



**FOR IMMEDIATE RELEASE**  
March 25, 2021

## Somerset County-Operated Senior Centers Offer New Virtual Programs and Activities Via Zoom in April

*Remote Classes and Programs Help Seniors Stay Connected and Fit During the COVID-19 Pandemic*

**SOMERVILLE, NJ** – Due to the coronavirus pandemic, all county-operated senior centers managed by the Somerset County Office on Aging and Disability Services are **temporarily closed until April 30, 2021**. The county’s management team is following state-mandated public healthcare guidelines while they continue to assess the centers’ reopening dates.

Senior Center programs that were offered on-site have been modified and are now available via Zoom, which is a secure, video-based, user-friendly, online platform that can be accessed through a smartphone, tablet, or computer and allows residents to see and hear others.

### **Zoom Guidelines**

Unless otherwise specified, residents who are age 60 and above can join any of the Zoom programs listed in this schedule even if they are not a client at the center hosting the Zoom program.

### **Zoom Activity Release Forms**

Participants are required to obtain and complete an Activity Release Form from the senior center they regularly attend. After submitting the form to that center, participants will receive an email with information about all Zoom classes and programs listed in this schedule. All programs are **FREE** for registered members!

### **Zoom Tutorial and Registration**

Learn how to use Zoom or sign-up for a virtual tour, at <https://support.zoom.us/hc/en-us>. To register for a program or class, call 908-203-6101 or email [Donlin@co.somerset.nj.us](mailto:Donlin@co.somerset.nj.us).

## **Virtual Programs and Classes for All Senior Center Clients**

### **April 1**

**April 1, 10:45 a.m. – “Frank Owen Gehry, CC, FAIA: The Most Important Architect of Our Age”** by Lisa Bayer. Learn about contemporary architecture of the 21st century including the process and interplay of creating a design concept and constructing the building through the eyes of Frank Owen Gehry who used different design approaches such as postmodernism, high-tech, conceptual, and expressionism. **\*\*This program is hosted by the Quail Brook Senior Center.\*\***

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## Virtual Programs and Classes for All Senior Center Clients – *Cont'd*

**April 1, 11 a.m. – “Planning a Native Butterfly Garden”** by the Somerset County Park Commission. Who doesn't love butterflies and flowers? In this lecture and discussion, participants will learn about the types of plants that attract butterflies and moths and details about these creatures. Participants can request literature that includes interesting details about native plants and butterflies. \*\*Hosted by the Warrenbrook Senior Center.\*\*

### **April 5-9**

**April 5, 11 a.m. – “Stream On”** by James Williams, TV producer, director, writer and broadcast executive. Get first-hand knowledge about the broadcasting of live concerts (Sting, Dolly, Live Aid), elections (from Regan to Biden), the Olympics, and major sports (World Cup, NBA, NHL, Major League Baseball, NFL football, and college sports). Learn how major networks and the broadcasting industry have shifted to reflect and adapt to technological advancements. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 5, 12 p.m. – *Raritan Valley Community College DanceWorks Virtual Concert.*** Enjoy a collection of short films made by RVCC students and faculty. These avante-garde films will focus on elements of camera work, thematic material, editing, and music composition using the body as the vehicle for expression. Faculty films to be shown include “Rhythm and Blues,” by Professor Londretta Fois and “(Re)iterations,” by Marissa Aucoin, adjunct professor. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 6, 11 a.m. – “Every Day’s Your Lucky Day”** by Anna Nowik. Learn how every day can be your lucky day! This motivational lecture discusses past and present attitudes toward the concept of luck, fate and scientific studies about optimism and opportunity. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**April 6, 2 p.m. – *The Mighty Mushroom*** by Kim Minerley. Join Kim while she whips up a tasty dish using a simple, but often maligned food – the mushroom. Research has shown eating this superfood can help improve your immune system and lower the risk of heart disease. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 6, 3 p.m. – *Guided Meditation with Cate.*** Take a break and soothe yourself with calming music and meditation, which will help reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 7, 10 a.m. – “*The Golden Age of Musicals*” (Part 1)** by Sam Caponegro. Explore and analyze iconic films of original musicals with movie clips such as “GIGI,” “Seven Brides for Seven Brothers,” “A Star is Born,” and “Singing in the Rain”. \*\* This program is hosted by the Quail Brook Senior Center.\*\*

**April 7, 11 a.m. – *Remembering the Ladies: From Patriots to Presidential Candidates*** by Carol Simon Levin. Join Carol Simon Levin for her portrayal of Abigail Adams – “saucy” wife of John Adams who was a member of the Continental Congress, and she was also the mother of John Quincy Adams. Abigail will tell stories of tenacious women who fought for women’s rights in the political arena such as Dolly Madison and other female activists, pioneers and politicians who fought to extend women’s economic, social, and political rights. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 7, 2 p.m. – *Word Games with Donna.*** Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**(MORE)**

## Virtual Programs and Classes for All Senior Center Clients – *Cont'd*

**April 8, 11 a.m. – “Dry Eye”** by Bryan Abessi, M.D., F.A.A.O. Get the facts and learn about the common causes of dry eye and ways to help alleviate symptoms. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**April 9, 11 a.m. – *Classic Cool*** with Andrew Lobby, an entertainer. Enjoy a classically cool solo vocal and guitar performance featuring popular hits from the '60s and '70s. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**April 9, 3 p.m. – *Brain Games and Trivia with Kristen***. Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

### April 12-16

**April 12, 11 a.m. – *Women in American Politics: Our Rights Too!*** By Carol Simon Levin, author and historical impersonator. In this program, attendees will enjoy Ms. Levin's portrayal of an enslaved woman and poet Phyllis Wheatley; noted abolitionists and women's rights speakers Mari W. Stewart, Sojourner Truth and Frances Ellen Watkins Harper; organizers and suffrage activists Ida Bell Wells-Barnett and Mary Church Terrill; Native activists Zitkala-Sa and Marie Louise Bottineau Baldwin; migrant rights advocate Dolores Huerta and many more women of all colors and creeds who fought for women's rights. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 13, 11 a.m. – “*Beating the Quarantine Blues: Enhancing Social Connectedness During Times of Isolation*”** by Monica Townsend, COPSA Institute for Alzheimer's Disease and Related Disorders, Rutgers Co-op Extension. Learn tips for coping with isolation during the quarantine. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge\*\*

**April 13, 12:30 p.m. – “*An Easy Plan for Beating the Blues*”** by the Rutgers School of Nursing. Learn 12 strategies to help stay connected and mentally healthy. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 13, 2 p.m. – “*HERStory*”** by Charles Smith, instructor, Osher Lifelong Learning Institute, Rutgers University-Division of Continuing Studies. Join this interesting program that pays homage to international women who have made and continue to make a positive and lasting impact on society. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 13, 3 p.m. – *Virtual Bingo***. Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills. Participants can use the gameboard on their screen. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 14, 11 a.m. – *Treasure Our Local Trees*** by Pam Zipse, tree expert, Rutgers Urban Forestry Outreach Program. Join a discussion about how trees have made an impact on the human race. \*\*Hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 14, 2 p.m. – *Word Games with Donna***. Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

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## Virtual Programs and Classes for All Senior Center Clients – *Cont'd*

**April 15, 11 a.m. – “Why Do We Say That: Dog Days of Summer & Other Curious Expressions”** by Meg Wastie, Historian. Learn the meaning and background stories of some of the stranger phrases and sayings that exist in the English language. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**April 16, 11 a.m. – April Jeopardy.** Test your knowledge about the month of April in this game that is based on “Jeopardy.” \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**April 16, 3 p.m. – Brain Games and Trivia with Kristen.** Join Kristen for various trivia and brain games. Studies show that playing games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

### April 19-23

**April 19, 11 a.m. – The Inability to Bond: The Mina Edison Story** by Alexandra Rimer, researcher, The Edison Papers Project, Rutgers University. Learn about Mrs. Thomas Edison through an interpretation of her life by Ms. Rimer, who will bring to life the trials and tribulations of Mina’s life from this unusual perspective. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 19, 12 p.m. – “Life Planning Documents (Part 1)”** by Legal Services of Northwest New Jersey, Inc. Learn about powers of attorney, and living wills from legal representatives from Legal Services of Northwest New Jersey, Inc. Participants will learn about each document and why the documents are important. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 19, 2:30 p.m. – Pun & Games with Donna & Denise.** Join the fun with puns. \*\*This program is hosted by the Senior Wellness Center at Hillsborough & Montgomery Senior Center.\*\*

**April 20, 11 a.m. – “Discover Your Cooking Style”** by Vanessa Young, Thirsty Radish. Uncover your cooking style with a short quiz. Then, based on the quiz results, participants will learn tips for planning meals and celebrations including recipes, table décor, and creative ideas that reflect their style. Participants will also learn practical tips for more enjoyable, less stressful cooking. \*\* This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**April 20, 2 p.m. – Travel the Solar System** by Amie Gallagher, director, Raritan Valley Community College Planetarium. Join this ride through the galaxy when you will travel the solar system to explore the planets and moons from the comfort of your chair! To participate, bring paper, scissors, pencil, and tape to this demonstration. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 20, 3 p.m. – Guided Meditation with Cate.** Take a break and soothe yourself with calming music and meditation, which will help reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*Hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 22, 11 a.m. – “Art of Ancient Mediterranean”** by the Newark Museum of Art. Learn about glass, art, sculpture, funerary art, and ceramics in homes and temples across the greater Mediterranean over thousands of years. Everyday objects from this gallery tell the stories of Roman, Greek, and Egyptian cultures that were defined by connections to Africa, Asia, Europe and the Near East. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

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## Virtual Programs and Classes for All Senior Center Clients – *Cont'd*

**April 23, 11 a.m. – *Exercise 101*** by Personal Trainer Christian McLean, B.S. of Exercise Science. Learn about the different types of exercise, what exercises are better for older adults, the difference between aerobic and anaerobic exercise, and the benefits of tai chi. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**April 23, 3 p.m. – *Brain Games and Trivia with Kristen***. Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

### **April 26-30**

**April 26, 11 a.m. – “*Can Vitamins Add to a Healthy Lifestyle*”** by Kunal Patel, PharmD. Learn about how vitamins can be a supplement to aid in metabolic functions, how they help supplement the body's lack of micronutrients, and how vitamins can interact with medication. There will be a Q&A opportunity at the end of the presentation. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**April 26, 12 p.m. – “*Life Planning Documents*” (Part 2)** by Legal Services of Northwest New Jersey, Inc. Learn about powers of attorney and what are the powers of attorney's responsibilities. Also, find out about living wills and healthcare directives. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 27, 11 a.m. – “*Virtual Safari*”** by Monica Juhasz, Somerset County Park Commission. Take a journey to Tanzania via your armchair. Travel deep into the African Bush and see elephants, lions, gazelles, and many more exotic animals. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**April 28, 11 a.m. – *Mario Lanza and Me***. Enjoy this spine-tingling performance from an opera singer and performer, Dominic Mantuano and tenor Mario Lanza while they perform beautiful songs that will give you chills. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**April 28, 2 p.m. – *Word Games with Donna***. Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**April 29, 11 a.m. – “*Aging in Your Own Space: Tips for Seniors in Your Own Home*”** by Rebecca Abenante, M.A., M.S.W., L.S.W., ASW-G. Learn what you need to know when formulating an aging-in-place plan so that you can remain in your home as you age. This program will discuss how important it is to pre-plan for home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**April 30, 11 a.m. – *Craft Time with Tammy and Donna***. Make 3D Mother's Day Cards for your Mom, Daughter, Sister, or anyone else special. Donna and Tammy will give step-by-step instructions. **\*\*Limited space is available. Registration is required. Craft supplies will be mailed to participants. Call 908-369-8700 to register by April 5, 2021.** This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

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## Virtual Programs and Classes for All Senior Center Clients – *Cont'd*

**April 30, 3 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. **\*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\***

### Virtual Exercise Classes Open to All Senior Center Clients

**NOTE: An Activity Release Form and the use of a camera (audio and video) are required.**

**Mondays, 10 a.m. – *Chair Yoga with Manjula.*** Gain the benefits of practicing yoga poses from the support and safety of your favorite chair. This class is an excellent opportunity to 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 helping to gain an overall sense of well-being. The class is open to all skill levels and can be practiced while standing or sitting. **\*\*A maximum of 25 participants is allowed in class. To register, call 908-369-8700 or email [AgingHillsborough@co.somerset.nj.us](mailto:AgingHillsborough@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**Mondays, Wednesdays & Fridays, 1 p.m. – *The Regime Exercise Class with Allyson.*** Get a head-to-toe workout when using intervals of weights, stretching and aerobic movements, which will lubricate joints for flexibility, strengthen and stabilize muscles, increase blood circulation and can help with weight loss. These exercises can also help lower the risk of falls and increase the ability to accomplish daily activities. Exercises can be practiced while either standing or sitting and with or without hand weights. **Monday** – Upper Body Routine, **Wednesday** – Mid Section Routine, **Friday** – Lower Body Routine. **\*\*A maximum of 25 participants is allowed in the class. Wear comfortable, loose-fitting clothing and sneakers. To register please call 732-563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

**Mondays, 2 p.m. – *Take Control with Exercise.*** 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. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email [Grieco@co.somerset.nj.us](mailto:Grieco@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**April 5, 12, 19 & 26, 1 p.m. – *Chair Exercises with Nadeen.*** Join Nadeen for fun chair exercises that will help increase one's blood circulation, flexibility and strengthen muscles. Participants can sit in a chair or stand to practice these exercises. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-753-9440 or email [HrevnackDickey@co.somerset.nj.us](mailto:HrevnackDickey@co.somerset.nj.us).** This program is hosted by the Warrenbrook Senior Center.\*\*

**Tuesdays & Thursdays, 9 a.m. – *Take Control with Exercise.*** 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. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email [Grieco@co.somerset.nj.us](mailto:Grieco@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

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## Virtual Exercise Classes Open to All Senior Center Clients – *Cont'd*

**NOTE:** An Activity Release Form and the use of a camera (audio and video) are required.

**Tuesdays, 12 p.m. – *Yoga/Meditation & Breathing Techniques with Dr. Prabha Srinivas.*** Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore India. Take control of your emotional and physical well-being and reduce stress in your life through the practice of yoga and meditation. **\*\*Participants should wear comfortable clothing that will allow for movement. A maximum of 25 participants is allowed in the class. To register call 732-563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

**April 14, 10 a.m. – *TLC (Tender Loving Care) Chair Exercise*** with Laurina Kuligowski. Unite the mind and body and restore the spirit with Laurina. In this class, participants will practice slow, deliberate and graceful stretching movements with integrated deep breathing while seated in a chair. **\*\*Wear comfortable clothing. A maximum of 25 participants is allowed in the class. To register call 732-563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Quail Brook Senior Center.\*\*

**Wednesdays, 12 p.m. – *Fit & Flex with Rose.*** Learn stretching, strength training, laughter-yoga, breathing exercises and more in this **FREE** weekly exercise program. This class changes frequently and is suitable for all skill levels. **\*\*A maximum of 25 participants is allowed in the class. To register call 908-369-8700 or email [AgingHillsborough@co.somerset.nj.us](mailto:AgingHillsborough@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**April 8, 15, 22 & 29, 10:45 a.m. – *Yoga for All! Chair Yoga with Manjula.*** Gain the benefits of practicing yoga poses from the support and safety of your favorite chair. This class offers an excellent opportunity to increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class while relieving stress and gaining an overall sense of well-being. Expect gentle stretching to bring movement to joints and muscles. The class is open to all skill levels and can be practiced while standing or sitting. **\*\*A maximum of 25 participants is allowed in class. To register, call 732-563-4213 or email [AgingQuaiBrook@co.somerset.nj.us](mailto:AgingQuaiBrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

**Fridays, 11:30 a.m. – *Zumba Gold (Chair) with Laurie Fetcher.*** Get your blood pumping to zesty music that will inspire a hearty workout. This class is manageable for people age 60 and above, beginners, or others who need modification to their exercise routine. Participants will build cardiovascular health by challenging the heart and working hip, leg, and arm muscles by practicing fun and rhythmic moves while sitting in a chair. **\*\*A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email [AgingQuailBrook@co.somerset.nj.us](mailto:AgingQuailBrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

(MORE)

## Virtual Programs, Classes and Clubs Only Open to Clients of the Senior Wellness Centers that Are Hosting the Class

**NOTE: For safety and quality assurance, the following programs are ONLY available to clients who regularly attend the senior center that is hosting the class.**

**An Activity Release Form and the use of a camera (audio and video) are required to participate.**

### SENIOR WELLNESS CENTER AT BASKING RIDGE

202 Mt. Airy Road  
Basking Ridge, NJ 07920  
908-204-3435

**April 15, 12:30 p.m. – *Monthly Book Club*** (Every Third Thursday). Join others to discuss, “Olive Again” by Elizabeth Strout, and select the next book to read. New members are always welcome!

### SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street  
Bridgewater, NJ 08807  
908-203-6101

**Mondays, 9:45 a.m. – *Aerobic Chair Exercises*** with Sabina. Improve your heart-health, reduce stress, lower the risk of depression, reduce the risk of diabetes and osteoporosis, increase body stamina, and improve metabolism, flexibility and coordination in this intense 1-hour workout session. **\*\*A maximum of 25 participants is allowed in class.\*\***

**April 12 & 26 – *Bereavement Support Group*, 10 a.m.** Share common feelings about grief and the renewal process. The purpose of this support group is to provide participants with a safe place to grieve the death of a loved one by incorporating 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. To register, call 908-203-6101.

**Tuesdays, 10 a.m. & Fridays, 11 a.m. – *Gentle Aerobics with Lisa & Caitlin*.** 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. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. Exercises can be practiced while either standing or sitting. The class is open to all skill levels. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 2 p.m. – *Chair Yoga with Manjula*.** Does the thought of getting down on the floor to practice yoga seem daunting? This class is ideal for beginners and all skill levels because poses can be practiced while either standing or sitting. Expect gentle stretching to bring movement to joints and muscles. Participants will increase bone density, improve strength, flexibility and balance, relieve stress and gain a sense of well-being while being immersed in a relaxing class. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Wednesdays & Fridays, 9:30 a.m. – *Hatha Yoga with Bharti*.** Hatha Yoga combines the practice of improving one’s body posture through controlled breathing and meditation. Practicing Hatha Yoga has many benefits, such as helping to align the body and improving balance, flexibility, and circulation. **\*\*A maximum of 25 participants is allowed in the class.\*\***

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### SENIOR WELLNESS CENTER AT BRIDGEWATER – *Cont'd*

876 East Main Street  
Bridgewater, NJ 08807  
908-203-6101

**Fridays, 2 p.m. – *Ukulele for Beginners (April 9 – May 28)***, Denise Crowley from the Montgomery Senior Center – Get started on the right note and learn the basics of ukulele by learning to play with easy-to-follow lessons and learn how to hold, tune and strum simple chords. **\*\* Registration is required. Space is limited. Please call 908-203-6101 to register by April 8.\*\***

**April 22, 10 a.m. – *Monthly Book Club with Nan*** – (Every fourth Thursday). Join others to discuss, “Angle of Repose” by Wallace Stegner, then select the next book to read. New members are always welcome!

### MONTGOMERY SENIOR CENTER

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

**Mondays, 1 p.m. – *Silver Strength with Rose***. Join this 45-minute exercise class, where 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. This class is great for all skill levels. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, Thursdays & Fridays, 10 a.m. – *Intermediate Ukulele Lessons with Chris***. Build on the skills that you have learned in the beginner’s class and also master chords, melodies and improvisation. Participants will play a multi-part arrangement in a band using a wide range of musical genres.

**Tuesdays, 10 a.m. – *Yoga with Elizabeth***. Learn techniques to help gain flexibility and improve strength while being immersed in this relaxing class. Practicing yoga can increase bone density and improve one’s strength and balance, relieve stress and help participants gain an overall sense of well-being. Expect gentle stretching to bring movement to joints and muscles. The class is open to all skill levels and can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 10:30 a.m. & Thursdays, 11 a.m. – *Exercise for Arthritis with Elizabeth***. Reduce pain, fatigue and stiffness and increase flexibility, strength, balance and endurance while practicing exercises in a safe, positive environment. This class is perfect for relieving stress and will participants gain an overall sense of well-being. **\*\* A maximum of 25 participants is allowed in the class.\*\***

**Wednesdays, 1 p.m. – *Beginner Ukulele Virtual Lessons with Denise*** . Get started on the right note and learn the basics of ukulele playing in easy-to-follow lessons. Participants will learn how to hold, tune and strum simple chords. **\*\*To register and to reserve your ukulele call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us) by March 31.\*\***

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### **MONTGOMERY SENIOR CENTER – Cont'd**

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

**Thursdays, 12:30 p.m. – *Advanced Beginner Ukulele Virtual Lessons with Denise.*** Are you ready to move to the next level? Strengthen your strumming skills and learn new ones. In this class, participants will practice chord basics, learn additional chords and new strum techniques. Participants will also learn how to play songs with more challenging chord combinations. **\*\*To register and reserve your ukulele, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us)\*\***

**April 7 & 28, 10 a.m. – *Move Today with Elizabeth.*** Learn how to improve flexibility, balance, strength, stamina and posture to help prevent falls. Exercises can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**April 9 & 23, 10 a.m. – *Let Your Yoga Dance with Kate Denby,*** certified yoga instructor. Join this fun class and get your body moving in a safe environment. Practice a mix of gentle yoga and dance while moving to the rhythm of exciting music. **\*\*The class will accommodate everyone and is open to participants of all skill levels. A maximum of 25 participants is allowed in the class.\*\***

**April 14, 11 a.m. – *Creative Wellness with Shirin Stave-Matais.*** Achieve calm, control, and learn meditative practices through imaginative, joyful and social interaction. This class combines wellness exercises with Hatha and chair yoga. Participants will learn gestural, improvisational and world dance forms, sound therapy, creative play, guided-relaxation and meditation techniques. Participants of all skill levels can join, and the class can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**April 14, 1 p.m. – *Ageless Grace with Roz Gerken,*** certified ageless grace educator. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. This program is designed to activate all five functions of the brain (memory, planning, analytical thinking, creativity and kinesthetic thinking). Participants will be thoroughly engaged in the class while seated in a chair. **\*\*A maximum of 25 participants is allowed in the class.\*\***

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

500 Warrentown Road  
Warren, NJ 07059  
908-753-9440

**April 13, 1:30 p.m. *Monthly Book Club*** – (Every Second Tuesday). Join others to discuss, “Glory Over Everything” by Kathleen Grisson, then select the next book to read. New members are always welcome!

(MORE)

## Virtual Programs, Classes and Clubs Only Open to Clients of the Senior Wellness Centers that Are Hosting the Class

**NOTE: For safety and quality assurance, the following programs are ONLY available to clients who regularly attend the senior center that is hosting the class.**

**An Activity Release Form and the use of a camera (audio and video) are required to participate.**

### **WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – Cont'd**

500 Warrentville Road  
Warren, NJ 07059  
908-753-9440

**Tuesdays & Thursdays, 2 p.m. (April 20 – September 30) – *Tai Ji Quan: Moving for Better Balance*.** Improve strength, mobility, balance, daily function and prevent falls by practicing these Tai Chi-based movements in this fall prevention exercise program that is designed for older adults and people with balance difficulties. Learn movements over a 24-week period in a supportive environment. This program can accommodate individuals who need some assistance with walking. No prior experience with Tai Chi is needed. This class was designed based on research showing proven results. **\*\*Call 908-753-9440 for more information. A maximum of 10 participants is allowed in the class.\*\***

**Thursdays, 1 p.m. – *Line Dancing with Linda*.** Join this class to strengthen the heart and muscles. This is so much fun it doesn't even seem like exercise! This class will help participants stay healthy both mentally and physically, is suitable for people with limited mobility and can increase coordination and balance. **\*\*A maximum of 25 participants is allowed in the class.\*\***

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

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