



News from the Somerset County Board of Chosen Freeholders

Brian D. Levine, Freeholder Director • Patricia L. Walsh, Freeholder Deputy Director
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July 29, 2019

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce August Activities

The senior centers operated by the Somerset County Office on Aging & Disability Services announce the August 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 age 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 before **10 a.m.** on the previous business day.

Invite a friend or neighbor to join you for lunch! Come earlier in the day and enjoy one of the center's many programs!

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

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

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. to 4 p.m.

Computer Lab – Available Monday – Friday.

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

Dancercise – Monday, 10:30 a.m. Here's an innovative and fun way to exercise! This low-impact aerobics class is great for the heart. Dance to popular music that will keep you moving. Start with a warm-up to help you avoid injury – then dance to the beat of the music and finish with a cool-down. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins Aug. 19. Register by Aug. 9. Call 908- 204-3435 for more information.****

Take Control with Exercise – Tuesdays & Thursdays, 10:30 a.m. This is an ongoing exercise program for all skill levels and can be practiced while either standing or sitting. Strengthen core muscles, and improve flexibility and balance while boosting stamina. ****Call 908-204-3435 for more information. Check the monthly calendar for updates to the schedule.****

Yoga with Jillian – Tuesday, 2:30 p.m. In this gentle-flow yoga class, participants will practice poses while being seated in a chair and standing. Practicing poses will help release tension in the neck and shoulders. Learn to stimulate six directions of the spine for optimal health. The class will end with guided relaxation so that participants will leave feeling rested and refreshed. ****Cost is \$40 for the eight-week program; the next session begins Aug. 6. Register by Aug. 2. Call 908-204-3435 for more information.****

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

Tai Chi for Health – Wednesday, 1 p.m. This beginner's class teaches the basics of tai chi and is designed to help participants improve their strength, balance and flexibility. Learn new vocabulary, different ways of moving and develop posture and experience considerable improvement in your physical ability. This class will help participants master the more advanced forms of tai chi.

****Suggested donation of \$16 for the eight-week program; the next session begins Aug. 21.**

Register by Aug. 12. Call 908-204-3435 for more information.**

Zumba Gold – Wednesday, 9:30 a.m. Zumba Gold takes the popular Latin dance-inspired workout of Zumba and makes it accessible for people age 60 and above, beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health using dance moves that challenge the heart and exercise the hips, leg and arm muscles. Sneakers are required.

****Cost is \$30 for the six-week program; the next session begins Aug. 14. Register by Aug. 5. Call 908-204-3435 for more information.****

Knitting/Crocheting/Stitching Club – Monday, 9:30 – 11:30 a.m. All are welcome to join. Bring your own knitting/crocheting/stitching project to learn a new hobby, practice an old one and socialize while practicing something you love. Participants are encouraged to donate their blankets and other items to the Menlo Park Veterans Memorial Home. All items will be collected at the Senior Wellness Center and donated every month.

Bridge Club – Bridge is a mentally challenging card game that when played regularly, provides intellectual and social stimulation and helps your memory stay active. New members and beginners are welcome (lessons are available). ****Call 908-204-3435 for more information.****

- **Tuesday mornings at 9:30 a.m. – 12 p.m.**
- **Wednesday afternoons at 12:30 – 3 p.m.**

Mahjong Club – Tuesday, Wednesday, Friday, 12:30 – 3 p.m. Mahjong is a great game to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have some fun. This is not a competitive club. All levels of experience are welcome.

Monthly Book Club – Every Third Thursday, 12:30 p.m. On **Aug. 15**, join us for a discussion of "The Round House" by Louise Erdrich, then select the next book to read. New members are always welcome!

Aug. 2 – Internet Basics & Online Safety Workshop by Simar Singh, Ridge High School student, **10:30 a.m.** Learn about the internet, a gateway to a wealth of information and convenient services. Find out how to connect to it and common concepts and terminology. Topics range from Internet browsing and sending emails, to computer security and social media. Accessing the web is relatively simple, and this session will help develop the skills that participants need to explore and use the network with confidence. Tech help will be available after the presentation on a first-come, first-serve basis.

Aug. 5 – "Remember the Ladies" by Joel Farkas, history lecturer, **10:30 a.m.** Get a glimpse into the women of the American Revolution including Abigail Adams. Joel will discuss the attitudes and expectations of women during that time.

Aug. 6 – FREE Blood Pressure Screenings by the Somerset Hills Visiting Nurse Association, **10:30 a.m.** A registered nurse will be onsite to give blood pressure screenings. No appointment is necessary.

Aug. 7 – "Living to be 100 Years Young" by Helen Vasko, **10:30 a.m.** Helen discusses with the wonderful memories that are experienced when reaching the age of 100 years.

Aug. 9 – Drumming Circle with Dave Miller, Earthmovers Drum Collective, **10:30 a.m.** Soothe the mind, body and spirit in this drumming circle. This is a holistic experience that leaves participants feeling a sense of joy! This is an ancient approach to promote healing and incite self-expression. The benefits of drumming are deep relaxation, lower blood pressure, reduced stress and helps build communication. Dave will teach participants how to hold a drum and how to make different tones.

Aug. 12 – "Balance Education Program" by Abigail Newman, PT, DPT, professional physical therapist, **10:30 a.m.** Learn ways to improve and maintain your balance.

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

Aug. 14 – Mandala Art Workshop, 10:30 a.m. Mandalas are created with intricate geometric designs that are thought to represent the universe. The basic mandala is a square with four gates containing a circle. As an art form, they are exquisitely beautiful when color is added. No art experience is necessary.

Aug. 16 & 26 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination and improves listening and short-term memory skills.

Aug. 19 – Left, Right, Center Dice Game, 10:30 a.m. LCR is a popular, fast-paced game that you won't be able to put down! Three dice are rolled to determine where players distribute their chips as they compete to keep as many of their chips as possible. The last player with the most chips wins.

Aug. 20 – OOA&DS Satellite Office Opportunity, Laurie Roome, MS, community educator, Somerset County Office on Aging & Disability Services, **9:30 a.m. – 1 p.m.** Laurie will be at the center the **third Tuesday** of every month to assist with questions about the Office on Aging & Disability Services, offer information and provide assistance and support as needed. Laurie is available to meet one-on-one as requested.

Aug. 20 – 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 sponsored by the New Jersey Department of Health and Senior Services. ****Call 908-204-3435 to schedule an appointment.****

Aug. 21 – “Radio Waves and New Jersey” by Alan Delozier, historian, **10:30 a.m.** The history of wireless communication in the Garden State includes many memorable moments. Radio reached its peak during the mid-20th century. Join Alan as he guides participants through the history and nostalgia that radio inspires. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 23 – Annual Summer Picnic, 10 a.m. DJ Giovanni DiRienzo will play live music as participants enjoy the final weeks of summer. Enjoy activities and freshly grilled burgers on the patio. ****Reserve by Aug. 20.****

Aug. 28 – Strawberry Watermelon Salsa Demonstration and Tasting, 10:30 a.m. Try something different, such as a fruit salsa made with strawberries and watermelon. Fruit is all of the rage in the summer – find out why. ****Reserve by Aug. 23.****

Aug. 30 – Total Brain Workout with Kristen, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises can stimulate the brain and enhance critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street

Bridgewater, NJ 08807

908-203-6101

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

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

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

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

Carrom – Available **Monday – Friday.** The Strike and Pocket table game originates from the east and is similar to billiards and table shuffleboard.

Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.) – Available **Monday – Friday.** If you have a favorite game that is not listed that you would like to play, and/or if you are interested in starting a club featuring your favorite game, please inform the staff.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Ping-Pong – Monday – Friday. Ping-pong (table tennis) has only been an Olympic sport since 1988. Go ahead and take a shot at this fun game. Play either singles or doubles games. It's a great way to improve hand/eye coordination, concentration and agility. ****Call for availability.****

Table Shuffleboard/Air Hockey – Available Monday – Friday. **Call for availability.**

Qigong Practices with Michael – Monday, 10 a.m. Michael will teach the traditional practice of Qigong, which is a sitting-meditation that helps participants get acquainted with the mind, body and spirit. Beginners will learn breathing techniques that are coordinated with physical movements and then they will practice sets of exercise (similar to tai chi) until each movement or posture is perfected.

Gentle Aerobics – Monday & Thursday, 10:15 a.m. Exercise and move without putting undue pressure or strain on your body. Learn movements that will increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. These exercises can help to decrease falls and make it easier to accomplish day-to-day activities. This program can be practiced while either standing or sitting and is open to all skill levels.

Mahjong Club – Tuesday, 9:30 a.m. Mahjong is a great game to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. Join Sylvia and fellow center members to learn and play this interesting game. ****Experienced players can visit the center on Thursdays from 12:30 – 3 p.m. to play.****

Chair Yoga – Tuesday, 10:30 a.m. Practicing chair yoga can help increase bone density, improve strength, flexibility and balance while participants are immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress, can help participants gain an overall sense of well-being, is open to all skill levels and can be practiced while either standing or sitting.

Needlework Crafts Club – Tuesday, 1 p.m. Bring your own crocheting/crafting project or learn a new craft and socialize. All are welcome to join. ****Call 908-203-6101 for more information.****

Hatha Yoga – Hatha yoga teaches participants how to obtain improved body postures, controlled breathing, and meditation. Practicing Hatha yoga helps to stretch and align the body, improves balance and flexibility, and provides a suppler spine and better circulation. Please bring a personal mat; some mats are available on a first-come, first-serve basis. Space is limited. ****Check the monthly calendar for updates to the schedule.****

- **Wednesday at 9:30 a.m. & 10:45 a.m.**
- **Friday at 9:15 a.m.**

Scrabble Club – Wednesday, 1 p.m. Exercise your vocabulary and crossword skills. Enjoy a friendly game of Scrabble. With sufficient interest, we may plan for center members to compete with other Scrabble clubs in the area.

Pinochle Club – Friday, 12:30 – 3 p.m. Pinochle is a trick-taking card game, which can be played with two to four players. Whether you're new to pinochle, or you're just curious, you're invited to join our weekly pinochle games.

Healthy Bones Exercise Class – Wednesday, 10 a.m. This peer-led, 24-week exercise and education program is for individuals who are either at risk for osteoporosis or have it. Exercises can improve 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. ****Class is full, and there are no available openings. For more information, or to hear of other opportunities call Caitlin Witucki at 908-704-6339 for more information.****

Monthly Book Club – Fourth Thursday of the Month, 10 a.m. On **Aug. 29**, join us for a discussion of, "The Husband Hour" by Jamie Brenner, then select the next book to read. New members are always welcome!

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Exercise with Sabina – Friday, 10:45 a.m. Aerobic chair exercises provide many health benefits, such as improving heart health, reducing stress, lowering the risk of depression, reducing the risk of diabetes and osteoporosis, increasing body stamina, and improving metabolism, flexibility and stamina. This is an ongoing exercise program for all levels of skill. Exercises can be practiced while either standing or sitting. ****Check the monthly calendar for updates to the schedule.****

Social Dancing – Friday, 11 a.m. This is a peer-led, social dancing class. Social dancing is not only great exercise but it is an opportunity to make friends in a positive and fun environment. No experience is necessary.

Tai Chi for Health (Beginners) – This beginner's class teaches the core of tai chi and is designed to help participants improve their strength, balance and flexibility. Participants will learn new vocabulary, different ways of moving, and develop postures that will help them master the more advanced forms of tai chi. The basic form of this art will help enable participants to experience considerable improvement in their physical ability. ****Suggested donation of \$16 for the eight-week program. Register by Aug. 19. Call 908-203-6101 for more information.****

- **Thursday at 10:45 a.m.** The next session begins on **Aug. 29.**
- **Thursday at 2 p.m.** The next session begins on **Aug. 29.**

Tai Chi for Health (Intermediate) – Thursday, 1 p.m. Participants will develop the forms learned in the beginner's class to help them master the more advanced forms. This class will help participants shift weight from one side of the body to the other, move one leg to the other without stumbling or falling, help better keep the body in alignment. It will also teach participants how to move slowly and in a circular motion without hesitation or confusion and improve the practice of specific movements to help strengthen bones and develop muscles. ****Suggested donation of \$16 for the eight-week program; the next session begins Aug. 29. Register by Aug. 19. Call 908-203-6101 for more information.****

Zumba Gold – Friday, 1 p.m. Zumba Gold makes the Latin dance-inspired workout of Zumba accessible for people age 60 and above, and beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health using dance moves that challenge the heart and work the hips, legs and arm muscles. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins Sept. 6. Register by Aug. 23. Call 908-204-3435 for more information.****

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

Aug. 1 – “Hawk Migration” by Peter Axelrod, education and community outreach coordinator, Wild Birds Unlimited, Scotch Plains. Learn why birds migrate and the latest theories about the strategies birds use to find their way during autumn when hundreds of birds fly to warmer climates.

Aug. 5, 12, 19 & 27 – “Television Show Theme Songs” with Ken Teckel. Join Ken when he provides guitar music while participants rehearse for an upcoming performance in September.

Aug. 6, 13, 20 & 27 – OOA&DS Satellite Office Opportunity, Christine Panarese, MSW, care manager, Somerset County Office on Aging & Disability Services, **9:30 a.m. – 1 p.m.** Christina will be at the center every **Tuesday** to assist with questions about services and offer information, assistance and support, as needed. Christina is available to meet one-on-one as requested.

Aug. 6, 13, 20 & 27 – Conversational English with Sally Rob, Literacy Volunteers of Somerset County, **10:45 a.m.** The mission of the Literacy Volunteers of Somerset County (LVSC) is to promote literacy throughout the community. LVSC provides student-centered tutoring and literacy programs for adults to help them function more effectively in their daily lives.

Aug. 6 – The Bobby Emmons Show: Top Hits from the 50s, 60s & 70s, 10:45 a.m. Sing along with Bobby to various tunes from three decades.

Aug. 7 & 14 – Senior Wellness Center at Bridgewater Farmer's Market Voucher Distribution

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Event, 10:30 a.m. – 11:30 a.m. Are you eligible for Farmer's Market Vouchers? Please stop by the Senior Wellness Center at Bridgewater to find out. The Somerset County Office on Aging & Disability Services will be onsite to distribute farmer's market vouchers. If you are unable to attend on those dates, please call the Somerset County Office on Aging & Disability Services at 908-704-6346 to find out if you are eligible.

Aug. 7 – “Bridge Builder in Petticoats: Emily Warren Roebling & the Brooklyn Bridge” by Carol Simon Levin, storyteller, 10:45 a.m. Learn about the Brooklyn Bridge and Emily Roebling – one of the most famous and noted woman in New Jersey and in the country. She was wife to the chief engineer who became bedridden during the Brooklyn Bridge project and eventually became Chief Engineer. Find out about her many other accomplishments. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission****

Aug. 8 & 20 – Bingo. Researchers have found that playing Bingo has multiple benefits, such as promoting socialization, strengthening hand-eye coordination and improving listening and short-term memory skills.

Aug. 12 – “Astronomy Adventure” by Paul Cirillo, amateur astronomer, 10:45 a.m. Listen to Paul discuss the latest discoveries in our solar system! See breathtaking pictures of Mars, Pluto, Jupiter and Saturn.

Aug. 13 & 27 – Bereavement Support Group, 10 a.m. Grieving the death of a loved one is a universal experience. This support group will provide participants with a safe place to share their common feelings about their grief and renewal process while they learn interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, doctor of ministry, grief counselor, and pastoral psychotherapist will facilitate discussions. Everyone's presence and participation are welcome.

Aug. 14 – Visit from the New Jersey Young Artist's Association, 10:45 a.m. Students will display their beautiful artwork and partake in a hands-on intergenerational art program with the center's participants.

Aug. 15 – Elvis is in the Building with Mike Holland, 10:45 a.m. Join us as Elvis impersonator, Mike Holland, sings us favorite Elvis classics. Bring your blue suede dancing shoes. This is one show you don't want to miss!

Aug. 21 – “From Bees to Tomatoes: New Jersey's State Symbols” by Jim DeGuidice, photographer and educator. 10:45 a.m. Learn fun facts and trivia about New Jersey's animals, minerals and vegetables. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 22 – Mandala Art Workshop with Donna. Mandalas are created with intricate geometric designs that are thought to represent the universe. The basic mandala is a square with four gates containing a circle. As an art form, they are exquisitely beautiful when color is added. No art experience is necessary.

Aug. 26 – FREE Dermascan Screenings with the Community Health Department of Morristown Medical Center, 10:30 a.m. – 12:30 p.m. Screenings can detect permanent sun damage on your face and help detect skin cancer. No appointment is necessary.

Aug. 28 – “All About Graceland” by Jen Sulligan, librarian, Somerset County Library System. Jen will provide interesting information about Elvis's home in Graceland.

Aug. 29 – “Charleston Dance & the Roaring Twenties” with Donnamarie McCarthy, 10:45 a.m. Learn about the “Roaring Twenties,” when the economy was booming, and there was mass consumerism/exhibitionism, jazz-age flappers, prohibition laws, the Harlem Renaissance, immigration, the “new woman,” and the Scopes trial. Explore each topic and end the presentation with a dance celebration by learning the Charleston – its origin, popularity, and how it inspired fashion.

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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. to 4 p.m.

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

Jigsaw Puzzles – Available Monday – Friday. Strike up a conversation, make new friends and enjoy assembling puzzles together. A wide variety of puzzles are available.

Games/Cards (Cards Down, Kings in the Corner, etc.) – Tuesday, 10 a.m. If you have a favorite game that is not listed that you would like to play, and/or if you are interested in starting a club featuring your favorite game, please inform the staff.

Mahjong Club – Wednesday and Friday, 12:30 – 3 p.m. Playing mahjong will help keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. All levels of experience are welcome. ****Call 908-369-8700 for more information.****

Needlepoint Club – Friday, 10 a.m. Bring your own crocheting/crafting project or learn a new hobby and socialize. ****All supplies are provided. Call 908-369-8700 for more information.****

Fit & Flex with Rose – Tuesday & Thursday, 10:45 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all skill levels. Included in the class are stretching, strength training, laughter-yoga, breathing exercises and more. **** Space is limited. Check the monthly calendar for updates to the schedule.****

Tai Chi Chih with Janet O. – Wednesday, 9:30 a.m. In tai chi chih participants will practice a series of gentle, fluid movements and one pose that will activate, circulate and balance the chi (the intrinsic energy of the body). Learn this practice at any age, ability or condition. This can be performed while either standing or sitting. ****Cost is \$25 for the ten-week program; the next session begins in September. Call 908-369-8700 for more information.****

Aug. 2 – “A W.A.S.P Takes Wing: The Women Airforce Service Pilots of WWII” by Carol Simon Levin, storyteller, 10:30 a.m. During WWII, more than one thousand women volunteers completed the WASP military pilot training program and were very successful. Carol Simon Levin tells the story of the Ann Baumgartner Carl, the Jersey girl who trained as a WASP and was the only American woman to test-fly experimental planes during the war, and the first American woman to fly a jet airplane. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 5, 12, 19 & 26 – A Matter of Balance, 9:30 – 11:30 a.m. This eight-week workshop that has been shown to have health benefits. The class emphasizes practical strategies to reduce the fear of falling and helps to increase participants' activity levels. They will learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce the risk of falls, and learn an exercise to increase strength and balance. This program includes a small exercise component. ****Class is full. Please call 908-704-6339 to hear of other opportunities.****

Aug. 5 – “Slips & Fall Prevention” by David Switay, clinical director, JAG-ONE Physical Therapy, 10:45 a.m. Learn simple tips, exercises, techniques and advice to maintain a healthy lifestyle, and reduce the likelihood of falling.

Aug. 7 – “From Bees to Tomatoes: New Jersey’s State Symbols” by Jim DelGuidice, 10:30 a.m. photographer and educator. Learn fun facts and trivia about New Jersey’s animals, minerals and vegetables. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 8 & 22 – Trivial Pursuit, 10 a.m. Challenge your knowledge of geography, entertainment, history, art, literature, science, nature, sports and leisure in this really fun game.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Aug. 9 – “The Jersey Shore” by Mary Ellen Day, volunteer coordinator, Grace Healthcare Services, **10:30 a.m.** Join Mary Ellen for an entertaining and informative presentation about the Jersey Shore. Her presentation will discuss many nostalgic locations while she displays a wide variety of pictures.

Aug. 12 – Craft: Creating Felt Flowers with Tammy, **10:30 a.m.** Socialize with peers and stimulate your mind with a creative craft. Create a felt flower with Tammy. Take home your creation. ****All supplies will be provided. Call 908-369-8700 for more information.****

Aug. 13 – OOA&DS Satellite Office Opportunity, Janice Reitman, eldercare specialist, Project Lifesaver specialist, Somerset County Office on Aging & Disability Services, **9:30 a.m. – 1 p.m.** Janice will be at the center on the **second Tuesday** of every month to answer questions about services, and offer information, assistance and support, as needed. Janice will be available to meet one-on-one as requested.

Aug. 14 – “Feast for the Eyes” by Vanessa Young, Thirsty Radish, **10:30 a.m.** Learn about the connection between food and art. Learn about art reflects culture through food. Enjoy the visual elegance of elaborate classical mosaics, opulent Renaissance paintings, and contemporary Japanese works. Explore the symbolism of food imagery and discuss changes in the way food and feasting have been depicted throughout history.

Aug. 14 – State Health Insurance Program (SHIP) – Do you have questions or problems with your health insurance? Call to schedule a **FREE** appointment with a counselor who can help. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services. ****Call 908-369-8700 to schedule an appointment.****

Aug. 16 – “Radio Waves and New Jersey” by Alan Delozier, historian, **10:30 a.m.** The history of wireless communication in the Garden State includes many memorable moments. Radio reached its peak during the mid-20th century. Join Alan as he guides participants through the history and nostalgia that radio inspires. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 19 – TED Talk: The Power of Vulnerability with Brene Brown, professor, **10:45 a.m.** TED Talks are influential videos from expert speakers about topics such as education, business, science, tech and creativity. Learn why our ability to empathize, belong and love are important in this poignant, funny talk by Brene who shares her deep insight derived from her research, which sent her on a personal journey quest to know herself as well to understand humanity. For the first 20 minutes, participants will watch the TED Talk. Afterward, a group discussion will be held. Paper and pencils will be provided for note taking.

Aug. 21 – “Warding off Hoarding in the Aging” by Chris Kellogg, MSW, LSW, Nightgale NJ, **10:30 a.m.** Hoarding tends to be a lifelong problem that gets worse with age. The topics discussed in this educational program will be the understanding the difference between Hoarding Disorder vs. Diogenes Syndrome, as well as the risks, sign and symptoms of these diagnoses and how to help your loved one.

Aug. 23 – “Cultural Sensitivity” by the Magic Mirror Players, **10:30 a.m.** Robert Wood Johnson University Hospital Somerset (RWJ Barnabas Health) volunteer-actors will portray cultural sensitivity through a dramatic presentation by using improvisational and role-playing techniques.

Aug. 26 – Umbrella on the Beach Painting Craft with Nadeen, **10:30 a.m.** This is a group project that promotes socialization. Participants will paint a small rectangle which will help create a larger painting. ****All supplies will be provided. Call 908-369-8700 for more information.****

Aug. 28 – “Heads Up! Seniors” by Kate O’Connor, public education coordinator, Brain Injury Alliance of New Jersey, **10:30 a.m.** This is a fall-prevention and pedestrian campaign to increase awareness of the risks and consequences of brain injury. This program includes information about brain injury in older adults, a safety checklist and an interactive game show event. The presentation is designed to educate seniors about traumatic brain injury and how to prevent falls and pedestrian accidents.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Aug. 30 – Bingo Bonanza, 10:45 a.m. Researchers have found that playing bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, and improving listening and short-term memory skills.

MONTGOMERY SENIOR CENTER

356 Skillman Road
Skillman, NJ 08558
609-466-0846

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

Pool Table – Available Monday – Friday. ****Call for availability.****

Computer Lab – Available Monday – Friday.

Bocce Ball – Available **Monday – Friday, 10 a.m. – 2 p.m.** Enjoy time outside while playing bocce ball! Great for all skill levels. Instruction is available (weather permitting).

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

If there is a favorite game that you would like to play and it isn't listed, and/or if you are interested in starting a club featuring the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. This 45-minute exercise class is great for older adults of all skill levels. Participants will practice 20 minutes of cardio (or movement), followed by 20 minutes of toning (with or without weights), then a five-minute relaxing stretch. Sneakers are required.

****Check the monthly calendar for updates to the schedule.****

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

Montgomery Walkers – Monday, Tuesday, Wednesday & Thursday – 12:30 p.m. Tired of walking alone? Looking for a new way to get motivated? Join the Montgomery Walkers every Monday and Wednesday to get moving and have fun! ****Call 609-466-0846 for more information.****

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 a.m. Get started on the right note and learn the foundation of playing the ukulele in this easy-to-follow lesson. Participants will learn how to hold, tune, and strum simple chords. ****Call 609-466-0846 for more information.****

Intermediate Ukulele Lessons with Chris – Tuesday, 9:30 a.m. & Thursday, 10 a.m. Now that participants know the basics of ukulele playing, they will be ready to take the intermediate lessons! Using a wide range of musical genres, participants will learn more about chords and melody playing, improvisation, and will play a multi-part arrangement in a band. ****Call 609-466-0846 for more information.****

Yoga with Elizabeth – Tuesday, 11 a.m. Practicing yoga can help to increase bone density, strength and balance. Learn techniques to help gain flexibility and improve 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 to help gain an overall sense of well-being. This class is open to all skill levels and can be practiced while either standing or sitting. ****Check the monthly calendar for updates to the schedule.****

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 a.m. & Thursday, 11 a.m. Reduce pain, fatigue and stiffness and increase flexibility, strength, balance and endurance while practicing exercises in a safe and positive environment. ****Check the monthly calendar for updates to the schedules.****

Tai Chi with Herb – Wednesday, 11 a.m. Tai chi participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that 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 for those with balance problems. This program can be practiced while either standing or sitting. ****Check the monthly calendar for updates to the schedule.****

(More)

MONTGOMERY SENIOR CENTER – CONT'D

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. This peer-led, 24-week exercise and education program is for individuals who are either at risk of having osteoporosis or have it. Exercises help improve 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's manual and the class fee. If ankle weights are not needed the price is \$15.****

Crocheting/Crafting with Jane – Wednesday, 10:30 a.m. All are welcome to join. Bring your own crocheting/crafting project or come learn something new and meet wonderful friends while practicing your favorite hobby. ****Call 609-466-0846 for more information.****

Afternoon Ukulele Jam – Wednesday, 1 – 2 p.m. This is an informal jam session. All skill levels are welcome! ****Call 609-466-0846 for more information.****

Mahjong Club – Thursday and Friday, 10 a.m. – 12 p.m. Keep your brain sharp and supercharged by playing mahjong! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. All levels of experience are welcome. ****Call 609-466-0846 for more information.****

August 1 & 9 Ageless Grace Fitness Program with Roz Gerken, certified ageless grace educator, **10:15 a.m.** Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change functionally and structurally. 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 participants will be thoroughly engaged while seated in a chair. **** This program will start at 10:15 a.m. on Aug. 1, and 10:30 a.m. on Aug. 9.****

Aug. 2 – NIA/MELT Exercise Class with Alida Weisfeld, advanced MELT instructor, **10:45 a.m.** This class is a split between non-impact aerobics (NIA) and the MELT Method. This class is conducted to music with gentle movements, which will help eliminate stress and pain from the body by using little exercise balls on the hands and feet as well as using resistance bands. NIA and MELT have been shown to increase balance, agility and mobility by releasing stuck stress in the joints.

Aug. 2 – 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 sponsored by the New Jersey Department of Health and Senior Services. ****Call 609-466-0846 to schedule an appointment.****

Aug. 5 – Tony the Music Man: Old Fashioned Accordion Music with Tony Mantuano. Ready to have a good time? Tap your feet and clap your hands to accordion music by Tony.

Aug. 7 & 21 – Move Today with Elizabeth, 10:15 a.m. Improve flexibility, balance, strength, and stamina. This class focuses on improving posture and fall-prevention. Exercises can be practiced while either standing or sitting.

Aug. 12 – “Dino: The King of Cool!” by Gordon James, 10:30 a.m. This program covers the career of Dean Martin from Martin and Lewis to his solo singing career, including The Rat Pack, his movies and TV show. Some of the music to be featured will be classic Dean Martin songs like “Sway,” “That’s Amore,” “Return to Me,” “Volare,” and “You’re Nobody Till Somebody Loves You.”

Aug. 14 & 28 – Creative Wellness with Shirin Stave-Matais, former professional dancer, **10:15 a.m.** Creative Wellness strives to create a unique combination of wellness exercises for participants. By merging aspects of Hatha and chair yoga with gestural, improvisational and world dance forms, sound therapy and creative play, along with a guided relaxation and meditation techniques, the class will promote calm, control, and meditative practices with imaginative, joyful and social interaction. Enhance positivity, reduce stress and create feelings of empowerment and well-being in this class, which is intended for people of all skill levels and can be practiced while either standing or sitting.

(More)

MONTGOMERY SENIOR CENTER – CONT'D

Aug. 15 – “Ukulele 101” – Lunch & Learn Opportunity, 1:30 p.m. This class will get beginners started on the right note. Participants will learn the foundation of playing the ukulele in easy-to-follow lessons and how to hold, tune, and strum simple chords, as well as how to buy a ukulele.

****Registration is required by Aug. 14. Please call 908-466-0846 for more information.**

Aug. 16 – “Disney’s Aladdin Jr.” Musical Camp Performance, 10:30 a.m. Today, we will take a trip to the Montgomery High School to watch “Disney’s Aladdin Jr.” Musical Camp Performance.

Aug. 19 – “Space Age NJ: 60 Years of Achievement” by Jim DelGuidice, photographer and educator. This is an educational program that will discuss the birth of NASA, and landing on the moon more than a half-century ago. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 20 – OOA&DS Satellite Office Opportunity, Joshua O’Neal, LSW, case manager, Somerset County Office on Aging & Disability Services, **10 a.m. – 2 p.m.** Joshua will be at the center the **third Tuesday** of every month to answer questions, provide information, assistance and support, as needed. Joshua is available to meet one-on-one as requested.

Aug. 23 – “Astronomy Adventure” by Paul Cirillo, amateur astronomer, **10:45 a.m.** Paul will discuss the latest discoveries in our solar system and beyond! See breathtaking pictures of Mars, Pluto and the moons of Jupiter and Saturn. Get a real “feel” for our place in the universe.

Aug. 26 Bingo, Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination and improves listening and short-term memory skills.

Aug. 29 Let Yoga Dance with Kate Denby, certified yoga Instructor, 10:45 a.m. Join this fun class that will get you moving in a safe environment. Kate will teach the practice of fusing gentle yoga and dance with exotic music. The class is designed to accommodate everyone and is accessible to participants of all skill levels.

Aug. 30 – Montgomery Senior Center Volunteer Recognition Celebration, 10:30 a.m. As a special treat, the Montgomery Senior Center staff and center members will pay tribute to our wonderfully talented and dedicated cadre of volunteers who are so instrumental in the success of the Montgomery Senior Center.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd.

Somerset, NJ 08873

908-231-7312

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

A Variety of Board & Card Games (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday. If one of your favorite games is not listed and you would like to play, or if you are interested in starting a club featuring the game of your choice, please inform the staff.

Bridge, Cards & Board Game Lessons with Quail Brook Seniors & Volunteers – Thursday & Friday, 10:30 a.m. Classic games of strategy are a great opportunity for people of all skill levels to meet and socialize. Join the Quail Brook seniors and volunteers for mind-stimulating and competitive games of Bridge, Texas Hold ‘Em, Monopoly, dominoes and more! If you would like to play a game that is not listed and/or if you are interested in starting a club featuring the game of your choice, please inform the staff.

Indoor Shuffleboard – Available Monday – Friday.

Computer Lab – Available Monday – Friday.

Table Tennis (Ping-Pong) – Available Monday – Friday. Ping-Pong (table tennis) has only been an Olympic sport since 1988. Go ahead and take a shot at this fun game. Play either singles or doubles games. It’s a great way to improve hand/eye coordination, concentration and agility.

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QUAIL BROOK SENIOR CENTER – CONT'D

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. This is a peer-led, 24-week exercise and education program for individuals who are either at risk of having osteoporosis or have it. Exercises help improve 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's manual and the class fee. If ankle weights are not needed the price is \$15. Call Caitlin Witucki at 908-704-6339 for more information.****

QBC News – Monday – Friday, 10 a.m. Enjoy discussing global breaking news and current events in a stimulating Q&A session. Fellow center members will take turns researching and sharing hot topics of the day.

The Regime Exercise Class – Monday, Thursday & Friday, 1 p.m. Get a head-to-toe workout that uses weights, stretching and aerobic movements. Learn movements that will lubricate joints for flexibility to strengthen and stabilize muscles, increase blood circulation – and with the proper diet, you may lose weight! These exercises can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be practiced while either standing or sitting and with or without hand weights. **Monday** – Upper Body Routine; **Thursday** – Mid Section Routine; **Friday** – Lower Body Routine. ****Wear comfortable and loose-fitting clothing; sneakers are required.****

Continuing Art Institute with Karen Haake – Tuesday, 1 – 3 p.m. Celebrating Oil Pastels with Mixed Media. **Module 1** – The Magic of Blending (oil pastels on textured paper); **Module 2** – Watercolor and Oil Pastels; **Module 3** – Oil Pastels with Sharpie Pen; **Module 4** – The Butterfly Effect with Oil Pastels ****\$10.00 fee per class includes supplies.****

Circuit Training – Thursday, 9:15 a.m. Have fun while performing cardiovascular exercises that raise your heart rate, tone your muscles in the upper and lower body and strengthen your core. Improve your balance, overall agility and increase your ability to more easily perform everyday activities. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins on Sept. 5. Register by Aug. 26. Call 732-563-4213 for more information.****

Yoga with Jade Ko – Friday, 2 p.m. Yoga is considered by many as a holistic approach to health and wellness. Practice physical poses, breathwork and meditation to improve alignment and relaxation. Please bring a mat and wear comfortable clothing that will allow for movement. ****Cost is \$40 for the eight-week program; next session begins Aug. 2. Register by July 22. Call 732-563-4213 for more information.****

Crochet & Knitting with Esther Fowlkes – Thursday & Friday, 10:30 a.m. Learn the difference between two methods of creating artistic patterns using fabric and yarn, a single hook or two needles. Crocheting or knitting? Which method do you think is easier? This class is for beginners, experts and those wishing to brush up on their skills. ****Check the monthly calendar for updates to the schedule.****

Line Dancing – Friday, 9:30 a.m. Line dancing is so much fun that it doesn't even seem like exercise! You don't need a partner, and dancing is an easy way to stay healthy both mentally and physically. It's suitable for participants with limited mobility and has been shown to increase cardiovascular and muscular strength and improve coordination and balance while participants work through different moves.

Aug. 1 – A Musical Consortium with Noel Javier, local music teacher, 10:30 a.m. A wonderfully talented cadre of youngsters and teens will introduce us to the silky smooth sound of a saxophone, the velvety tones of a violin, a progressive scale on the piano and the pipes projecting the sound of a pan flute.

Aug. 2 – “Agents of Change: Women in New Jersey History” by Jim DelGuidice, photographer and educator, 10:30 a.m. Meet a wide-ranging list of colorful individuals in the social context of their times. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

(More)

QUAIL BROOK SENIOR CENTER – CONT'D

Aug. 5 – Achy Breaky Heart – Line Dancing Lessons with Karen Jessie and Deb Gibson, 10:30 a.m. Line Dancing is the best way to get your toes tapping and participants on the dance floor. Join in this exercise class that has music to improve your emotional and physical well-being. Karen and Deb will teach line dancing steps that are easy for beginners, but the class is for experienced dancers too.

Aug. 6 & 27 – Body and Brain Yoga with Lucy Pagnetti, certified yoga instructor, 10:30 a.m. Learn a mind-body practice that combines stretching, flowing movement, deep-breathing exercises and meditation in a simple and easy-to-learn format that helps develop the body's core strength and is the basis of physical, mental and spiritual health.

Aug. 7 – 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, which is the ability of the brain and central nervous system 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). The program is intended for participants of all abilities who will be thoroughly engaged while seated in a chair.

Aug. 7, 14, 21 & 28 – Yoga for Mental & Physical Wellness with Dr. Prabha 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 for movement.

Aug. 8, 15, 22 & 29 – Zumba Gold with Laurie Fetcher, 10:30 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 exercising the muscles of the hips, legs and arms with fun, energetic and rhythmic moves. This fun and energetic session can be done seated in a chair or standing up. Please wear comfortable clothing that allows for dynamic movement.

Aug. 8 – “Recycling, Electronic Recycling & Solid Waste Management” by Melissa Harvey, Somerset County Recycling & Solid Waste Management, 11:30 a.m. Make a positive impact on your environment and learn about solid waste disposal methods, household hazardous waste disposal, Adopt-A-Road and Backyard Composting programs. Learn how you can make a difference!

Aug. 9, 16 & 23 – Chair Yoga with Jade Ko, certified yoga instructor, 10:30 a.m. Participants will practice a series of specific poses adapted from regular yoga poses when seated in a chair. This gentle form of yoga can be an effective way to improve one's overall health by increasing strength, flexibility, mental clarity and proprioception, and it can help reduce stress when practiced regularly.

Aug. 12 – “Reclaiming Our Voices: New Jersey's Central Role in the Fight for Woman Suffrage” by Carol Simon Levin, storyteller, 10:30 a.m. Ms. Levin will portray Lillian Feickert, President of the New Jersey Woman Suffrage Association from 1912-1920, and tell the story of the role of NJ women during their long struggle for woman suffrage as they paved the way toward the success of the 19th Amendment. **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 13 & 20 – “See the Music” with Paul Elwood, guitar player, coach and teacher, 10:30 a.m. Join this engaging and interactive program linking the concepts of graphic design and color with music design. Participants will connect visual components and music. It's a collaborative effort intended to create a colorized musical composition. ****This two-part adventure is a program made possible through a donation by the Franklin Woman's Club, a non-profit organization that strives to make a positive impact on the community through volunteer service.****

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QUAIL BROOK SENIOR CENTER – CONT'D

Aug. 14 – “What is Your Water Story” by Angela Speakman, director of development and communications, NJ Council for the Humanities, **10:30 a.m.** This pilot event at Quail Brook is in collaborating with the Smithsonian Museum on Main Street and its Water/Ways program, which is a traveling pop-up exhibit (only seen in six locations in New Jersey). This program will provide a closer look at how water shapes our lives. This forum is presented by an environmental humanities scholar and a Rowan University professor.

Aug. 15 – “Resources for Your Path to Wellness” by Heather Clawson, prevention resources. Navigate and streamline your path to wellness. In this presentation, participants will discuss current alternative and holistic health opportunities to effective eating habits, and learn how to nurture a relationship with your primary care specialist.

Aug. 19 “Bridge Builder in Petticoats: Emily Warren Roebling & the Brooklyn Bridge” by Carol Simon Levin, storyteller, 10:30 a.m. Learn about the Brooklyn Bridge and Emily Roebling – on of the most famous woman in New Jersey and in the country.” She was wife to the chief engineer who became bedridden during the Brooklyn Bridge project and she eventually became Chief Engineer. Find out about her many other accomplishments. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Aug. 21 “Heads Up! Seniors” by Kate O’Connor, public education coordinator, Brain Injury Alliance of New Jersey, **10:30 a.m.** This is a fall-prevention and pedestrian campaign to increase awareness of the risks and consequences of brain injury. This program includes information about brain injury in older adults, a safety checklist and an interactive game show event. This presentation is designed to educate seniors about traumatic brain injury and how to prevent falls and pedestrian accidents.

Aug. 21 – OOA&DS Satellite Office Opportunity, Adalin Ball, MSW, eldercare educator, Somerset County Office on Aging & Disability Services, **10 a.m. – 1 p.m.** Adalin will be at the center the **third Wednesday** of every month to assist with questions and/or services, offer information, assistance and support for Office on Aging & Disability Services. Adalin is available to meet one-on-one as requested.

August 22 – A Musical Recital Experience with the Bridgewater High School students. Wrap your arms around the sweet sounds of summer when this mini-orchestra of piano, strings and horns plays.

Aug. 26 – Senior Science Ecology Series at Duke Farms with Kate Reilly, educator, 10:30 a.m.

Get up close and personal to the life cycle of a Monarch butterfly. Learn its four stages during one life cycle, and about its four generations in one year – from egg to butterfly. The Quail Brook Seniors will help tag and release the newly emerged Monarch butterfly garden at the Quail Brook Senior Center.

Aug. 28 – “Taste, Health and Jeopardy” by Aliz Holzmann, registered dietitian, Shoprite/Wakefern, **10:30 a.m.** This game will ask questions about the science of using food and nutrition to improve health for supporting healthy, lifelong decisions. Afterwards, a tasting demonstration will be provided.

Aug. 29 – “Detox Your Life” by Dr. Claudia Tamas, PT, DPT, Natural Medicine & Rehabilitation New Jersey. Learn how to safely detox your body and enhance your overall health. This presentation will explain symptoms such as heartburn, fatigue, aches and pains, gas or bloating that may be a result of toxic overload! Learn tips about how to shop smartly and use detox recipes, get practical guidelines and protocol for juicing, and learn how to detoxify your living space.

Aug. 30 – “Dog Days of Summer: The Physical Art of Hand Drumming” with Dave Miller, Earthmovers Drum Collective, **10:30 a.m.** This interlude creates a time-warp reminiscent of sun, sand and surf fun music: 1958 – “Summertime,” 1959 – “Blue Hawaii,” 1960 – “Itsy Bitsy Teenie Weenie Yellow Polka dot Bikini,” 1963 – “Wipeout,” 1966 – “Summer Samba” and spontaneous input from the individual Quail Brook seniors for a round or expression!

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

500 Warrentown Rd.

Warren, NJ 07059

(908) 753-9440

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

(More)

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

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

Computer Lab – Available on **Tuesday's** after **1 p.m.**, **Wednesdays** after **1:30 p.m.**, and **Thursdays** and **Fridays, 9 – 4 p.m.**

Jigsaw Puzzles – Available Monday – Friday. Strike up a conversation, make new friends and enjoy assembling puzzles with others. Choose from a large variety of puzzles.

Lending Library – Available **Monday – Friday.** Soft-covered books are available to take home and return when finished reading.

Monthly Book Club – Every second Tuesday, **1:30 p.m.** On Aug. 13, join us for a discussion of the current book, "Namesake" by Jhumpa Lahiri, then select the next book to read. New Members are always welcome!

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email, play solitaire or do a web search on the computer? By the end of this eight-week, one-on-one class, you will understand what your grandkids have been trying to explain to you for the past few years.

Classes to resume in September. **Please call 908-753-9440 for more information.**

Watercolor Paint Class – Monday & Thursday, 9 – 11:30 a.m. This is a great opportunity for an experienced artist to meet new people while water coloring. ****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 is a peer-led, 24-week exercise and education program for individuals who are either at-risk for osteoporosis or have it. Exercises will help improve 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's manual and the class fee. If ankle weights are not needed the price is \$15. Call Caitlin Witucki at 908-704-6339 for more information.****

Zumba Gold – Zumba Gold makes the popular Latin dance-inspired workout of Zumba accessible for people age 60 and above, beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health with dance moves that challenge the heart and work the hips, legs and arm muscles. Sneakers are required. ****Cost is \$40 for the eight-week program. Call 908-753-9440 for more information.****

- **Monday at 11 a.m.** The next session begins in October.
- **Wednesday at 11:45 a.m.** The next session begins in October.
- **Friday at 11:45 a.m.** The next session begins in October.

Chair Yoga with Jillian – Tuesday, 12:45 p.m. This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. Hatha yoga will help increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helps to gain an overall sense of well-being. ****Cost is \$40 for the eight-week program; the next session begins in September. Call 908-753-9440 for more information.****

Aug. 1, 8, 15, 22 & 29 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

Aug. 1, 8, 15, 22 & 29 Line Dancing with Linda, 1 – 3 p.m. Line Dancing is so much fun, it doesn't even seem like exercise! This form of dance can help participants stay healthy both mentally and physically, and is suitable for people with limited mobility, can improve cardiovascular and muscular strength, and can increase coordination and balance.

(More)

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

Aug. 2 – “The Life of Albert Einstein” by Eve Mandel, historian, Historical Society of Princeton, 10:30 a.m. Examine the life of the man whose name has become synonymous with “genius.” Learn how a childhood fascination with a compass influenced this Nobel Prize-winning scientist, and how he accepted a job in Princeton to escape Nazi Germany and used his celebrity status to advocate for civil rights and world peace.

Aug. 5 – “Bridge Builder in Petticoats: Emily Warren Roebling and the Brooklyn Bridge” by Carol Simon Levin, storyteller, 10:30 a.m. Learn about the Brooklyn Bridge and Emily Roebling – one of the most famous woman in New Jersey and the country. She was wife to the chief engineer who became bedridden during the Brooklyn Bridge project, and she eventually became Chief Engineer. Find out about her many other accomplishments. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission****

Aug. 6 – “The Delaware and Raritan Canal” by Linda Barth, 10:30 a.m. Learn about the Delaware and Raritan (D&R) Canal’s 170 years of history; it has been one of the nation’s most lucrative towpaths and canals in the country, has carried more tonnage in 1866 than the Erie Canal and has ties to the Johnson & Johnson, Roebling, and Fleischmann Distillery.

Aug. 6, 13, 20 & 27 – Bridge Group with Ronnie, 1 – 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain, keeps it alert, and helps keep your memory active. New members and beginners are welcome (lessons are available).

Aug. 6, 13, 20 & 27 – Mahjong for Experienced Players Only, 1 – 4 p.m. If you are an experienced mahjong player who is looking for an opportunity to play this game of skill, strategy and calculation, then join the center on **Tuesday** afternoons.

Aug. 7, 14, 21 & 28 Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class, which is suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body with exercises that use resistance bands, exercise balls and dance moves. Exercises can be practiced while either standing or sitting.

Aug. 7, 14, 21 & 28 – Ballroom Dancing with Art & Fe, 1 – 3 p.m. Dance to a variety of ballroom dance music. Meet new people and make friends while exercising! Dancing is a great way for people to get healthy and stay in shape. Besides being fun, dancing has many health benefits such as improving overall flexibility, strength, endurance and one’s emotional well-being.

Aug. 9 – “Dino: The King of Cool!” by Gordon James, 10:30 a.m. This program covers the career of Dean Martin beginning with Martin and Lewis through his solo singing career, the Rat Pack, his movies. Some of his music to be featured includes classics such as, “That’s Amore,” “Return to Me,” “Volare,” and “You’re Nobody Till Somebody Loves You.”

Aug. 12 – “Armchair Travelers Presents Morocco” with Dorothy & Irwin Vogel, 10:30 a.m. After they retired 25 years ago, Dorothy and Irwin started traveling around the world and they have visited 89 countries! During their visit to Morocco, they collected artifacts and had taken extensive photos. Join this discussion as they share their experiences while traveling a unique country that is known for its interesting terrain. There will be a Q&A session after the presentation.

Aug. 13 Drumming Circle with Dave Miller, Earthmovers Drum Collective, 10:30 a.m. Soothe the mind, body and spirit while participating in this drumming circle. Participants will leave feeling a sense of joy after participating in this holistic experience. Drumming is an ancient approach that can promote healing and incite self-expression. The drumming result in deep relaxation, lower blood pressure, helps reduce stress and builds communication. Dave will teach participants how to hold a drum and how to create different tones.

Aug. 14 – OOA&DS Satellite Office Opportunity, Gabrielle Stander, LSW, MAS, care manager, Somerset County Office on Aging & Disability Services, 10 a.m. – 1 p.m. Gabrielle will be at the center, the **second Wednesday** of every month to answer questions assist with information, and provide support for the Office on Aging & Disability Services. Gabrielle will be available to meet one-on-one as requested.

(More)

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

Aug. 16 – “Jersey Fresh Produce!” by Samantha Nunzio, registered dietitian, Shoprite/Wakefern, **10:30 a.m.** Samantha will be demonstrating how to use Jersey fresh produce. If participants want to find unique and creative ways to use fruits and vegetables that were grown right New Jersey, then this is the program. Participants can sample recipes.

Aug. 19 – “Moving Mind and Body” by Lara Kats, certified dance educator and instructor, **10:45 a.m.** Participants will be guided through mind-body exercises by combining elements of meditation and dance. The class will begin with deep breathing to bring awareness to the body and then progress into gentle exercise as participants move to the rhythm of the music while exploring creative movements using each body part. Participants can perform movements while either standing or sitting in a chair.

Aug. 20 – Rainstick Craft Project with Gwen, 10:30 a.m. Participants will make rain sticks in preparation for the upcoming Rain Forest program. A rain stick is a long, hollow tube partially filled with small beads and a center spiral object that when upended, the beads fall to the other end of the tube, making a sound reminiscent of rain falling. ****Advanced registration required by Friday, Aug. 16.****

Aug. 23 – “Unraveling History: Textiles & Quilts in the 18th & 19th Centuries” by Dana Bala, textile historian, **10:30 a.m.** Dana will enlighten attendees on the history of quilting by discussing the fabrics, patterns and their role in domestic life while dressed in period costume.

Aug. 23 – Quilting Bee for Experienced Quilters, 1 p.m. Need other quilters who want to get together once a month to socialize and discuss their quilting projects? If yes, this is the perfect group for you. Each experienced quilter is responsible for her or his own patterns, fabrics and notions. Meet on the last Friday of the month. Call the center for more information.

Aug. 26 – “Virtual Rainforest Special Event” with Monica Juhasz, naturalist, Somerset County Environmental Center, **10:30 a.m.** Learn about the tropics of the Costa Rican rainforest. Find out the difference between a two-toed sloth and a three-toed sloth and many other fascinating facts about rainforests.

Aug. 27 – “Aging, Myths vs. Facts” by Monica Townsend, MPA, BS, training & consultation specialist, COPSA Institute, Rutgers University Behavioral Health Care, **10:30 a.m.** This presentation is an opportunity for participants to understand the diversity within the senior population, engage in an interactive activity to challenge what is known about aging and receive tips on ways to maintain your health and well-being as you age.

Aug. 30 – Cards and Dice Games with Gwen, 10:30 a.m. Join us to play some card and dice games.

Aug. 30 – State Health Insurance Program (SHIP) – Do you have questions or problems with your health insurance? Call to schedule a **FREE** appointment with a counselor who can help. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services.

****Services are available by advanced appointment only and are available the last Friday of the month. To make an appointment, call 908-704-6319.****

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](#), [Twitter](#) and [Instagram](#).

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