



News from the Somerset County Board of Chosen Freeholders

Brian D. Levine, Freeholder Director • Patricia L. Walsh, Freeholder Deputy Director
Brian G. Gallagher, Freeholder • Shanel Y. Robinson, Freeholder • Sara Sooy, Freeholder

August 26, 2019
FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce September Activities

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

All centers will be closed on Monday, Sept. 2, due to the Labor Day holiday.

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.

OOA&DS Satellite Office Opportunity – Laurie Roome, MS, community educator, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Laurie will be at the center on **Sept. 17**, to assist with Office on Aging & Disability Services questions and/or services. She will be offering information, assistance and support as needed. Laurie is available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – 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.****

Computer Lab – Available **Monday – Friday**.

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

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.****

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

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 Oct. 28. Register by Oct. 18. Call 908- 204-3435 for more information.****

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 a guided relaxation so that participants will leave feeling rested and refreshed. ****Cost is \$40 for the eight-week program; the next session begins Oct. 8. Register by Sept. 30. Call 908-204-3435 for more information.****

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 Oct. 23.**

Register by Oct. 15. Call 908-204-3435 for more information.**

Zumba Gold – 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 \$40 for the eight-week program. Register by Sept. 16. Call 908-204-3435 for more information.****

- **Wednesday at 9:30 a.m.** – The next session begins **Sept. 25.**
- **Friday at 9:30 a.m.** – The next session begins **Sept. 27.**

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.****

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 **Sept. 19**, join us for a discussion of the current book, "Where the Crawdad Sings" by Delia Owens, then select the next book to read. New members are always welcome!

Sept. 2 – Center is closed.

Sept. 4 – "Going Green" by Daryl Minch, M.Ed., family & community health sciences educator, Rutgers Cooperative Extension, **10:30 a.m.** Learn how to cook with dark green and leafy vegetables – an important part of a healthy diet. Eating vegetables such as kale, broccoli, microgreens and cabbage provide numerous health benefits such as reducing the risk of obesity, heart disease, high blood pressure and mental decline.

Sept. 6 – "Millicent Fenwick: Conscience of NJ" by Jim DelGiudice, photographer and educator, The Judson Lecture Series, **10:30 a.m.** This is an educational program about an American fashion editor, politician and diplomat. A four-term Republican member of the United States House of Representatives from New Jersey, Millicent entered politics late in life and was renowned for her energy and colorful enthusiasm. ****Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

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

Sept. 6 – Hoop Fitness Demo with Agnes Carbone, Glitter Hoops, 10:30 a.m. Hoop Fitness is a basic, low-impact aerobics class that will introduce participants to the world of hula hooping where they will learn how to keep the hula-hoop on their waist and move it to different parts of their body by using tricks and dance moves. Participants will have fun while burning calories, toning the body and stimulating their creativity. No experience is necessary. This is a class for all fitness levels and participants can stand or sit while taking the class. ****Reserve by Aug. 30.****

Sept. 9 – “School Memories & Alma Mater” by Helen Vasko, 10:30 a.m. Helen leads this discussion about those wonderful memories of “back to school” in September. Feel free to bring any mementos from your high school or college days. We’d love to see it!

Sept. 10 – 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.

Sept. 11 – “Armchair Travelers Presents: North Vietnam” with Dorothy & Irwin Vogel, 10:30 a.m. After they retired 25 years ago, Dorothy and Irwin began traveling around the world. They have visited 89 countries where they collected artifacts, and have taken extensive photos. From there trips, they created a DVD complete with music and narration describing their experiences. In this session, learn about North Vietnam. The session will be followed by a Q&A.

Sept. 13 & 27 – Country Western Dancing with Vince & Diana, 10:30 a.m. Learn line and partner dances to popular and classic country music songs. Vince and Diana will adjust the teaching to according to participants’ skill level including beginners, experienced, partners, singles – everyone is welcome.

Sept. 13 – “Seeing the World through a Photographer’s Eyes” by Brien Szabo, photographer, 10:30 a.m. Travel through your minds-eye with photographer Brien Szabo. Take a cross-country trip, hike in the mountains, stroll in the city and visit a few exotic locations. Learn creative ways photography can help express the beautiful world around us.

Sept. 16 – Music of the 1950s, 60s & Old Favorites by Michael Andrew, 10:30 a.m. Michael Andrew plays solo guitar and sings hits from the Doo-Wop Era (the 1940s, 50s and 60s) as well as the 1970s.

Sept. 18 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, 10:30 a.m. Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 20 – Flu Shot Clinic & Wellness Presentation with Wegman’s Pharmacy, 10:30 a.m. According to the Centers for Disease Control and Prevention (CDC), an annual flu vaccine is the best way for individuals to protect themselves from seasonal flu. Yet, three out of every five people in the United States report not being vaccinated. Embrace a commitment to health, and join us for a current overview of what’s new with the flu and get your flu shot.

Sept. 20 – Coffee Pod Pendant Workshop – Lunch & Learn Opportunity by Debbie Perez, local artist & designer, 12:30 – 2:30 p.m. Debbie is a local artist and designer who specializes in creating one of a kind, nature-inspired jewelry by using upcycled items. Learn how to upcycle used coffee pods to create a unique, beautiful, and wearable pendant. ****Reservations are required by Sept. 17. This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.****

Sept. 23 – “Hoarding and Older Adults” by Monica Townsend, MPA, BS, COPSA Institute for Alzheimer’s Disease & Related Disorders, Rutgers University Behavioral Health Care, 10:30 a.m. Monica will discuss the hoarding tendencies of older adults and how one can seek help for those individuals.

Sept. 25 – Greeting Card Workshop with Jerry, 10:30 a.m. Make a unique greeting card for friends and loved ones using your creative touch. ****All supplies are included. Please reserve your space by Sept. 23.****

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

Sept. 25 – FREE Hearing Screenings with Farah Said, AuD, Raritan Audiology, 9 – 11 a.m. Farah will be onsite to conduct individual hearing-aid screenings and hearing-aid cleanings. No appointment is necessary.

Sept. 27 – Lyrics of Love Event with Julia Walsh, Coloratura Soprano & Gregory Stout, Piano, 10:30 a.m. Enjoy a live music concert centering on the theme of love. This musical venue will invoke a wide range of positive emotions that are sure to elevate everyone's mood. Don't miss this special performance.

Sept. 30 – 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.

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.

OOA&DS Satellite Office Opportunity, Christina Panarese, MSW, care manager, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Christina will be at the center on **Sept. 3, 11, 18 & 25** to assist with services or answer questions about the Office on Aging & Disability Services. She will be offering information, assistance and support, as needed. Christina is available to meet one-on-one as requested.

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.****

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.

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. or 10:30 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.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

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, 10:15 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 either are 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. Sept. 26, join us for a discussion of "The Interestings" by Meg Wolitzer, then select the next book to read. New members are always welcome!

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 Oct. 10. Call 908-203-6101 for more information.****

- **Thursday at 10:45 a.m.** The next session begins on **Oct. 24.**
- **Thursday at 2 p.m.** The next session begins on **Oct. 24.**

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

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 Oct. 24. Register by Oct. 10. 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. 30. Call 908-204-3435 for more information.****

Sept. 2 – Center is closed.

Sept. 3, 10, 17 & 24 – 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.

Sept. 3 – Television Show Theme Songs with Ken Teckel and John Fitzpatrick, 11 a.m. Join Ken and John as they provide guitar accompaniment to rehearse for an upcoming performance on Sept. 9.

Sept. 4 – “Football and New Jersey: A Historical Celebration” by Alan Delozier, Seton Hall University, **10:45 a.m.** Learn about the origins of the sport – its Greek and British ties - to the development of the modern-day game. This is a fun and informative look into the sport with a focus on the memorable players, teams, and the overall spirit that makes football so appealing to millions.

Specific milestones will be covered. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 4 & 11 – “Self Defense & Basic Safety” with Paul Kilduff, master instructor, Golden Rule Karate & Fitness, **1 p.m.** are not just for men and police officers! Anyone of any age can learn self-defense techniques. Learn how to improve your safety with basic self-defense moves and learn how to become more aware of your surroundings so that you can better protect yourself anywhere. ****Pre-registration required by Sept. 3. Call 908-203-6101 for more information.****

Sept. 5 & 26 – Bingo, 11 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.

Sept. 9 – Television Show Theme Songs Performance with Ken Teckel and John Fitzpatrick, 10:45 a.m. Join the Senior Wellness Center at Bridgewater while they sing popular television theme songs such as “Rainbow Connection,” “The Brady Bunch,” “Movin’ on Up” and “Thanks for the Memories” to guitar accompaniment. You don’t want to miss this!

Sept. 10 & 24 –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.

Sept. 10 – “Eat Greens” by Sigrid Solis, BA, program coordinator, Rutgers Cooperative Extension, **11 a.m.** Sigrid will discuss the importance of including greens into one’s diet, food safety, how to select greens and unique ways to prepare a wide variety of greens. Literature will be provided.

Sept. 11 – Johnny & June Cash Tribute Show by Lorri Woodward & James Hummel, 10:45 a.m. Sing along to your favorite Johnny Cash and June Carter songs.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Sept. 12 – Craft: Create your own Bee Skep with Donna, 10:45 a.m. For centuries, beekeepers have used skeps, a carefully designed domed basket to house their hives. Join us to design a decorative bee skep. ****All supplies will be provided. Please call 908-203-6101 for more information.****

Sept. 16 – “The Bees Knees” by Adele Barree, 10:45 a.m. Learn how the honeybee has been recognized as a serious agricultural problem worldwide. Adele Barree, a retired librarian and beekeeper of nearly 10 years will share her love of the European honeybee, and tips on helping the environment. Sample honey and ask questions at the end of the session.

Sept. 17 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, 11 a.m. Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 18 – Fifth Annual Thrill’n & Grill’n Picnic at Colonial Park, 10:30 a.m. The Senior Wellness Center at Bridgewater and Hillsborough along with the Quail Brook Senior Center will converge to celebrate fun, friends, food and games. Play Limbo, horseshoes, net games (badminton/volleyball), ball games (soccer), and cards and have good conversation while listening to a medley of Motown, beach and boardwalk music provided by DJ Gio. ****To save a spot and make lunch reservations please call 908-203-6101.****

Sept. 19 – “Medication Adherence” by Sagar Patel, Pharmacist, Raritan Valley Pharmacy, 11 a.m. Learn why it is important to take your medication as prescribed. Learn tips and tricks about how to remember when to take your medication.

Sept. 20 & 27 – A Matter of Balance, 10:30 – 11:45 a.m. The 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. ****Registration is required by Sept. 9. Class is full. Please call 908-203-6101 to register.****

Sept. 23 – Garden Tea Party by Caitlin Campbell, MT-BC, community outreach, Foothill Acres, 10:45 a.m. Afternoon tea is the quintessentially British pastime and has been part of the nation’s culture for centuries. Enjoy this ceremonious tea party, which is steeped in history.

Sept. 24 – “Heads Up! Seniors” by Danielle Pagani, community outreach specialist, Brain Injury Alliance of New Jersey, 11 a.m. This is a fall prevention and pedestrian campaign to increase awareness of the risks and consequences of brain injury among New Jersey’s older residents. This is an interactive presentation designed to educate seniors about traumatic brain injury and how to prevent falls and pedestrian accidents.

Sept. 25 – “Backroads of New Jersey: Images on Google Maps” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, 10:45 a.m. Jim will share with us his photographs of New Jersey, which attracted six million views online in only three years. **** This program is made possible through the funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 30 – Remember When, 10:45 a.m. Do you remember your favorite toy or game as a child (marbles, jacks, pick-up-sticks, paddleball and hula-hoops? Look back and remember the simpler times and partaking in these timeless activities.

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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.

OOA&DS Satellite Office Opportunity, Eldercare Specialist, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** An Eldercare Specialist will be at the center on **Sept. 10**, to assist with services or answer questions about the Office on Aging & Disability Services. The Eldercare Specialist will be providing information, assistance and support, as needed. An Eldercare Specialist is available to meet one-on-one as requested.

State Health Insurance Program (SHIP). 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.****

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. Wide varieties of puzzles are available.

Word Games – Monday, 10 a.m. Exercise your mind with fun games such as boggle, word searches, crossword puzzles and other mind-stimulating games.

Chair Yoga with Manjula – Monday, 10 a.m. Increase bone density, improve strength, flexibility and balance while you 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 and to help gain an overall sense of well-being, is open to all levels of skill and can be practiced while either standing or sitting.

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 on Sept. 4. Register by Aug. 30. Call 908-369-8700 for more information.****

Sept. 2 – Center is closed.

Sept. 4 – “Backyard Bears” by the Somerset County Park Commission, 10:30 a.m. Do you know what to do if you see a bear? You should, because bear sightings are increasing throughout the state of New Jersey. Join this interesting, PowerPoint-based lecture and discussion, which will help you become educated in bear etiquette. Learn the *bare necessities* and gain knowledge about the animals.

Sept. 6 – 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.****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Sept. 9 – “September in History” with Prashanti. Explore famous historical events throughout history that occurred during the month of September.

Sept. 11 – “COYL: Conversation of Your Life” by Chris Kellogg, MSW, LSW, 10:30 a.m. Learn how to ensure that you receive the end-of-life treatment that you want. Learn useful terms and what you should include when creating your advanced care planning, such as sharing your preferences for end-of-life care and how to put your requests in writing in case you are unable to speak for yourself.

Sept. 12 – Card Making Workshop with Mary Ellen Day, volunteer coordinator, Grace Healthcare Services, **10:30 a.m.** Use your creativity to help make birthday cards for hospice patients to help make someone’s day just a little brighter.

Sept. 13 – “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.

Sept. 16 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, **10:30 a.m.** Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 18 – Fifth Annual Thrill’n & Grill’n Picnic at Colonial Park, 10:30 a.m. The Senior Wellness Center at Bridgewater and Hillsborough along with the Quail Brook Senior Center will converge to celebrate fun, friends, food and games. Play Limbo, horseshoes, net games (badminton/volleyball), ball games (soccer), and cards and have good conversation while listening to a medley of Motown, beach and boardwalk music provided by DJ Gio. ****To save a spot and to make lunch reservations, call 908-369-8700.****

Sept. 20 – Lyrics of Love Event with Julia Walsh, coloratura soprano & Gregory Stout, piano, **10:30 a.m.** Enjoy live music with a theme of love. Don’t miss this special performance. This music venue is sure to elevate everyone’s mood.

Sept. 23 – “Making Your Sandwiches More Nutritious” by Samantha Nunzio, registered dietitian, ShopRite/Wakefern, **10:30 a.m.** Learn to make your sandwiches more nutritious and delicious by implementing a few simple ideas. Literature and recipes will be provided.

Sept. 25 – Bingo Bonanza, 10:30 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.

Sept. 27 – “NJ: The Personality State” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, **10:30 a.m.** Find out about the Garden State’s most famous, notorious, and unlikely characters. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 30 – Flu Shot Clinic & Wellness Presentation with Jeff Cressman, Wegman’s Pharmacy, 10:30 a.m. According to the Centers for Disease Control and Prevention (CDC), an annual flu vaccine is the best way for individuals to protect themselves from seasonal flu. Yet, three out of every five people in the United States report not being vaccinated. Embrace a commitment to health, and join us for a current overview of what’s new with the flu and get your flu shot.

MONTGOMERY SENIOR CENTER

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

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

(More)

MONTGOMERY SENIOR CENTER – CONT'D

OOA&DS Satellite Office Opportunity – Joshua O'Neal, LSW, case manager, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Joshua will be at the center on **Sept. 17**, to assist with Office on Aging & Disability Services questions and/or services. He will be offering information, assistance and support, as needed. Joshua is available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – 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.****

Billiards Room – Available Monday – Friday.

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 relieving stress 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.****

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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 either are 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.****

Sept. 2 – Center is closed.

Sept. 4 & 18 – 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.

Sept. 5, 12, 19 & 26 – Ukulele Lesson with Denise, 1:30 p.m. Learn the foundation of playing the ukulele in easy-to-follow lessons. Participants will learn how to hold, tune, and strum simple chords. ****Please call 609-466-0846 for more information.****

Sept. 6 – “Mixed Media Art Project” with Lisa Brown, Art as Therapy, 10:15 a.m. Using textured papers and glue participants will recreate images from magazines and embellish their work with metallic paints and beads.

Sept. 9 – SHIP (Samaritan Homeless Interim Program) Community Service Program, 10 a.m. Participants will assemble utensil kits to be used by those receiving meals at SHIP's Galley (a soup kitchen) and SHIP's Mobile Soup Kitchen. Each kit will include a greeting from the center. SHIP's program co-sponsored by SHIP's Anti-Hunger Program.

Sept. 9 – 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.

Sept. 11 – Watercolor Painting Workshop with Denise, 10:45 a.m. Denise will give participants systematic instruction on how to create a beautiful watercolor picture. All levels are welcome. ****Please call 609-466-0846 for more information.****

Sept. 13 & 27 – 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.

Sept. 13 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, **10:30 a.m.** Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 16 – “State of Emergency: Disasters, Catastrophes & Goof-Ups that Shaped New Jersey History” by Jim DelGiudice, photographer and educator, the Judson Lecture Series, **11 a.m.** From the sabotage that got us into WWII to the superstorm that changed our coastline, New Jersey has learned to cope. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

(More)

MONTGOMERY SENIOR CENTER – CONT'D

Sept. 20 – “Butterfly Basics” by the Somerset County Parks Commission, 10:45 a.m. What is the difference between a butterfly and a moth? Find out about the interesting and complex physical and behavioral adaptations of these little insects.

Sept. 23 – “The Life of Albert Einstein” by Eve Mandel, historian, Historical Society of Princeton, 11 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.

Sept. 25 – 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.

Sept. 27 – “Healthy Fall Produce” by Ashley Lombardi, registered dietitian, ShopRite/Wakefern, 11:15 a.m. What makes the fall months so fantastic? Ashley will discuss various fresh fall produce. Literature will be provided.

Sept. 30 – Bob’s Fun Fitness, 11 a.m. Enjoy a low-impact and a balanced-oriented program with stretching and meditation. This class is designed by a certified fitness instructor, Bob Kirby. Bob’s program incorporates music, yoga and FUN while improving one’s posture, mobility, flexibility, and strength.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd.

Somerset, NJ 08873

(908) 231-7312

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

OOA&DS Satellite Office Opportunity – Adalin Ball, MSW, eldercare educator, Somerset County Office on Aging & Disability Services, 8:30 a.m. – 4:30 p.m. Adalin will be at the center on **Sept. 25** to assist with Office on Aging & Disability Services questions and/or services. She will be offering information, assistance and support, as needed. Adalin is available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – 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 732-563-4213 to schedule an appointment.****

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.

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 either is a peer-led, 24-week exercise and education program for individuals who are 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. Paine's Gray and Watercolor Painting: understanding gradation and contrast/brilliance of color. Module 1 – Watercolor Painting; a study of light and dark with shades of lovely cool grays using Paine's Gray (dissolution of ultramarine + ivory black) ; **Module 2** – Creating the Antique Look; watercolor painting on manila paper; **Module 3** – Contrast Color Design: watercolor painting with primary colors; **Module 4** – Positive/Negative Study: watercolor painting with whites and grays for shape creation/interpretation. ****\$10.00 fee per class and includes supplies.****

Functional Fitness – Thursday, 9:15 a.m. Have fun while performing cardiovascular exercises that raise your heart rate, tone muscles in the upper and lower body and strengthen your core. Improve your balance, overall agility and increase your ability to move more easily while performing everyday activities. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins on Sept. 5. Register by Aug. 30. 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 \$35 for the seven-week program; next session begins Sept. 6. Register by Aug. 26. 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.

Sept. 2 – Center is closed.

Sept. 3 & 10 – 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.

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QUAIL BROOK SENIOR CENTER – CONT'D

Sept. 4 – “The Magic of Praise” by the Magic Mirror Players, 10:30 a.m. Robert Wood Johnson University Hospital Somerset (RWJ Barnabas Health) volunteer actors will portray through a dramatic presentation using improvisational and role-playing techniques, how giving accolades or withholding positive affirmations can impact one’s emotional well-being.

Sept. 4, 11, 18 & 25 – Yoga for Mental & Physical Wellness with Dr. Prabha Srinivas, council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore, India, **2 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.

Sept. 5, 12, 19 & 26 – 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.

Sept. 5 – The Electric Slide and All Things Country (Part 2) with Deborah Gibson and Karen Jessie, Quail Brook Seniors, 11 a.m. In part, II Karen and Deb will bring participants to the next level when they step up the pace with more line dancing fitness and fun! Line dancing is a fun way to incorporate exercise and music that results in an improvement in your emotional and physical well-being.

Sept. 5, 12, 19 & 26 – “Chronic Disease Self-Management Program” a Workshop by Heather Taylor & Andrew Bierderman, New Jersey Department of Human Services, Division of Aging Services, **12 – 2:30 p.m.** Are you or a family member one of the 80% of older Americans who are living with a long-term health condition? Then this class is for you. Learn how to feel better, get more out of life, be more independent, eat healthier, exercise safely, and alleviate pain and fatigue. Take control of your life by improving your health in this six-week workshop. ****Registration is required by Sept. 1. Please call 732-563-4213 for more information.****

Sept. 6, 9 & 13 – 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.

Sept. 11 & 25 – 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.

Sept. 12 – “Good or Bad Luck, What is Your Deal?” by Anna Nowik-Valerio, independent scholar and speaker, **11 a.m.** Is a “black cloud” hanging over your head? In this motivational lecture, participants will learn about scientific studies for one’s past and present beliefs about optimism/opportunity and luck can improve your future outcome.

Sept. 16 – “Electric Power and Light: Life More Comfortable” by Carol Bianki, external affairs & community outreach, Jersey Central Power & Light, **10:30 a.m.** This presentation will explain the usage and cost of home energy consumption, provide energy-saving tips, and discuss indoor/outdoor electrical safety in relation to landscaping such as decorating for the holidays, power lines, and what is sufficient lighting.

Sept. 17 – Flu Shot Clinic and Educational Program with Wegman’s Pharmacy, 10:30 a.m. Let’s embrace your commitment to health. Learn about the latest flu strains and get your flu shot.

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QUAIL BROOK SENIOR CENTER – CONT'D

Sept. 18 – Fifth Annual Thrill'n & Grill'n Picnic at Colonial Park, 10:30 a.m. The Senior Wellness Center at Bridgewater and Hillsborough along with the Quail Brook Senior Center will converge to celebrate fun, friends, food and games. Play Limbo, horseshoes, net games (badminton/volleyball), ball games (soccer), cards and have good conversation while listening to a medley of Motown, beach and boardwalk music provided by DJ Gio. ****To save a spot and to make lunch reservations, call 732-563-4213.****

Sept. 19 – Deep Breathing: A Different Exercise with Dr. Prahba Srinivas, Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore India, 10:30 a.m. Most people tend to take short shallow breaths and don't know how to breathe properly. Join Quail Brook's betterment to better breathing, and learn techniques for proper breathing. By breathing properly, participants increase muscle relaxation, improve their stress management and lessen anxiety!

Sept. 20 – “New Jersey: The Personality State” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, 10:30 a.m. Get to know all about the Garden State's most famous, notorious, and unlikely characters. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 23 – “McCarter Theatre Center: OnStage Seniors”, 10:30 a.m. OnStage Seniors, a community project sponsored by McCarter Theatre, will perform in a documentary-like play that tells stories about aging adults that will delight and provide insight about their experiences.

Sept. 24 – “Simplify Your Clutter” with Jamie Novak, Author and Organizing Humorist, 10:30 a.m. How can de-cluttering be fun? Join the center for a laugh-out-loud funny program that will help you lessen the load of life and de-stress by learning how to get rid of piles of paperwork and cramped closets.

Sept. 25 – “Boning Up on Osteoporosis” by Lori Morell, director of health & wellness, Parker Life, 11:15 a.m. Learn about the importance of maintaining bone health. There are 206 bones in our body, and healthy bones are tantamount to optimal health. In this program, you will understand how to help reduce the risk of falls through better nutrition, exercise by safety interventions; and how to read a DEXA-Scan (dual-energy x-ray absorptiometry), which will determine if you are at risk for osteoporosis or fractures.

Sept. 26 – “Renewal, Every Day!” with Rabbi Ronald Kaplan, Doctor of Ministry, certified pastoral counselor & psychotherapist, 11 a.m. This session is intended to provide tips about how to resolve everyday issues.

Sept. 27 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, 10:30 a.m. Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 30 – “Senior Science Ecology Series” at Duke Farms with Kate Reilly, duke farms educator, 10:30 a.m. Visit the Orchid House/Pollination House. See a tropical display of orchids, a subtropical coastal display, support houses and native nursery houses. Learn how hummingbirds are critical to the ecological system, and how honeybees are important for the pollination process and the food chain. If time allows, participants will make Mason jar bee hotels.

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

OOA&DS Satellite Office Opportunity – Gabrielle Stander, LSW, MAS, care manager, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Beginning this month, Gabrielle will be at the center on Sept. 11, to help with information, assistance and support and to answer questions Office on Aging & Disability Services questions and/or services. Gabrielle is available to meet one-on-one as requested.

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.****

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 **Sept. 10**, join us for a discussion about, "Museum of Extraordinary Things" by Alice Hoffman, and then participants will 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.

****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 experienced oil painters.

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

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

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 Nov. Call 908-753-9440 for more information.****

Sept. 2 – Center is closed.

Sept. 3 – “Healthy Outlooks” by Rocky Schwartz, Prevention Resources, **10:30 a.m.** This is an interactive program that explains how medicine is misused and how to dispose of it properly, as well as it will provide alternatives to pain management, and how to communicate with your healthcare provider.

Sept. 3, 10, 17 & 24 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).

Sept. 3, 10, 17 & 24 – 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.

Sept. 4, 11, 18 & 25 – 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.

Sept. 4, 11, 18 & 25 – 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. ****Save the date for the Fall Harvest Dance on Oct. 9.****

Sept. 5, 12, 19 & 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.

Sept. 5, 12, 19 & 26 – 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.

Sept. 6 – “Scratchboard Art” with April Zay, Hummingbird Arts, LLC, **10:30 a.m.** Participants will choose designs to transfer to a special black-coated paper. Then using special tools, participants will scrape off the coating to reveal a dynamic black and white design. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.****

Sept. 9 – “New Jersey: The Personality State” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, **10:30 a.m.** Get to know all about the Garden State’s most famous, notorious, and unlikely characters. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 10, 17 & 24 – “Learn How to use Your iPhone and iPad Workshop” with Maureen Greenbaum, 11:30 a.m. Get your questions answered and explore the benefits of using iPhone apps like Find My Friend, Google/Apple Maps, Podcasts, Email, Health, Camera, Calendar, Stocks and more! This class is for beginners and those who are interested in learning how to use their iPhone more effectively while having fun! ****This six-week workshop is a hands-on tutorial. Each participant must bring an iPhone or iPad. Advanced registration is required. Space is limited. THIS CLASS IS NOT FOR ANDROID PHONES.****

(More)

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

Sept. 10 – “Football and New Jersey: A Historical Celebration” by Alan Delozier, Seton Hall University, **10:30 a.m.** Learn about the origins of the sport – its Greek and British ties - to the development of the modern-day game. This is a fun and informative look into the sport with a focus on the memorable players, teams, and the overall spirit that makes football so appealing to millions.

Specific milestones will be covered. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Sept. 11 – FREE Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association, **10:15 a.m.** No appointment is necessary.

Sept. 13 – Bridgewater Roxies Dance Troupe, Donna Langel, Bridgewater Senior Center coordinator and choreographer for the Roxies, **10:30 a.m.** Join the center for an upbeat and entertaining performance by the Bridgewater Roxies, a jazz and tap dance troupe of dancers whose ages range from 59 to 63 years.

Sept. 16 – Family Team Feud with Gwen, **10:30 a.m.** Enjoy playing this team version of the popular television game show when answers to survey questions are based on popular responses.

Sept. 17 – Core, More n’ Pelvic Floor Workshop with Jennifer Penn, PT, DPT, MDT, Americare Physical Therapy, **10:30 a.m.** Join us for an educational workshop, hosted by Jennifer, a licensed physical therapist. Learn about the benefits of pelvic floor physical therapy, which can help pelvic pain, back pain, stress and urge incontinence, as well as a variety of bladder conditions.

Sept. 20 – “In Case of Emergency: Emergency Preparedness for Seniors and their Families” by Laurie Roome, community educator, Office on Aging & Disability Services, **10:30 a.m.** Learn essential emergency preparedness for seniors. When an emergency or disaster happens, being prepared can be the difference between life and death.

Sept. 23 – Making Pinecone Bird Feeders, **10:30 a.m.** Join the center to create a pinecone bird feeder to take home. These birdfeeders will help provide food for during the winter when insects die and bird food is scarce.

Sept. 24 – “The Bees’ Knees” by Rich Hoffman, environmentalist, Somerset County Environmental Center, **10:30 a.m.** Join the center to learn about bees and how important they are to the ecosystem.

Sept. 27 – Mind Your Mind Brain Workout, **10:30 a.m.** Join us to practice several “mind-stimulating” exercise workouts and stimulate different parts of your brain by playing word games and puzzles.

Sept. 27 – 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.

Sept. 30 – “A Virtual Stroll through the Met’s Egyptian Art” by Michael Norris, art historian, **10:30 a.m.** Learn about the ancient Egyptian culture through, sculpture, jewelry, mummies, and Egyptian buildings in this fascinating program that is brought to us by the Metropolitan Museum of Art. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission****

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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