



News from the Somerset County Board of Chosen Freeholders

Peter S. Palmer, Freeholder Director • Patrick Scaglione, Freeholder Deputy Director
Patricia L. Walsh, Freeholder • Mark Caliguire, Freeholder • Brian D. Levine, Freeholder

July 21, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce the August Program Schedule

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

All Somerset County-operated senior centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50 for anyone age 60 and above. Menu choices include a **hot** meat-based or meatless entrée and a **cold** meat-based or meatless boxed lunch. Please make reservations before 10 a.m., at least one business day in advance. Why not invite a friend or neighbor to join you for lunch! Or come earlier in the day and enjoy one of the center's many programs.

If you drive or have your own ride, you can attend any of the centers.

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

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

(NEW) Knitting/Crochet/Stitching Club (Begins August 7th) – Monday, 9:30 am – 11:30 a.m. All are welcome to join. Bring your own knitting/crocheting/stitching project or come learn something new and meet wonderful friends while doing something you love. ****Please call (908) 204-3435 for more information****

Ping Pong Club – Monday, 12:00 – 2:00 p.m. Members are not guaranteed so bring a friend!

Yoga with Denise – Tuesday, 1:00 – 2:00 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated or standing to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****\$40 for the 8-week program, new session to begin August 1st. Registration required, call (908) 204-3435 for more information. ****

Computer Lab – Available Monday – Friday, 9:00 a.m. – 4:00 p.m.

Pool Sharks – Pool Table Available, Monday – Friday, ****Call (908) 204-3435 for availability****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE – cont'd

Dancercise – Monday, 10:30 a.m. An innovative and fun way to exercise! This class incorporates dance moves to well-known music that will keep you moving. Starting with a “warm up” which helps avoid injury; you will dance to the beat of the music and finish with a “cool down.” An aerobic class that is low-impact and great for the heart! Sneakers required. ****\$40 for the 8-week program, next session to begin Aug. 14. Registration required, call (908) 204-3435 for more information****

Bridge Club – Tuesday, 9:30 a.m. – 12:00 p.m. Drop in on Tuesdays for more information.

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

Zumba Gold – Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Sneakers required.

Wednesday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session to begin Aug. 2. Registration required, call (908) 204-3435 for more information ****

Friday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session to begin Aug. 4. Registration required, call (908) 204-3435 for more information ****

Tai Chi For Health – Wednesday, 1:00 – 2:00 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage participants’ development of their strength, balance and flexibility. Tai Chi has unfamiliar vocabulary, new ways of moving, and a sequence of movements that take time to learn. Participants will learn the **basic form** of this art, which will enable them to experience considerable improvements in their physical ability as well as to learn postures that will recur in new Tai Chi forms. **** \$16, suggested donation, for the 6-week program, next session to begin August 23rd. Registration required. Deadline for registration is August 16th, call (908) 204-3425 for more information****

Billiards Club – Thursday, 10:30 a.m. Otherwise pool table available daily on a drop-in basis, 9 a.m. – 3:00 p.m.

Take Control with Exercise – Thursday, 10:30 a.m. This seated exercise program is for all levels of ability. Strengthen key core muscles, improve flexibility and balance while boosting stamina. Ongoing class, must be registered with the center to attend. ****Please call (908) 204-3435 for more information****

Monthly Book Club – Thursday, 12:30 p.m. Join us to discuss the current book, a Thriller, “The Absence of Emily” by Jack Ritchie. Emily has been on vacation for several weeks. At least that’s what her husband has been telling people. But given that no one else has heard from her, Emily’s meddling cousin suspects a far darker reason for her absence. New members are always welcome! ****Call (908) 203-6101 for details****

Individual Computer Lessons – Friday Mornings ****Please call (908) 204-3435 to schedule an appointment. Appointments will resume in September****

August 1 – “Childhood Summer Vacations” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion to discuss your best memories of summer vacations from your younger days. Photos welcome!

August 1 – **FREE** Blood Pressure Screenings by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. A Registered Nurse from the Visiting Nurse Association of Somerset Hills will be onsite to do individual blood pressure screenings. No appointment necessary.

August 2, 9, 15 & 16 - ARTS  “Good Ol’Summertime: A Singing Journey” conducted by John Fitzpatrick, 10:30 a.m. Everyone becomes a member of the band! Join us for a revitalizing hour of music as John invites attendees to sing along to the Summer time favorite songs. Attendees will sing along to prepare for our rehearsal on August 15th and the concert finale on August 16th. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE– cont'd

August 4 – “Armchair Travel Presents: Destination Morocco” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, have taken extensive photographs and put them on a DVD complete with music and narration of their experience. Today’s feature is Morocco.

August 7 – “CPR/AED Education” by Carol Brush, BS, CHES, Health Educator, Horizon Blue Cross Blue Shield, 10:30 a.m. Today, Carol will explain the basics of these lifesaving techniques.

August 8 – “Discover a New Classical Chinese Musical Frontier” by Tom Liang, 10:30 a.m. As a follow up to the Traditional Chinese Culture program earlier in the year, classical Chinese music is the focus today.

August 11 – Summer Bingo, 10:30 a.m. Bingo is more than an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves short term memory skills. Try your luck at some great prizes today. ****Reserve by Aug. 11****

August 14 – New Jersey Young Artists Association Art Exhibit, 10:30 a.m. Join us for an art exhibit by these talented young artists.

August 18 – New Jersey Trivia From Celebrities to Landmarks, 10:30 a.m. See how much you know about the Garden State.

August 21 – “The Life & Work of George Seurat” – Lecture & Acrylic Painting Workshop, Art of the Master’s Program by Creative Notions, 10:30 a.m. Please come join us in exploring the life and work of the 19th century French painter George Seurat. It was his technique for portraying the play of light using tiny brushstrokes of contrasting colors that became known as pointillism. Seurat created huge compositions filled with tiny, detached strokes of pure color too small to be distinguished when looking at the entire work but making his paintings shimmer with brilliance. During our hands-on session, participants will have the opportunity to create a group piece using only dots of paint. Afterwards, the group masterpiece will be assembled and framed for all to enjoy. ****Seating is limited. Please register by August 11th****

August 22 – Short Story Readings by Janice Kildea, Storyteller, Bernardsville Library, 10:30 a.m. Janice will read “The Absence of Emily” by Jack Ritchie.

August 23 – “Garden State: Where Ideas Grow” by Linda J. Barth, Canal Author & Historian, 10:30 a.m. New Jersey is truly the land of inventions. M&M’s, solar panels, transistors, flexible film and graham crackers are but a few of the useful and unique creations from the minds of Garden State residents. Not to mention the 1,093 patents issued to Thomas Alva Edison. Learn about the many inventions and innovations that came from the minds of Garden State people.

August 25 – Mandala Art & Tea Workshop, 10:30 a.m. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic mandala is a square with “four gates” containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary. Enjoy creating your own mandala over a cup of herbal tea. ****Reserve by August 21th****

August 28 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

August 29 – Summer Wind Down, 10:30 a.m. First, we will take a leisurely stroll around the campus (weather permitting) and then come inside to cool off with some healthy snacks. Catch up with friends or meet new ones!

August 30 - “Food Too Good To Waste” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 10:30 a.m. This is a PowerPoint presentation discussing how to save money by avoiding food waste. The issue of food waste is one that begins well before the home. Chante will share some strategies for shopping, proper storage and different uses for leftover foods. She will also briefly discuss composting kitchen scraps.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Computer Lab – Available Monday – Friday, 9:00 a.m. – 4:00 p.m.

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

Caram – Monday – Friday. East Indian game similar to billiards.

Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.) – Monday – Friday, also see Club opportunities below

Ping Pong – Monday – Friday; call for availability

Pool Tables (2) – Monday – Friday; call for availability

Table Shuffleboard/Air Hockey – Monday – Friday

Gentle Aerobics – Monday & Thursday, 10:15 a.m. Exercise and move without putting undo pressure or strain on your body. Learn movements that lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day physical activities. This program can be done using a chair for support if desired.

Mahjong Lessons – Tuesday, 9:30 a.m. Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. Also, being offered on Thursday's from 12:30-3:00 pm for experienced players.

Needlework Crafts Club – Tuesday, 12:30 – 3:00 pm; new members welcome!

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

Dance Aerobics with Marion Harris – Wednesday, 11:00 – 11:30 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics.

Healthy Bones Exercise Class – Wednesday, 10:00 – 11:30 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. **Advanced registration is required.** Doctor's note is also required prior to first class and then once every year. **Class is currently filled, call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or hear of other opportunities.**

Scrabble Club – Wednesday, 1:00 p.m. Enjoy a friendly game of scrabble; with sufficient interest, we may plan opportunities for members to compete with other area scrabble clubs.

Book Club – 4th Thursday of the Month. New members are welcome. Join us to discuss the current book, a historical fiction novel, "The Flight of Gemma Hardy" by Margot Livesey. After 10 year old Gemma Hardy's parents die, she is taken in by a kind uncle, much to his wife's dismay. When her uncle dies, the novel takes on shades of Cinderella as Gemma (who had been accepted by her cousins) is made into a scullery maid. Though her aunt attempts to break her down, Gemma works hard in school, earning a scholarship place at the Claypool boarding school. Again little more than a slave, Gemma learns how to survive among the working girls. When the school closes, Gemma takes a position in the Orkneys, where she will live at the estate of the mysterious Sinclair and look after his wild niece, Nell. She and Sinclair fall in love, but Sinclair has a secret that drives Gemma to change, as well as inspiring her to trade her Icelandic roots. New members are always welcome! ****Call (908) 203-6101 for details****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER - cont'd

Tai Chi for Health (Intermediate) – Thursday, 1:00 – 2:00 p.m. The intermediate course will build upon the basic form learned in the introductory class, allowing students to move forward with their Tai Chi abilities. Forms learned in both courses will improve specific strengths such as, the ability to shift weight from one side of the body to the other, move one leg to the other without stumbling or falling; increase the ability to keep the body in good alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to develop strengthen bones and muscles. ****\$16 suggested donation for the 8-week program, next session to begin August 31st. Registration required, call (908) 203-6101 for more information****

Tai Chi for Health (Introductory) – Thursday, 2:00 – 3:00 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage participants' development of their strength, balance and flexibility. Tai Chi has unfamiliar vocabulary, new ways of moving, and a sequence of movements that take time to learn. Participants will learn the **basic form** of this art, which will enable them to experience considerable improvements in their physical ability as well as to learn postures that will recur in new Tai Chi forms. ****\$16 suggested donation for the 8-week program, next session to begin Aug. 31. Registration required, call (908) 203-6101 for more information****

Social Dancing – Friday, 12:30 – 1:30 p.m. Do you love to dance, meet new people and make some friends? Join Frank as he plays a variety of music from Ballroom Dance to Country Western. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits, such as increased flexibility, strength, endurance and emotional well-being.

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

Zumba Gold – Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Friday Afternoon 1:00 pm – 1:45 pm ****\$40 for the 8-week program, next session to begin August 11th. Registration required, call (908) 203-6101 for more information****

Board Games/Cards/Dominos – Friday, 2:30 pm – 4:00 p.m. Do you enjoy games like, Boggle, Cribbage, Dominos or cards, etc.? If so, visit the center for a friendly game or two. **Please note:** We cannot guarantee players so bring your friends! Please identify your game of choice when you make your reservation so we can ensure adequate game supplies.

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

August 1 – Fall Prevention by Saint Peter's University Hospital. Falls are the leading cause of fatal and non-fatal issues for older Americans. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and community partnerships, the number of falls among seniors can be substantially reduced.

August 3 - "The Life & Work of George Seurat" – Lecture & Acrylic Painting Workshop, Art of the Master's Program by Creative Notions, 10:45 a.m. Please come join us in exploring the life and work of the 19th century French painter George Seurat. It was his technique for portraying the play of light using tiny brushstrokes of contrasting colors that became known as pointillism. Seurat created huge compositions filled with tiny, detached strokes of pure color too small to be distinguished when looking at the entire work but making his paintings shimmer with brilliance. During the hands-on session, participants will have the opportunity to create a group piece using only dots of paint. Afterwards, the group masterpiece will be assembled and framed for all to enjoy. ****Seating is limited. Please call (908) 203-6101 for more information****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER - cont'd

August 4 – “The ABC’s of Medicare” by Walgreen’s. What is Medicare? Medicare is considered one of the most important government sponsored benefits in the United States. A Walgreen’s pharmacist will be onsite to discuss the ABC’s of Medicare.

August 7 & 18 – Bingo. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves short term memory skills.

August 8 – “Compassionate Care” by Christine Lackey, Program Director, Compassionate Care Hospice, Branchburg Office. Participants will be presented with information to help better understand the importance of advanced care planning and gain knowledge on the difference between advanced directives and POLST forms. Finally, Christine will also provide information on the importance of having discussions with family members about wishes for their care.

August 10 – “Foot Care and Recommendations for Healthy Feet” by Dr. Horowitz, East Brunswick Foot Care. Topics will include foot pain, inspecting feet regularly, proper washing and more.

August 11 – The Journey of Frankie & Olive, 10:45 a.m. Help Frankie and Olive, two spunky Boston Terriers, fulfill their certification requirements to become therapy dogs. As part of their training, they must be exposed to people in different situations and master various commands. Learn how to teach and practice the commands with Frankie and Olive who must master them to achieve certification.

August 14 – Mandala Art. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic mandala is a square with “four gates” containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary.

August 15 – “American Indian Cultures” by the Morris Museum, 10:45 a.m. This program provides a broad overview of American Indian life before European settlement in four geographical regions: Eastern Woodlands, Plains, Southwest and Northwest Coasts. With the assistance of a multimedia PowerPoint presentation and participant investigation of authentic artifacts and reproductions, we will connect how each region’s unique resources influenced their culture.

August 17 – “Keeping Your Mind Sharp” by the Kessler Rehabilitation Center. In this program participants will learn to recognize the effects of normal aging of the brain, implement several ways to improve brain function and help prevent senior moments with specific “brain exercises.”

August 21 – “Family & Relationships” by Adalin Ball, Eldercare Educator, Somerset County Office on Aging & Disability Services. Given increases in longevity, older adults today face the likelihood of acquiring and maintaining relationships far longer than any other time in modern history. Nearly 1 in 10 adults over the age of 65 has a child who is at least age 65. Long-term relationships can bring both rewards and challenges. Adalin will discuss such rewards and challenges providing insight on handling family dynamics.

August 22 – Water Color Crafts sponsored by Best Care. Today we will create beautiful water color crafts for friends and family members.

August 24 – “Heads Up Seniors: A Safety Campaign” by the Brain Injury Alliance of New Jersey. This program is geared toward increasing awareness of potential fall hazards in your home and lifestyle along with associated risks and consequences of brain injury that can occur. Participants will be encouraged to start thinking about issues while having fun playing jeopardy.

August 25 – News and Views with Lynda Augustine. Join Lynda as she discusses breaking news around the world and current events of interest.

August 28 - “Food Too Good To Waste” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension. This is a PowerPoint presentation discussing how to save money by avoiding food waste. The issue of food waste is one that begins well before the home. Chante will share some strategies for shopping, proper storage and different uses for leftover foods. She will also briefly discuss composting kitchen scraps.

August 29 – Performance by the Perfect Duo. Join us for an hour of acoustic guitars and beautiful harmonies. The Perfect Duo will play songs from the Everly Brothers, Crosby Stills and Nash, Peter Paul and Mary, the Eagles and many more great hits from the 50’s and 60’s.

August 31 “Discover the Beauty of the New Jersey Shore” by Mary Ellen Day, Grace Healthcare Services. Mary Ellen will be onsite to help us all to discover the beauty of the New Jersey Shore.

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844
(908) 369-8700

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Game Room – Monday – Friday

Stretching – Monday – Friday

Horseshoe Pit – Monday – Friday (Weather Permitting)

Bocce Court – Monday – Friday (Weather Permitting)

Caram – Monday – Friday. East Indian game similar to Billiards.

Fit & Flex with Rose – Tuesday & Thursday, 10:45 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all. Included are stretches, strength training, laughter yoga, breathing exercises and more. ****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Tuesday, 12:45 – 2:15 p.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

T'ai Chi Chih with Janet O. – Wednesday, 9:30 – 10:15 a.m. T'ai Chi Chih is a series of 19 gentle, fluid movements and 1 pose that activate, circulate and balance the intrinsic energy of the body known as chi. The practice can be performed by individuals of most any age, ability or condition, while standing or sitting. ****\$20 for the 10-week program, next session to begin Sept. 6th. Registration required, call (908) 369-8700 for more information. Come and sample a free trial class any Wednesday prior to signing up****

August 1, 8, 15, 22 & 29 – Trivia Time, 10:15 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises can stimulate the brain and enhance your critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

August 2 – August Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things August.

August 2, 9, 16, 23 & 30 – Mahjong Club, 12:30 – 3:00 p.m. Have you always wanted to learn how to play mahjong or are you familiar with the game but just in need of fellow players? Lessons and refreshers are available. ****Please call (908) 369-8700 for more information****

August 3, 10, 17, 24 & 31 – Puzzle Club, 10:00 a.m. Strike up conversations, make new friends and enjoy assembling puzzles together.

August 3 & 17 – Name that Tune: A Musical Adventure, 10:15 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

August 4, 11, 18 & 25 – Horseshoe and Bocce Ball Club, 9:30 a.m. Enjoy time outside while being part of our Horseshoe and Bocce Ball Clubs! Great for all ability levels; instruction will be available. (Weather Permitting)

August 4 & 23 – Bingo Bonanza, 10:45 – 11:45 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration-which improves listening and short term memory skills.

August 7, 14, 21 & 28 – Scrabble Friends, 9:30 a.m. Enjoy a friendly game of scrabble; with sufficient interest, we may plan opportunities for members to compete with other area scrabble clubs.

August 7 - In the News, 10:00 a.m. Join us as we discuss breaking news around the world and current events of interest.

August 7 – August in History: A Walk Down Memory Lane. Take a walk through history as we remember great events that occurred in August.

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HILLSBOROUGH SENIOR CENTER – cont'd

August 7, 14, 21 & 28 – Canasta Card Club, 12:30 – 2:45 p.m. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and “go out” by playing all cards in their hand.

August 9 – “Numerology: What Does Your Name Mean?” by Siobhan Hutchinson, Next Step Strategies, 10:30 – 11:30 a.m. Learn a fun way to work with names and numbers to discover what they represent and their energetic attractions. See for yourself whether they reveal your true characteristics or your friends. Numerology traces back to the Babylonians and Pythagoras, but you need not be good at math! Bring some paper and a pen. Sense of humor is a must.

August 10 – “Who Am I?” 10:15 a.m. Ask clever questions while exercising your mental abilities to determine the identity of famous historians, celebrities, authors and public figures.

August 11 – “What Can Your Library Do For You?” by Terri Coss, Hillsborough Public Library. Terri will stop by today to help us understand all of the amazing opportunities just down the road at our local library. She will review the many great programs as well as inform us of all the various services the local library provides.



August 14, 21 & 28 - ARTS “Music For Wellness” with John Fitzpatrick, 10:30 – 11:30 a.m. We are proud to host musical lessons under the direction of John Fitzpatrick. Using a variety of musical mediums we will prepare for our theme show celebrating our Veterans in November. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

August 16 – Tea Party & Scratch Mandalas (A Unique Mandala Workshop), 10:45 – 11:45 a.m. Scratch Art is a unique art form using scratchboard. Scratchboard is a panel coated with a layer of white clay and then sprayed with a layer of black ink.

August 17 & 24 – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

August 18 – Visit to the Montgomery Senior Center for the Ukulele Concert, 10:30 a.m. We will be visiting the Montgomery Senior Center for the first ever ukulele concert. Participants have trained under the direction of John Fitzpatrick and they are eager to perform.

August 25 – Craft: Water Color Paintings with Pam, 10:45 -11:45 a.m. Pam will review water color paint tips and lead us in the painting of summer beach scenes. She will demonstrate color blends to add contrast and dimension to the paintings. Space is limited so please call (908) 369-8700 to register.

August 30 – “Troubadour Tales” with Gordon Thomas Ward, 10:30 – 11:30 a.m. Everyone loves good stories, and when they’re reinforced with music and song, they get even better! That’s why audiences adore this captivating, live performance of stirring tales, told through music and spoken word that capture their attention and imagination. Entertaining anecdotes compliment his acoustic, contemporary folk songs, which include haunting melodies, multi-instrumental accompaniment, evocative vocals, and poetic lyrics. Listeners embark upon a 90-minute, captivating journey that may find them in the company of a Revolutionary War soldier, a Rockabye Railroad engineer, Robert Frost, the ghost of the Headless Hessian of New Jersey’s Great Swamp, or transported to the historic Trail of Tears, the Civil War, the trail of Lewis and Clark, and other times and places!

August 31 – “Are You Smarter Than a 5th Grader?” 10:15 a.m. This game, made popular by the television program, will test your recollection of events, products and all those things you learned in school that you’d never use again.

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MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

All programs begin at 10:30 a.m. unless otherwise listed.

Meditation Garden – Monday – Friday, 9:00 a.m. – 4:00 p.m. Enjoy this outdoor oasis for your meditation practices. (Weather Permitting)

Pool Table – Monday – Friday

Games/Cards (Scrabble, Chess, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 a.m. – 4:00 p.m. If you have a favorite game not listed that you would like to play, and/or if you are interested in starting up a club on the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. 45 minutes of exercise for older adults; 20 minutes of cardio (or movement) followed by 20 minutes of toning (with or without weights), followed by a 5 minute relaxing stretch. This exercise is great for all levels and abilities. Sneakers required. ****Please check monthly calendar for schedule updates****

Mahjong Lessons – Monday, 1:00 – 4:00 p.m. Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Lessons and refreshers are available! ****Please call (609) 466-0846 for more information****

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

Yoga with Elizabeth – Tuesday, 11:00 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated or standing to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being.

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 a.m. & Thursday, 11:00 a.m. This program is a recreational exercise program designed to address the following physical goals: to reduce pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance in a safe and positive environment.

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

Tai Chi with Herb – Wednesday, 11:00 a.m. Tai chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants experienced a reduction of pain, fatigue and stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be done using a chair if desired. ****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

Crocheting with Jane – Wednesday, 10:30 a.m.

Move Today with Elizabeth – Every Other Wednesday, 10:15 a.m. Move Today is an exercise class conducted by a certified leader and is designed to improve flexibility, balance, strength and stamina. A major focus of the class is on good posture and fall prevention. Exercises can be done while sitting or standing. ****Please check monthly calendar for schedule updates****

Circuit Training – Wednesday, 1:00 – 2:00 p.m. Have fun while performing exercises that tone your muscles. In this class, you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, new session to begin Sept. 6. Registration required, call (609) 466-0846 for more information****

(more)

MONTGOMERY SENIOR CENTER – cont'd

Card Game: “3-13” – Thursday 9:00 a.m. ****Please check monthly calendar for schedule updates****

Bocce Ball – Thursday, 9:00 am & Friday, 9:00 am (Weather Permitting)

August 3, 10 & 24 – Mahjong Lessons, 10:00 a.m. Have you always wanted to learn how to play mahjong or are you familiar with the game but just in need of fellow players? Thursday mornings are mahjong mornings. Lessons and refreshers are available.

August 4 - ARTS  "Beginner Ukulele Lessons with John Fitzpatrick, 10:15 a.m. The Ukulele is a small, four stringed instrument in four sizes: soprano, concert, tenor and baritone. Join us as John teaches the group how to play this very interesting and exciting instrument. You have the option to bring your own ukulele if you have one. ****Please call (609) 466-0846 for more information. This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

August 4 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (609) 466-0846 to schedule an appointment****

August 7 – Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy.

August 9 & 23 – Creative Therapy with Shirin Stave-Matias, Former Professional Dancer, 10:15 a.m. Creative Therapy draws upon various disciplines to create a unique combination that results in a variety of experiences for the participant. By merging aspects of: hatha and chair yoga, gestural, improvisational and world dance forms, sound therapy with creative play, together with guided relaxation and meditation techniques, the class aims to install calm, control, and meditative practices alongside imaginative, joyful and social interaction. Creative Therapy can enhance positivity, reduce stress and create feelings of empowerment and well-being. This program is intended for people of all abilities and can be performed while sitting or standing.

August 11 & 31 – Ageless Grace Exercise Program with Roz Gerken, Certified Ageless Grace Educator, 10:15 a.m. Ageless Grace is a **FREE** fitness program based on the cutting-edge science of neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

August 11 – All Roads Lead to You. Let's find out who attends the Montgomery Senior Center. Each month we will interview several center members and find out their life's journey.

August 17 – Ukulele Concert Dress Rehearsal, 10:30 a.m. Today we will do a full-scale rehearsal for our ukulele concert tomorrow morning.

August 18 - ARTS  Ukulele Concert, 10:30 a.m. For several months the Montgomery Senior Center participants have been learning to play the ukulele under the direction of John Fitzpatrick. Today they will play many songs including “Yessir, That’s my Baby,” “These Boots are Made for Walking,” and “Somewhere Over the Rainbow.” There will even be some kazoo solos. ****This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant****

August 21 – “Smart Snacking” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Samantha will provide us with tips on smart snacking. Literature will be provided.

August 25 – “An Elvis Tribute” by Mike Holland, 10:45 a.m. As a group we will meet Elvis Presley through tribute songs performed during his Las Vegas concert circa 1972. As a cultural icon, we will learn about his musical genius that blended soul, blues, pop, rockabilly and created a legend with Mike Holland as the King!

(more)

MONTGOMERY SENIOR CENTER – cont'd

August 28 – Family Feud. Come and join the Montgomery Senior Center and Johnny Rooney for an exciting game of Family Feud.

August 30 – Laughter Class with Denise Crowley, Certified Laughter Leader, 10:30 a.m. Laughter exercise offers a liberating environment to rid your body of stress while promoting optimal health.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873

(732) 563-4213

Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Table Tennis (Ping Pong) – Monday – Friday. Take a 'shot' at being a tournament master by playing Single or Doubles games. This competitive game has been an Olympic sport since 1988 and is a great way to maintain and improve hand/eye coordination, concentration and agility. Lessons, strategy and point system will be taught by Oluwaseun Odukoya (Raritan Valley Community College and Quail Brook Volunteer) every Friday at 10:30 a.m.

Individual Computer Instruction with Mike Dias – Tuesday, 9:00 a.m. – 12:00 p.m. **** Classes will resume in September****

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

A Variety of Board & Card Games (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday

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

QBC News – Monday – Friday, 10:00 – 10:30 a.m. Enjoy breaking news around the world or current events of interest for a stimulating Question and Answer session as fellow center members take turns researching and sharing the hot topics of the day.

Body & Brain Yoga with Lucy Pagnetti – Tuesday, 10:30 a.m. Body and Brain Yoga is a dynamic mind-body practice that combines stretching, flowing movement, deep breathing exercises and meditation in a simple and easy to learn format that focuses on the development of the body's core strength as the basis of physical, mental and spiritual health. Bring mats or you can use a chair.

****Class will be held on August 8, 22 & 29****

(NEW) Yogalates with Laura Kerr – Tuesday, 1:00 – 2:00 p.m. This is a workout that combines the structured exercise of Pilates with the poses of Yoga for a unique blend of mind, body and spirit. ****\$40 for the 8-week program, next session to begin August 1st. Registration required, call (732) 563-4213 for more information****

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. This five part module will explore textures and paints. ****\$10.00 fee includes supplies****

(New) Circuit Training – Thursday, 9:15 a.m. Have fun while performing exercises that tone your muscles. In this class, you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, new session to begin Sept. 7. Registration required, call (732) 563-4213 for more information****

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

(more)

QUAIL BROOK SENIOR CENTER – cont'd

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

August 1 – “Water: The Elixir of Life” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Turn your hydration needs into a lifelong commitment for health with new, tasty and easy ways to infuse your water with taste, not calories or unnecessary sugars.

August 2, 16, 23 & 30 – The Regime Exercise Class: Interval Stretching & Aerobic Movements, 9:00 – 10:00 a.m. Exercise and move without putting undo pressure or strain on your body. Learn movements that lubricate the joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be done using a chair if desired.

August 2, 9, 16, 23 & 30 – Ageless Grace with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is a **FREE** fitness program based on cutting-edge science and neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic thinking). This program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

August 3, 10, 17, 24 & 31 – Zumba Gold with Laurie Fetcher, 10:30 – 11:00 a.m. Zumba Gold takes the popular Latin-dance inspired workout Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. This program can be done using a chair for support if desired.

August 3 – “Interfaith Bereavement Support Program” by Rabbi Ronald Kaplan. This program provides an engaging and spirited general discourse in a group setting that delves into the many topics of change that occur throughout life while simultaneously exploring the different facets of loss. When done as an entire group, these discussions are avenues for positive revelations and resolutions.

August 4 – “Financial Fitness” by Sharon Clark, Central Jersey Housing Resource Connection, 10:30 a.m. Understand the importance of being financially savvy. Learn the variables such as spending plans, cost of living/budgeting and calculating depth ratios. As a recap two teams will engage in a Financial Jeopardy tournament for the title of Financial Wizard!

August 7, 21 & 28 – “Singing is Everyone’s Talent” by Linda Merrian-Kuc, LMK Music, 10:30 a.m. Bob’s Quailers reprise their desire to sing with an added twist; choreographed steps that accompany the songs! Please join this delightful ensemble as we take to the road and perform at local rehabilitation centers for our community outreach project.

August 10 – Sizzling Summer Smoothies with Amy Peterson, Registered Dietitian, Genesis Healthcare. These are not your mother’s smoothies! Try this summer delight that blends combinations of dairy, non-dairy, yogurt, super vegetables and super fruits; a fun way to get your fiber and vitamin essentials without heating up the house.

August 11 – “And the Beat Goes On!” with Donnamarie McCarthy, 10:30 a.m. Get your dance groove going and try this physical, educational and cultural dance session that explores Latin inspired dance steps such as the Merengue, Cha Cha, Mambo and Salsa; a veritable ‘Copacabana’ at the Quail Brook Senior Center.

August 14 – “Know Your C’s & C’s” by Dr. Sharon Joag, DPM, East Brunswick Foot Care, 10:30 a.m. When your feet hurt, you hurt all over! Explore the symptoms, treatments and tips on how to prevent calluses and corns for healthier feet and a happier day.

August 15 – PED Seminar with Mike Dias, 10:30 a.m. Bring your tablets, laptops, tabs, smart phones, etc. for another seminar and practical that will give you the tools to tackle issues with your personal electronic devices (PED).

(more)

QUAIL BROOK SENIOR CENTER – cont'd

August 17 - "Armchair Travel Presents: Destination New Zealand" by Dorothy & Irwin Vogel. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, have taken extensive photographs and put them on a DVD complete with music and narration of their experience. Today's feature is New Zealand.

August 18 – "The 1950's: America's Golden Age of Entertainment" by Sam Caponegro, 10:30 a.m. Reminisce with a smile on your face and a tune on your lips with those fun and happy adaptations of Broadway plays and musicals of more than 60 years ago.

August 24 – "Heart Health Plus Brain Health = Better Living" by Laura Hawkins, Alzheimer's New Jersey. Insight into the published research supporting some diets that seems to help with cognition and the connection to brain health.

August 25 – "The State of Meditation" by Genevieve McDermott, School of Royal Yoga, 10:30 a.m. Introduction to techniques designed to promote relaxation, help build internal energy and instill patience, compassion, etc. The practice of meditation has long been known to help individuals derive tangible health benefits as well as including lowering blood pressure and making positive strides towards managing depression and anxiety.

August 31 – "Protect Yourself Sooner Than Later" by a Rite Aid Pharmacist. A Rite Aid Pharmacist will discuss practices and tips to help you avoid becoming 'sick as a dog' followed by a clinic for the Pneumo Vaccine and Flu shot.

WARRENBROOK SENIOR CENTER

(located on the Warrenbrook Golf Course)

500 Warrentville Rd., Warren, NJ 07059

(908) 753-9440

Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

All programs begin at 10:30 a.m. unless otherwise listed.

Lending Library – Soft covered books available to take home and return when read. Available Monday-Friday

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

Caram Board Game – East Indian game similar to Billiards, Available Monday-Friday

Jigsaw Puzzle – Strike up conversation, make new friends and enjoy assembling puzzles together. Available Daily.

Computer Lab – Call for Availability

Individual Computer Instruction – **FREE**, one-on-one computer lessons available for beginners will **resume in September**. Call (908) 753-9440 to put your name on the September waitlist.

Zumba Gold with Angie – Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Monday Morning 10:45 – 11:30 a.m. ****\$40 for the 8-week program, next session began in July.**

Registration required, call (908) 753-9440 for more information**

Monday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, next session began in July.**

Registration required, call (908) 753-9440 for more information**

Wednesday Morning 11:30 a.m. – 12:15 p.m. ****\$40 for the 8-week program, next session began in July. Registration required, call (908) 753-9440 for more information****

Watercolor Paint Class – Monday & Thursday, 9:00 – 11:30 a.m. This is an opportunity to meet people while watercolor painting. Experience required and limited supplies provided. ****Advanced registration required. Please call (908) 753-9440 for more information. Openings available in Monday Group****

WARRENBROOK SENIOR CENTER – cont'd

Chair Yoga with Jillian – Tuesday, 12:45 – 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated or standing to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****\$40 for the 8-week program, next session to begin August 15th. Registration required, call (908) 753-9440 for more information****

Oil Painting – Wednesday, 9:00 – 11:00 a.m. This is an opportunity to meet people while oil painting. ****Advanced registration required. Please call (908) 753-9440 for more information****

Healthy Bones Exercise Class – Wednesday & Friday, 10:00 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **Openings available, call Caitlin Witucki at (908) 704-6339 to hear about available opportunities****

August 1 – “Memory: Remembering Not to Forget” by Angela Adams, RN, BSN, FN-CAS, Atlantic Health Systems/Overlook Medical Center, 10:30 a.m. Everyone has concerns when they can't find a word or their keys. We will explore how the brain works, where and how memory is stored and what we can do to improve memory. Some practical exercises will be offered. We will also discuss dementia and medical intervention.

August 1, 8, 15, 22 & 29 – Bridge Group with Ronnie, 1:00 – 3:00 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome (lessons available).

August 2, 9, 16, 23 & 30 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

August 2, 9, 16, 23 & 30 – Ballroom Dancing with Bice, 1:00 – 3:00 p.m. Meet new people and make some friends while exercising! Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance and emotional well-being. Join Bice, who has won several dance competitions, as she plays a variety of Ballroom Dance music.

August 3, 10, 17, 24 & 31 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves listening and short term memory skills.

August 4 & 25 – Card & Dice Games, 10:30 a.m.

August 7 – Pictionary, 10:30 a.m. A picture is supposedly worth a thousand words, but in a game of Pictionary players can struggle to turn a picture into just one word. Although the rules are simple, the challenge of sketching under pressure makes Pictionary a tense, competitive experience.

August 7, 14, 21 & 28 – Line Dancing with Nancy, 1:00 – 3:00 p.m. Line Dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for people with limited mobility and is known to improve cardiovascular and muscular strength and improve coordination and balance as you work through the different movements.

August 8, 15 & 29 – Boggle and Word within a Larger Word, 10:30 a.m. This is a challenging game that is played using a grid of letters, in which attendees search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long but may not use the same letter on the grid more than once per word. Then look for words within a larger word. Join us as we try to find as many words as possible.

August 8 – Warrenbrook Book Club (New Members Welcome!) Featured Book and Fiction Novel: “Palisades Park,” 1:30 – 3:00 p.m. Bestseller Alan Brennert's spellbinding story about a family of dreamers and their lives within the legendary Palisades Amusement Park. Growing up in the 1930's, there is no more magical place than Palisades Amusement Park in New Jersey-especially for seven year old Antoinette, who horrifies her mother by insisting on the unladylike nickname Toni, and her

WARRENBROOK SENIOR CENTER – cont'd

brother, Jack. Toni helps her parents, Eddie and Adele Stopka, at the stand where they sell homemade French fries amid the roar of the Cyclone roller coaster. There is also the lure of the world's biggest salt-water pool, complete with divers whose astonishing stunts inspire Toni, despite her mother's insistence that girls can't be high divers. But a family of dreamers doesn't always share the same dreams, and then the world intrudes: There's the Great Depression, and Pearl Harbor, which hits home in ways that will split the family apart; and perils like fire and race riots in the park. Both Eddie and Jack face the dangers of war, while Adele has ambitions of her own-and Toni is determined to take on a very different kind of danger in impossible feats as a high diver. Yet they are all drawn back to each other-and to Palisades Park-until the park closes forever in 1971.

August 11 – Flexible Thinking, 10:30 a.m. Flexible Thinking is the discovery of new and different ways of thinking, adapting to events in creative ways, and finding novel approaches to solving problems. Join us as we work thru some flexible thinking exercises from the Mind Your Mind workbook.

August 14 – “Drumming Circle and its Health Benefits” by Sharon Silverstein, Living at peace, 10:30 a.m. A Drumming Circle feeds the mind, body and spirit. It's a holistic experience that leaves a person feeling a sense of joy! It's an ancient approach that uses rhythm to promote healing and self-expression. Drumming has been known to induce deep relaxation, lower blood pressure and reduce stress. Drumming has also been used as a form of communication and community building. **The lecture portion of the program has open attendance. Advanced registration is required for participation in the inner drumming circle, which has a 20 person maximum. Other percussion instruments will be provided for the outer circle, for an additional 25 participants.**

August 18 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain. As a group, we will do several “mind-stimulating” exercise workouts.

August 21 – “Food Too Good To Waste” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 10:30 a.m. This is a PowerPoint presentation discussing how to save money by avoiding food waste. The issue of food waste is one that begins well before the home. Chante will share some strategies for shopping, proper storage and different uses for leftover foods. She will also briefly discuss composting kitchen scraps.

August 22 – Who or What Mystery Trivia, 10:30 a.m. Who am I? What am I? Together we will hear a variety of clues that will help us to solve the mystery.

August 22 – “Build a Better Breakfast” by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 11:00 a.m. Join Jessica as she shows you ways to shake up your breakfast routine! She'll show off some protein and fiber packed meal ideas that will help to keep you full and satisfied all morning long.

August 25 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services.

****Services available by advanced appointment only and will be available the last Friday of the Month****

August 28 – “Carnival of Sound”, Roman Carnival Overture, by George Marriner Maull, Artist Director of the Discovery Orchestra, 10:30 a.m. Composed in 1844, it is a stand-alone overture intended for concert performance, made up of material and themes from Berlioz's opera Benvenuto Cellini, including some music from the opera's carnival scene-hence the overture's title. Join us as George takes us through the blueprint of this overture and teaches listening skills that will help the attendees to connect with classical music.

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