m. This game, made popular by the television program, will test participant’s recollection of events, products and all those things learned in school that that no one thought they would ever use again.

July 16 – TED Talk: Older People Are Happier, with Laura Carstensen – TED Talks are influential videos with subtitles in 100 plus languages, featuring expert speakers that talk about education, business, science, tech and creativity. In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people age they become happier, more content, and have a more positive outlook on the world. Paper and pencils will be provided for participants to take notes. A group discussion will be held after the presentation.

July 18 – July Jeopardy – Participants will challenge themselves in this mind-stimulating morning of Jeopardy that celebrates all things July.

July 19 – Name “5” Game, 10:15 a.m. Participants will pick a category to see if they can name five things in that category.

July 20 – Craft: Yarn Floral Wreaths, 10:45 a.m. This month in our very popular “Crafting with Pam Series,” participants will create their own individual yarn floral wreath. Participants can create a one-of-a-kind masterpiece in the colors of their choice. After weaving yarn around a wreath, select an assortment of flowers to decorate the wreath. Create a summer or fall wreath to share and enjoy.

July 23 & 30 – “Learn about Genealogy and Start a Family Tree (2 Part Series)” by Janet Timari, Hillsborough Senior Center Manager, 10:45 a.m. Janet enjoys genealogy in her spare time. Over the next two weeks we will learn about her family search, offer pointers on research for people interested in starting genealogy as a hobby and help individuals create their own family trees.

July 25 – “Summer Art Party: Create a Summer Masterpiece to Enjoy” with Caitlyn Campbell, Foothill Acres, 10:15 a.m. Join our friends from Foothill Acres for a Summer Art Party. Listen to soothing music, socialize with friends and paint a beautiful keepsake landscape or floral. ****All supplies are included. In order to ensure that there are enough supplies available, please call (908) 369-8700 to reserve your spot.****

July 26 – Minute Mysteries – 10:15 a.m. Using the clues provided in a short one to three minute story, you will try to uncover the solution to the mystery. Stories will be read to the group then participants will break into smaller groups to try to solve the case.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

July 27 – Summer Fun Fresh Fruit Frozen Yogurt Tasting, 10:45 a.m. By combining a few simple and healthy ingredients, participants will create a fresh fruit frozen yogurt to enjoy. The recipe will be shared and tasting is encouraged.

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday – Friday, 9 a.m. – 4 p.m.

Games/Cards (Scrabble, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9 a.m. – 2 p.m.

Participants who have a favorite game not listed that they would like to play, and/or for those who are interested in starting up a club for the game of their choice, please inform the staff.

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

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 is necessary.

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 a.m. Beginners will get started on the right note by learning the foundation of playing the ukulele including how to hold, tune, and strum simple chords. This program offers easy to follow lessons for beginners. ****Please call (609) 466-0846 for more information.****

Intermediate Ukulele Lessons with Chris – Tuesday, 9:30 a.m. and Thursday, 10:00 a.m. Now that you have the foundation for ukulele playing participants can take part in the intermediate lessons. These lessons aim to help participants play like a pro! Using a wide range of musical genres, participant will gain a deeper knowledge of chord and melody playing, improvisation, and playing multi-part arrangements together in a band. ****Please call (609) 466-0846 for more information.****

Yoga with Elizabeth – Tuesday, 11 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses and can be done when standing or sitting. Yoga will help increase bone density, improve one's 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, which will help joints and muscles move more freely. This class is perfect for stress relief and helps the participant to achieve an overall sense of well-being. ****Please check monthly calendar for scheduled updates.****

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

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

Tai Chi with Herb – Wednesday, 11 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 have experienced a reduction of pain, fatigue and stiffness and have gained a greater sense of well-being. Regular tai chi can help reduce falls, especially for those who have balance problems. This program can be done standing or sitting. ****Please check the monthly calendar for schedule updates.****

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. This is a peer-led, 24-week exercise and education program for at-risk individuals or who those have osteoporosis. Exercises focus on improving 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 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.**

(more)

MONTGOMERY SENIOR CENTER – CONT'D

Crocheting/Crafting with Jane – Wednesday, 10:30 a.m. New members are welcome! ****Please call (609) 466-0846 for more information.****

Mahjong Lessons – Thursday, 10 a.m. – 12 p.m. Have you always wanted to learn how to play mahjong, or are you familiar with game and just need fellow players? Join us on Thursday mornings for mahjong! Lessons and refreshers are available. ****Please call (609) 466-0846 for more information.****

Card Game: “3-13” – Friday, 10 a.m. or 11 a.m. ****Please check the monthly calendar for schedule updates.****

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

Pool Table – Available Monday – Friday.

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

Bocce Ball – Available Monday-Friday, 10 a.m. – 2 p.m. Enjoy time outside while playing bocce ball! This is great for all ability levels; instruction will be available. (Weather Permitting)

July 2 – “Photography through David’s Eyes” by David Ward, C.L.P. Join David as he shows us photographs from his trip to Vancouver, Los Angeles and the California Coast.

July 4 – Holiday – Center Closed.

July 5, 12, 19 & 26 – Bocce Ball – Enjoy time outside while playing bocce ball. Great for all ability levels; instructions will be available. (Weather Permitting)

July 6 & 20 – Ageless Grace Fitness Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, that is the idea that the brain and central nervous system have the ability to change structurally and functionally. This program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). This program is for people of all abilities, and can be performed while standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

July 6, 13 & 20 – Karaoke, 11:15 a.m. Take a turn trying out our karaoke machine! Go solo or join a group for this exciting activity.

July 6 – 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. ****Please call (609) 466-0846 to schedule an appointment.****

July 9, 16, 23 & 30 –  **“Flamenco Dance Lessons”** by Nikki Manx Dance Project/NJ Arts Horizon. As an expressive art-form of dance, Flamenco is based on the various folkloric music traditions of Southern Spain that include; intensity, posture, expressive use of the arms and rhythmic stamping of the feet with a backdrop of guitar music. Join this series of dance lessons and immerse yourself in the tradition of Spain. ****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 11 & 25 – Creative Wellness with Shirin Stave-Matais, former professional dancer, 10:15 a.m. Creative Wellness strives 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 and creative play, together with guided relaxation and meditation techniques, the class aims to instill calm, control, and meditative practices alongside imaginative, joyful and social interaction. Creative 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.

(more)

MONTGOMERY SENIOR CENTER – CONT'D

July 12, 19 & 26 – Boomwhackers Percussion Workshop with John Fitzpatrick, 10 a.m.

Boomwhackers tuned percussion tubes are lightweight, hollow, color-coded, plastic tubes tuned to musical pitches by length. Participants will learn how to play boomwhackers and hand percussion in preparation for collaboration with the Montgomery Senior Center Ukulele Band.

July 13 – Performance by the Dance Factory Tour Team, 10:15 a.m. Join us for this very exciting, interactive performance!

July 18 – 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. A major focus of the class is good posture and fall prevention. Exercises can be done while standing or sitting.

July 27 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits including; promotes socialization, and strengthens hand-eye coordination that will improve listening and short term memory skills.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873

(732) 563-4213

Open Monday – Friday, 9:00 am – 4:00 pm

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.

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

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. This is a peer-led, 24-week exercise and education program for at-risk individuals or for those who have osteoporosis. 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 – 10:30 a.m. Enjoy breaking news around the world or current events of interest for a stimulating Question and Answer session, as participants take turns researching and sharing hot topics of the day.

The Regime Exercise Class – Monday, Wednesday & Friday, 1 p.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 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 with Karen Haake – Tuesdays, 1– 3 p.m. This five part module will teach the individual about exploring textures. **Module 1 – A Beach Theme: Exploring Textures and Materials;**

Module 2 – Outline Imagery/Texture and Material Placement; Module 3 –3-D Beach Landscape, Abstracts and Reflections; Module 4 – Beach Landscape, Realism; Module 5 – Free Style Creation.

Circuit Training – Thursday, 9:15 a.m. Participants can have fun while performing exercises that tone their muscles. In this class participants will increase their heart rate with cardiovascular exercises and tone muscles in the upper and lower body to help improve strength for everyday activities. This class will also improve balance, core strength and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, next session starts in September. Registration required by August 10.**

Call (908) 204-3435 for more information.**

Electronic Keyboard Lessons – Thursday, 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.

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QUAIL BROOK SENIOR CENTER – CONT'D

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

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

A Variety of Board & Card Games (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday. If members have a favorite game not listed and would like to play, or if interested in starting up a club with their game of choice, please inform the staff.

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

July 2 & 9 – “Take Control of Your Health” by Adalin Ball, MSW, Eldercare Educator, Somerset County Office on Aging & Disability Services, 10:15 a.m. – 12 p.m. 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 and motivation to manage their health and feel more positive about life. ****The class is currently filled. Call Caitlin Witucki at (908) 704-6339 to hear about other opportunities.****

July 3 – Patriotic Bingo, 10:30 a.m. Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination which improves listening and short term memory skills.

July 4 – Holiday – Center Closed.

July 5, 12, 19 & 26 – Zumba Gold with Laura Fetcher, 10:30 – 11 a.m. With popular music designed to inspire a hearty workout, Zumba Gold 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 using fun, energetic and rhythmic moves.



July 6 & 26 – “Flamenco Dance Lessons” by Nikki Manx Dance Project/NJ Arts Horizon, 10:30 a.m. As an expressive art-form of dance, Flamenco is based on the various folkloric music traditions of Southern Spain. Participants will learn better posture, expressive use of the arms and rhythmic stamping of the feet while dancing to guitar music. Join this series of dance lessons and immerse yourself in the tradition of Spain. ****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 10 – “A Pakistani Wedding” by Durdana Asheer, 10:30 a.m. You are invited to be “guests” at this interactive program of culture, history, music, clothing, wedding traditions and of course, fun!

July 11 & 18 – Ageless Grace Fitness Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, an understanding that the brain and central nervous system have the ability 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.

July 12 – “Health Hygiene: Food Handling Practices, Hand Washing Regiment and Ticks” by Michele Samarya-Timm, MA, HO, MCHES, REHS, Health Educator/Registered Environmental Health Specialist, Somerset County Department of Health. A lecture about staying as healthy as possible, with information about safe food handling practices, the importance of the simple act of hand washing, and how to manage the tick season.

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QUAIL BROOK SENIOR CENTER – CONT'D

July 12, 19 & 26 – Yoga with Dr. Prahba Srinivas (Council for Yoga Accreditation International at the S Vyasa University of Yogic Sciences, Bangalore India), 1 p.m. Take control of your emotional and physical well-being through the practice of yoga and meditation while reducing stress in your life. Please bring a mat and wear comfortable clothing that will allow movement. This class is appropriate for all levels of ability.

July 13 & 27 – Tai Chi with Laurena Kugliowski, Certified Instructor and Activities Director, Regency Jewish Heritage Rehabilitation Center, 10:30 a.m. Tai Chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants have experienced a reduction in pain, fatigue and stiffness, and have gained a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be performed while standing or sitting.

July 16 – “Taking a Crack at Back Pain” by Robert Wood Johnson University Hospital, Somerset, 10:30 a.m. This discussion will talk about four areas of your back: the neck, middle back, lower back, and tailbone that may be problematic and impacting your daily wellness. Join us for an overview that touches upon causes, treatment and relief from this potentially disabling condition.

July 17 – “PC Wonders” by Mike Dias, 10:30 a.m. Do the bells and whistles that come with your electronic device (cell phone, tablet, etc.) scare you? Put the fear of the unknown out of your mind and join this enlightening seminar on tech tips for easy use.

July 19 – “Dance Methodology: Caribbean Dance” with Donnamarie McCarthy, Create an Impression Traveling Dance & Yoga Studio. Caribbean dance, a blend of vibrant music and expressive moves that invokes visions of blue water, warm sand and sunny days! So, let's go to the islands and sway to the imaginary ocean breeze through this fun lesson on club dance.

July 20 – “Armchair Travelers Presents: The Kingdom of Morocco” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired, and together have visited 89 countries! In each country they have collected artifacts, have taken extensive photographs and recorded it all on a DVD, complete with music and narration of their experience. Today's feature is the Kingdom of Morocco.

July 23 – “Super Smoothies of Summer” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Learn, make and taste delicious ways to get your allotment of vegetables and super fruits all in one cool summer drink.

July 24 – “Farmer's Market: Farm to Table” with the Somerset County Office on Aging & Disability Services, Rutgers Cooperative Extension & Norz-Hill Farm & Market, 10:30 am. Annual Farmers Market Voucher Program with vouchers for eligible Somerset County residents in addition to cooking 'grown and just picked' Norz-Hill Farm & Market vegetables for easy, healthy and tasty summer recipes.

****Please call (732) 563-4213 for required voucher information and eligibility.****

July 25 – Free Flowing Percussion with Dave Miller and Special Guest Dana McCurdy, 10:30 a.m. Hand drumming is a universal language of communications that invokes a spirit of community, helps improve emotional well-being, relieve stress, reduces blood pressure and increase brainwaves (right/left hemisphere). In this program, made possible by the Franklin Women's Club, the seniors will play improvised solos with chords, tune progression and layers for a cohesive finale of sound and song!

July 30 – Competitive Table Tennis Clinic with Christopher Lehman – Local Somerset County Resident and Senior, USA Table Tennis (USATT) Certified Regional Level Coach, International Table Tennis Federation (ITTF) & Certified International Referee and International Umpire, 10:30 a.m. Also known as 'Ping Pong', the game is all inclusive with the team rallying around their rotating players and is an excellent means to improve hand-eye coordination and physical mobility and provide an opportunity to learn new knowledge.

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QUAIL BROOK SENIOR CENTER – CONT'D

July 31 – “Pickets & Persistence: War Service & Women’s Suffrage” by Carol Simon Levin, 10:30 a.m. Jeannette Rankin, America’s first female member of Congress, comes to life when Ms. Levin presents the history. Some highlights include her telling of intertwined stories about women’s suffrage, activism, war service, and the political calculus that finally brought the support of President Wilson, the U.S. Congress, and state legislatures to achieve passage of the 19th Amendment granting women the right to vote.

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

500 Warrenville Rd., Warren, NJ 07059

(908) 753-9440

Open Monday – Friday, 9 a.m. – 4 p.m.

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email and/or play solitaire on the computer? Do you know how to do a Web Search? By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you. ****Please call (908) 753-9440 for more information. Classes to resume in September.****

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. ****Call (908) 753-9440 for more information.****

- Monday Morning 10:45 – 11:30 a.m. ****\$40 for the 8-week program, a new session starts in September.****
- Monday Afternoon 1 – 1:45 p.m. ****\$40 for the 8-week program, the next session starts in September****
- Wednesday Morning 11:30 – 12:15 p.m. ****\$40 for the 8-week program, the next session starts on July 11. Registration is required by July 2. Call (908) 753-9440 for more information.****

Watercolor Paint Class – Monday and Thursday, 9 – 11:30 a.m. This is a great opportunity for an experienced artist to meet new people while watercoloring. ****Advanced registration is required.**

Please call (908) 753-9440 for more information. Openings are available in the Monday Group.**

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

Healthy Bones Exercise Class – Wednesday & Friday, 10 a.m. This peer-led, 24-week exercise and education program is for at-risk individuals or those who have osteoporosis. 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 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. 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.

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. Soft covered books are available to take home and to be returned when read.

(more)

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – CONT'D

July 2 – Fun with Origami, 10:30 a.m. Origami is the art of paper folding, and is often associated with Japanese culture. In modern usage, the word “origami” is used as an inclusive term for all folding practices, regardless of their culture or origin. The goal in this class is to transform a flat square sheet of paper into a finished sculpture through folding. Join Gwen as she challenges attendees to have fun folding and creating.

July 3, 10, 17 & 24 – Boggle and Word within a Larger Word, 10:30 a.m. Look for a word within a larger word in this challenging game that is played using a grid of letters. Players will search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long, but players may not use the same letter on the grid more than once per word. Join us as we try to find as many words as possible.

July 3, 10, 17, 24 & 31 – Bridge Group with Ronnie, 1 – 3:00 pm. 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 are welcome (lessons are available).

July 4 – Holiday – Center Closed.

July 5, 12, 19 & 26 – 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 help improve listening and short term memory skills.

July 6 – “Armchair Travelogue Adventure to Victoria, British Columbia” with Gwen, 10:30 a.m. Named in honor of Queen Victoria, the capital city of British Columbia sits on the rugged southernmost part of Vancouver Island. Learn some fascinating trivia on Captain James Cook who was the first non-Aboriginal person to set foot on Vancouver Island. Enjoy a tasting similar to what you could experience from *BC Farms and Food* establishments as you learn facts relating to Victoria and we will discuss how it relates to our lives.

July 9 – Family “Team” Feud, 10:30 a.m. Enjoy playing a team version of the popular television game show where answers to survey questions are based on popular responses.

July 10 & 17 – Part Two and Three of a Three Part iPhone/iPad Workshop: Get the Most from this Powerful Tool in your Pocket with Maureen Greenbaum, 10 a.m. At this workshop participants will get answers to questions about their mobile device and explore the benefits of individual iPhone apps, such as: “Find My Friend,” Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more!!! This class is good for beginners and those with some proficiency, who are interested in learning skills to make using the iPhone more effective and FUN! ****Be sure to bring your iPhone or iPad.**

Advanced registration required. Space is limited.**

July 10, 17, 24 & 31 – Chair Yoga with Jillian – Tuesday, 12:45 – 1:45 p.m. Open to all levels of practice and abilities; this class incorporates Hatha yoga poses while seated in a chair or standing to 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 improve movement of joints and muscles. This class is perfect for stress relief and gaining an overall sense well-being. ****\$40 for 8-week program. Call (908) 753-9440 for more information. No class on July 3. Next session begins on July 31.****

July 10 – Warrenbrook Book Club, Second Tuesday of the Month, 1:30 p.m. The featured book to be discussed is “Euphoria” by Lily King. New Members are Welcome!

July 11 – FREE Glucose and Blood Pressure Screenings with the Atlantic Health System/Overlook Medical Center’s Mobile Health Van, 10:30 am. Call (908) 753-9440 to schedule your 10-minute appointment.

July 11, 18 & 25 – 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.

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WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – CONT'D

July 11, 18 & 25 – Ballroom Dancing with Art and Fe, 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 into 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 Art and Fe as they play a variety of Ballroom Dance music.

July 13 – “Summer Salads and Salsa” by Michelle Sweeney, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Summer produce will be the topic of this program, and it will end with two tastings.

July 16 – “Hallelujah Chorus from Handel’s Messiah” by George Marriner Maull, Artist Director of the Discovery Orchestra, 10:30 a.m. This is one of the most well-known musical pieces from the baroque period. To this day it is performed regularly all around the world. It is the subject of study in schools and universities and is featured frequently in movies, television programs and commercials. Join us as George takes us through the blueprint of Handel’s crowning achievement.

July 20 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, playing word games and puzzles will stimulate different parts of your brain. As a group, participants will do several “mind-stimulating” exercise workouts.

July 23 – “Flavian Presents All New Mind Games” 10:30 a.m. Flavian “Fever” is spreading and setting the world on fire with fun and exciting mental marvels. Flavian will read your mind and make you laugh as he reveals answers to some very funny questions. This amazing and exciting program involves audience participation. It is truly a mystical show.

July 27 – Country Western Dancing with Vince & Diana, 10:30 a.m. Visit the Senior Wellness Center at Basking Ridge to learn line and partner dances with popular and classic country hits. Vince and Diana will adjust the teaching to the crowd; whether there is a mix of beginners, experienced, partners, or no partners...everyone is welcome to join in!

July 27 – 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. ****Services are available by advanced appointment only and will be available the last Friday of the month.****

July 30 – “Arctic Wildlife” by David Ward, C.L.P., 10:30 a.m. In this presentation, David will talk about his wildlife adventure to Quebec. In August 2017, David went on a wildlife adventure that took him to Kuujuaq, the largest Inuit settlement in Nunavik Territory, Quebec, to 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.

July 31 – “Got Trains! Learn About and Operate a Model Train” by the Somerset County 4-H Trainmasters, 10:30 a.m. View various engines and hear about several Trainmasters’ experiences. An O-Scale train will be on display and participants will be able to have a hands-on experience to operate the train.

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