



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

August 21, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce the September Program Schedule

The senior centers operated by the Somerset County Office on Aging & Disability Services have announced the September program schedule. All programs begin at 11 a.m. unless otherwise listed. This month, all centers will be closed on Monday, Sept. 4, in observance of Labor Day.

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.

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

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 aerobics class that is low-impact and great for the heart! Sneakers required. ****\$40 for the 8-week program, next session to begin October 16th. Registration required by October 10th, 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!

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

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 standing or sitting to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to 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 September 26th.**

Registration required by Sept. 19, call (908) 204-3435 for more information. **

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

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

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 am ****\$40 for the 8-week program, next session to begin Sept. 27. Registration required by September 20th, call (908) 204-3435 for more information ****

Friday Morning 9:30 – 10:30 am ****\$40 for the 8-week program, next session to begin Sept. 29.**

Registration required by Sept. 20, 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 8-week program, next session begins on August 30th. Registration required. Call (908) 204-3425 for more information****

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

Take Control with Exercise – Thursday, 10:30 a.m. This exercise program is for all levels of ability and can be done standing or sitting. Strengthen key core muscles, improve flexibility and balance while boosting stamina. 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. On Sept. 21, join us for a discussion of the current book and select the next book. 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 Sept. 8****

September 1 – “Cybersecurity Presentation” by Samar Singh, Ridge High School Sophomore, 10:30 a.m. With the growing number of cyberattacks and breaches, cyber criminals continue to find new ways to exploit vulnerabilities. Samar is a Ridge High School sophomore focusing on computer science. He has recently completed a federally funded cybersecurity course and will present the key concepts of how to stay safe when using technology. This is very valuable information for you and your family.

****Reserve by August 29****

September 4 – Holiday – Center Closed

September 5 – “Why New Jersey?” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion to ask the question, how and why did you and/or your family wind up in the Garden State.

September 5 – **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.

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

September 6 – 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 Sept. 1****

September 8 – “Bridge Builders in Petticoats” by Carol Simon Levin, Storyteller, Somerset County Library System, 10:30 a.m. Many books and films have featured the Brooklyn Bridge and millions of people have crossed it. Built between 1869 and 1883 without modern machines or even electric light, it was one of the most amazing technological achievements of its time. Yet, few people know that a woman helped manage much of its construction! This program will be presented in period costume.

September 11 – 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 listening and short term memory skills. Try your luck at some great prizes today. ****Reserve by Sept. 7****

September 12 – “Disasters That Shaped New Jersey” by Jim DelGuidice, Photographer, 10:30 a.m. Jim will discuss the sabotage that got us into WWII to the superstorm that changed our coastline.

September 13 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers. ****Reserve by Sept. 11****

September 15 – “Fall in Love with Fall Produce” by Allie Sanderson, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Allie will present the health benefits of the many fruits and vegetables that are in season during the Fall. ****Reserve by Sept. 12****

September 18 – Blood Drive Hosted by the American Red Cross, 9:00 am -2:00 p.m. Today we’ll roll up our sleeves and help save lives! We will proudly partner with the American Red Cross and the Visiting Nurse Association of Somerset Hills to hold a blood drive. The Red Cross has over 130 years of experience providing humanitarian aid-including more than 70 years of supplying blood to those in need. Each pint of blood we collect can help save up to three lives and will touch the lives of so many more. What a great way to pay it forward and make an impact on people in our community and across the country. ****To schedule an appointment to donate, go to redcrossblood.org and type in sponsor code: somerset hills****

September 18 – “The Best Crooners of the 40’s through 60’s” by Gordon James, Singer & Songwriter, 10:30 a.m. This program features the music of Fred Astaire, Bing Crosby, Nat King Cole, Perry Como, Tony Bennett, Bobby Darin, Dean Martin and Frank Sinatra.

September 19 – “Try New Things” by the Magic Mirror Players, Robert Wood Johnson University Hospital, Somerset, 10:30 a.m. The Players are a group of volunteer actors who portray real-life issues through improvisational and role playing techniques. In this segment, we explore taking a risk by trying something new. ****Reserve by Sept. 15****

September 20 – “Songs That You Love” by Clifford Seay, 10:30 a.m. Clifford Seay’s smooth voice will have you singing along to your favorite hits.

September 22 – Celebrate Rosh Hashanah with Food, 10:30 a.m. This year the Jewish holiday runs from sundown on September 20 through September 22. Today we welcome the sweetness of the New Year with a healthy and tasty dish: Challah honey apple bread. ****Reserve by Sept. 19****

September 25 – Autumn Harvest Festival, 10:30 a.m. Autumn has officially begun so today we’ll enjoy challenges and trivia as well as healthy seasonal tastings. ****Reserve by Sept. 20****

September 26 – Short Story Readings from Pulitzer Prize Winner Jhumpa Lahiri, 10:30 a.m. These short stories will be read by Ann Babits a storyteller from the Bernards Township Library.

September 27 – Halloween Greeting Card Workshop with Jerry, 10:30 a.m. Jerry will instruct us on how to make a fun Halloween greeting card for friends and loved ones. All supplies will be provided. ****Reserve by Sept. 22****

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

September 29 – “The Aging Brain: How to Cope” by Dr. Roberta Kraus, Psychologist, 10:30 a.m. Dr. Roberta Kraus is an internationally renowned Sports Psychologist and currently serves as the President of the Center for Sports Psychology in Colorado Springs, Colorado. Dr. Kraus was one of the coaches for the gold medal winning United States Paralympic Basketball team in Rio de Janeiro, Brazil. Today we will have the privilege of hosting her presentation on the aging brain and how to cope and stay positive during the many changes that occur as we age.

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 am – 4:00 pm

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

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

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.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Book Club – 4th Thursday of the Month, 10:00 a.m. New members are welcome. Join us to discuss the current book, a fiction novel, “The Shack” by William P. Young. Mackenzie Allen Phillip’s youngest daughter, Missy, has been abducted during a family vacation, and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later, in this midst of his great sadness, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend. Against his better judgement he arrives at the shack one wintery afternoon and walks back into his darkest nightmare. What he finds there will change his life forever.

Tai Chi for Health (Intermediate) – Thursday, 1:00 pm – 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, session begins on August 31. 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. ****Six-week program begins on August 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 – 1:45 pm, Eight-week program began on Aug. 11. Call (908) 203-6101 for more information.

Board Games/Cards/Dominos – Friday, 2:30 – 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.

September 1 – New Jersey Young Artists Association Visit, 10:45 a.m. The New Jersey Young Artist Association will be visiting our center today. This is a wonderful opportunity for the students to display their beautiful artwork. In addition to the display, they will host two activities: a watercolor painting lesson and a handprint art piece activity.

September 4 – Holiday – Center Closed

September 5 & 11 – 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 listening and short term memory skills.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

September 7 - Thrill'n & Grill'n: It's Still Summer Picnic, 10:30 a.m. Join us for summer fun, food and friends at the Third Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete with good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun. Rain or Shine (Pavilion/Tents)! ****Please call (908) 203-6101 for more information****

September 8 – “Outsmart the Scammers” by Richard Albanese, Financial Advisor, Edward Jones. Unfortunately, incidents of fraud are on the rise and scammers' tactics are becoming more complex. This presentation will help provide you the information you need to outsmart the scammers. During the program, Richard will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or your loved one is targeted, and steps you can take now to help protect you and your loved ones.

September 12 & 26 – Bereavement Support Group. 10:00 a.m. Enduring the death of a loved one is a universal experience in our lives. The purpose of this support group is to provide our guests a safe place to talk with others who share common feelings about their grief and renewal process. Incorporating interfaith bereavement principles and universal spiritual concepts, Ronald W. Kaplan, Rabbi, Doctor of Ministry-a grief counselor and pastoral psychotherapist, will facilitate discussions. We welcome your presence and participation.

September 12 – “A Safety Checklist” by Jay Reyes, Home Instead Senior Care. Jay will present beneficial tips on how to make your home safer and provide you with a home safety checklist.

September 13 – Somerset County Library Book Table, 10:15 a.m. Take advantage of the Somerset County Public Library System and the books they provide.

September 14 – Blue Hawaii with Elvis, 10:45 a.m. Join in on the fun as Mike Holland performs some of Elvis's favorite hits. This is a special event you'll want to see.

September 15 – Mind Your Mind Exercises. 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.

September 18 – “Cooking for One or Two” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Samantha will give a lesson on preparing well-balanced meals for one or two people. Literature and recipes will be provided.

September 18 & 19 – “AARP Smart Driving Course” 12:30 – 3:30 p.m. The AARP Smart Driver course is the nation's largest classroom, driver safety course and is designed especially for drivers age 50 and older. Learn proven safety strategies in this six hour course. Upon completion you will receive a certificate that you can submit to your insurance company. ****Advanced program registration is required. Please call (908) 203-6101 for more information. Fee-\$15.00 for AARP members and \$20.00 for non-members****

September 19 – “Considering Joint Replacement” by Mike Evangelist, MS, PT, Clinical Director of Rehabilitation, JAG Physical Therapy. Michael will discuss what to expect, how to prepare and how it can help you.

September 19 – “Medicare and Medications Made Affordable” by Laurie Roome, Eldercare Educator, Somerset County Office on Aging & Disability Services, 6:00 p.m. Are you finding it difficult to pay for your prescriptions, healthcare insurance, premiums and co-pays? If so, this presentation is for you! Learn the basics of Medicare and how you can get the most out of your Medicare dollars. Discover the best options for you and cost saving programs you may be eligible for. ****Please call Laurie at (908) 704-6346 to RSVP by Sept. 15****

September 21 – Community Outreach Program with Mary Ellen Day, Volunteer Coordinator, Grace Healthcare Services. Mary Ellen will assist us with a community service project. We will be making memory books that will be given to clients that have dementia. Take advantage of this worthwhile opportunity to give back to our community.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

September 22 – “Floral Arranging Workshop” by the Bridgewater Garden Club, 10:45 a.m. The Bridgewater Garden Club will assist us in creating one-of-a-kind, live floral arrangements. ****Advanced registration is required. Please call (908) 203-6101 for more information****

September 25 – “Songs of Decades Past” by Clifford Seay, 10:45 a.m. Come and join us for this lively performance as Clifford sings songs of the past decades.

September 26 – “Protecting Monarchs” by Kathleen Palmer, Director, Studio 7 Fine Art Gallery. Kathleen will discuss her experiences with raising Monarch butterflies. She will also provide us with information about the Monarch life cycle, the creation of a registered Monarch Way Station and her efforts to save the declining Monarch population.

September 28 - ARTS  “Garden State in Bloom” by Walter Choroszewski, Photographer, 10:45 a.m. Walter will retrace the path taken to create his award-winning book, The Garden State in Bloom (1993), and revisits the beautiful public gardens of New Jersey. This program showcases Walter’s 25 favorite public gardens with colorful photography and historical information about each garden. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historical Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

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)

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

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 September 6th.**

Registration required, call (908) 369-8700 for more information**

September 1, 8, 15, 22 & 29 – 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)

September 1 – September in History: A Walk Down Memory Lane. Take a walk through history as we remember great events that occurred in September.

September 4 – Holiday – Center Closed

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HILLSBOROUGH SENIOR CENTER – cont'd

September 5, 12, 19 & 26 – 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.

September 6 – Mindful Meditation Exercises with the School of Royal Yoga, 10:30 a.m. Meditation is helpful for one's outlook on life, for increasing focus, concentration and enhancing relationships.

September 6, 13, 20 & 27 – 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 need of fellow players? Lessons and refreshers are available. ****Please call (908) 369-8700 for more information****

September 6 – 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 (908) 369-8700 to schedule an appointment****

September 7 – Thrill'n & Grill'n: It's Still Summer Picnic, 10:30 a.m. Join us for summer fun, food and friends at the Third Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete with good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun. Rain or Shine (Pavilion/Tents)!

****Please call (908) 369-8700 for more information****

September 8 – Bingo Bonanza, 10:45 – 11:45 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 listening and short term memory skills.

September 11, 18 & 25 – 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.

September 11, 18 & 25 - 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****

September 11, 18 & 25 – Canasta Card Club, 12:30 – 2:45 p.m. Although many variations exist for two, three, five and 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.

September 13 - ARTS  "Cinema and Television: The New Jersey Connection" by Walter Choroszewski, Photographer, 10:45 a.m. Walter is New Jersey Proud and celebrates the state's historic contributions to American cinema and television; from Edison's Black Media Studio to the numerous Jersey-born artists that have starred on the big and little screens. Walter showcases New Jersey as the Birthplace of Silent Film and he covers New Jersey's popularity as a location for movies and Reality TV. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historical Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

September 13 & 14 – "AARP Driving Smart Driving Course" 12:30 – 3:30 p.m. The AARP Smart Driver course is the nation's largest classroom, driver safety course and is designed especially for drivers age 50 and older. Learn proven safety strategies in this six hour course. Upon completion you will receive a certificate that you can submit to your insurance company. ****Advanced program registration is required. Please call (908) 369-8700 for more information. Fee-\$15.00 for AARP members and \$20.00 for non-members****

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HILLSBOROUGH SENIOR CENTER – cont'd

September 14, 21 & 28 – Puzzle Club, 10:00 a.m. Strike up conversations, make new friends and enjoy assembling puzzles together.

September 14 – Mandala Art & Tea Workshop, 10:15 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.

September 15 – “Food Too Good To Waste” by Chante Glen, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 10:30 -11:30 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.

September 20 – “The Life & Work of Rembrandt van Rijn” Lecture & Gouache Painting Workshop, Art of the Master’s Program by Creative Notions, 10:30 a.m. Rembrandt was a 17th century painter and etcher whose work came to dominate what has since been named the Dutch Golden Age. One of the most revered artists of all time, Rembrandt’s greatest creative triumphs are seen in his portraits of his contemporaries, illustrations of biblical scenes and self-portraits. Join us as we learn about Rembrandt and complete a project inspired by his works. ****Advanced registration is required. Please call (908) 369-8700 for more information****

September 21 – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

September 22 – “The Statue of Liberty: A Photographic History” by Kevin Woyce, Author and Photographer, 10:30 – 11:30 a.m. Kevin will explain how the Statue of Liberty was built and what it symbolizes as well as talk about some of the people involved in its creation, including sculptor Frederic Bartholdi, engineer Gustave Eiffel, architect Richard Morris Hunt, and newspaper publisher Joseph Pulitzer. The slide show includes Kevin’s original photography of the Statue of Liberty, Ellis Island, and New York Harbor views plus vintage images of historical people, places and events.

September 27 – September Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things September.

September 28 – “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.

September 30 – Craft: Fall Decorative Wreaths with Pam and Tammy, 10:45 a.m. In anticipation of the cool fall days ahead, Pam and Tammy will teach us how to make decorative wreaths. Each participant will make and take a wreath home. ****Advanced registration is required. Please call (908) 369-8700 for more information.**

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 am – 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 am – 3:00 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.

(more)

MONTGOMERY SENIOR CENTER – cont'd

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.

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 a.m. Learn the foundations of playing the ukulele for beginners: how to hold, tune, strum, simple chords, buying a ukulele and how to get you started out on the right note. Easy to follow lessons for beginners and beyond. ****Please call (609) 466-0846 for more information****

Intermediate Ukulele Lessons with Chris – Tuesday at 9:30 a.m. or Thursday at 10:00 a.m. Now that you have the foundation of ukulele playing down the intermediate lessons aim to get you playing like a pro! Using a wide range of musical genres, we look further into chord and melody playing, improvisation, and playing multi-part arrangements together in a band. ****Please call (609) 466-0846 for more information****

Yoga with Elizabeth – Tuesday, 11:00 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 at 10:30 a.m. & Thursday at 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****

(NEW) Computers 101 – Tuesday, 1:00 – 2:00 p.m. Do you know to email and/or play solitaire on the computer? Do you know how to download and save pictures? Are you intimidated by computers? If this describes you, please join us for a 6-week course. By the end of the 6-week course, you will understand what your grandkids have been trying to explain to you. You too can learn how to “tech talk.” ****\$20 for the 6-week program, session to begin October 3rd. Registration required, call (609) 466-0846 for more information****

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 standing or sitting. ****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. New members welcome! ****Please call (609) 466-0846 for more information****

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 standing or sitting. ****Please check monthly calendar for schedule updates****

(more)

MONTGOMERY SENIOR CENTER – cont'd

Bocce Ball – Friday, 10:00 am (Weather Permitting)

Card Game: “3-13” – Friday, 10:00 am or 11:00 am ****Please check monthly calendar for schedule updates****

September 1 & 22 – 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 standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

September 1 - 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****

September 4 – Holiday – Center Closed

September 5 & 12 – “How to Begin Your Genealogy Search” – Lunch & Learn Opportunity, by Susan Kobren, Genealogist, 1:00 p.m. Would you love to find out information about the family you never asked anyone about? Do you believe you can't find out because you never asked? Even if you know some information, do you have any idea how to start? Then this two week course is for you. As a group, we will find out how to start, what resources are available to you and how to organize the information.

****Please call (609) 466-0846 to reserve your seat****

September 7, 14, 21 & 28 – 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.

September 8 - ARTS  “Vintage Views” by Walter Choroszewski, Photographer, 10:45 a.m. Walter presents Vintage Views of New Jersey in Art & Photography from engravings, paintings and photos found at museums and the Library of Congress. He discusses the Art Periods that influenced the artwork and gives biographical information about each artist. Walter revisits some of the New Jersey locations and offers comparative views through his own photography. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

September 11 - “Food Too Good To Waste” by Chante Glen, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 11:00 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.

September 13 & 27 – 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 instill 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 standing or sitting.

September 18 – “Fire Prevention” by Richard Dziminski, Fire Inspector, Montgomery Township Bureau of Fire Prevention, 11:00 a.m. Richard will provide us with tips on how to prevent fires.

(more)

MONTGOMERY SENIOR CENTER – cont'd

September 25 – “Five Wishes” by Nancy Curtis, Chaplain in Training, Robert Wood Johnson University Hospital, Hamilton, 11:00 a.m. Five Wishes has become America’s most popular Living Will because it is written in everyday language and helps to structure important conversations about care in times of serious illness. Nancy has created a presentation to help individuals work their way through the five wishes. Nancy will also assist participants with their own five wishes at the end of her presentation.

September 29 – Volunteer Appreciation Ceremony with Entertainment by Hillsborough’s Flair Dance Academy, 10:45 a.m. Come and join us as we honor the many volunteers who help make Montgomery Senior Center GREAT!

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.

Individual Computer Instruction with Mike Dias – Tuesday, 9:00 am – 12:00 pm **** Please call (732) 563-4213 to schedule an appointment****

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.

(NEW) Yogalates with Laura Kerr – Tuesday, 1:00 – 2:00 p.m. This mat-based exercise is a fusion of Yoga and Pilates that strengthens the core while increasing flexibility through proper posture and positions. In combination, these gentle motions flow together to help create more overall strength, stability and balance. ****\$40 for the 8-week program, next session to begin Sept. 19. Registration required by Sept. 5, call (732) 563-4213 for more information****

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. This four part module will explore 3D effects using dimensional painting techniques. ****\$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 begins Sept. 7. Registration required, call (732) 563-4213 for more information****

(more)

QUAIL BROOK SENIOR CENTER – cont'd

Line Dancing – Friday, 9:30 a.m. Line Dancing is so much fun, it doesn't seem like exercise! 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.

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

September 4 – Holiday – Center Closed

September 6, 13 & 20 – The Regime Exercise Class: Interval Stretching & Aerobic Movements, 9:00 am – 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 standing or sitting.

September 6 – Table Tennis: Calling All Players! 10:30 a.m. Join in, learn and practice the finesse of Table Tennis Agility! Let the games begin.

September 7 - Thrill'n & Grill'n: It's Still Summer Picnic, 10:30 a.m. Join us for summer fun, food and friends at the Third Annual Picnic in the Park. Get sizzling as we groove to the tunes of the season provided by DJ Gio. Remember, a picnic isn't complete with good old fashioned games such as beach volleyball and horseshoes. Also, test how limber you are and join the crowd to see how low you can go in a friendly game of Limbo...all followed by lunch grilled under the sun. Rain or Shine (Pavilion/Tents)!

****Please call (732) 563-4213 for more information****

September 8 – “Poets of New Jersey” by Roz Gerken, 10:30 a.m. Explore the world of poetry through imagery of words by noted individuals such as Walt Whitman, Dorothy Parker and William Carlos Williams.

September 11 – Fifth Annual Golf Tournament, 10:30 a.m. Test your skills at our indoor mock miniature golf course for top prizes awarded to the team with the best score as well as the individual with the most Hole-in-Ones. Support, guidance and instructions will be provided by the ladies of the Quail Brook Senior Golf League!

September 12 – “Here Come the Supremes” by Susan Addelston and Brandeis University Alumni, 1:00 pm – 3:00 p.m. What's under the robes? Learn about the most mysterious part of our government; The Supreme Court. This seminar will be an analysis of Article III of the Constitution; original words and 21st Century interpretations followed by a discussion highlighting key decisions in our history the court has on our daily lives and the role of women and minorities on the court.

September 13 & 20 - Ageless Grace Exercise Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 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 standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

September 14, 21 & 28 – 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.

September 14 – “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.

September 15 – Painting Party with Karen Haake, Local Artist, 10:30 a.m. By using a palette of vibrant paint, step-by-step brush and application instructions and your imagination, a beautiful painting will unfold in front of your very eyes! Bring your creation home to friends or loved ones.

(more)

QUAIL BROOK SENIOR CENTER – cont'd

September 18 – “Let’s Go Paddling” by a Naturalist, Somerset County Parks Commission, 10:30 a.m. Pick up a paddle or an oar and step into a watersport craft such as a kayak or a canoe for a dry, land experience; a physical demonstration of watersports and fun! No life preserver needed!

September 22 – “Backyard Habitat of Wonders: Butterflies and Moths of New Jersey” by Stephanie Punnett, New Jersey Audubon, Sherman-Hoffman Wildlife Sanctuary, 10:30 a.m. Explore the science behind the differences between these winged creatures such as mimicry for survival. Learn about the plants necessary to sustain beautiful butterflies and how to coax them into your backyard.

September 25 – “Chorus Revival: Music Appreciation” with Linda Merriman-Kuc, LMK Music, 10:30 a.m. Bob’s Quail-ers continue to hone their voices to the accompanying steps of choreography for a new twist in preparation for their fourth community outreach performance at a local rehab facility.

September 27 – “Visit to the Abraham Staats House & the Battle of Bound Brook” by Brain Faulkes, 10:30 a.m. Go back in time to 1777 when the British launched a surprise attack on the colonists in Bound Brook; right down the road! Walk through the period rooms and immerse yourself in history. Following the lecture is a colonial cooking demonstration in front of an open hearth fireplace.

September 28 – Card Creations with Deanna Lerner. Create your own personal or holiday cards without going to the store.

September 29- “Syncopation and African Diaspora Music” by Dave Miller, 10:30 a.m. The art of hand drumming will be explored and practiced as we delve into the music created during African slavery to commemorate community life.

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

Carrom Board Game – Available Monday-Friday. “Strike and Pocket” table game of Eastern origin similar to billiards and table shuffleboard.

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

Computer Lab – Call for Availability

Individual Computer Instruction – Monday, 10:00 am – 3:00 pm; Tuesday, 10:30 am – 12:30 pm; Wednesday, 10:00 a.m. – 1:00 p.m. ****Advanced registration required, call (908) 753-9440****

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 am – 11:30 am ****\$40 for the 8-week program, next session to begin in October. Registration required, call (908) 753-9440 for more information****

Monday Afternoon 1:00 pm – 1:45 pm ****\$40 for the 8-week program, next session to begin in October. Registration required, call (908) 753-9440 for more information****

Wednesday Morning 11:30 am – 12:15 pm ****\$40 for the 8-week program, next session to begin in October. Registration required, call (908) 753-9440 for more information****

(more)

WARRENBROOK SENIOR CENTER – cont'd

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****

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 standing or sitting to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****\$40 for the 8-week program, session began on Aug. 15. 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****

As a Community Service project, during the month of September, we will be collecting items that will be placed in gift bags and given to cancer patients receiving treatment at Robert Wood Johnson University Hospital-Somerset's Steeplechase Cancer Center. The donated items can be brought to the center's main office and placed in the donation tub. Below is a list of the new items we are collecting: Lip Balm (unflavored and sealed), Hard Candy (in original packaging), Ginger Chews (candy specifically for nausea), Gum, Tea, Lotion/Moisturizer (unscented and hypoallergenic), iTunes Cards, Hand Sanitizer and Comfortable/Fuzzy Socks.

September 1 – Learn to Play Solitaire, 10:30 a.m. Solitaire is one of the most popular card games in the world. It can be played alone or with others. The game involves dealing cards from a shuffled deck into a prescribed arrangement on a tabletop, from which the player attempts to reorder the deck by suit and rank through a series of moves transferring cards from one place to another. The ultimate objective is to build the whole pack onto the "Ace" foundations, and if that can be done, the Solitaire game is won. Join us as we learn this card game.

September 4 – Holiday – Center Closed

September 5, 12 & 19 – 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.

September 5, 12, 19 & 26 – 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 your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. ****New members and beginners welcome (lessons available)****

September 6 – Let's Rock N' Roll Back to the 1950's Special Event, 10:30 a.m. The Perfect Duo + 1, Mark and Cindy Slotnick and Frank Giordano, will do a musical program that will offer songs from the Everly Brothers, Crosby, Stills and Nash, Peter, Paul and Mary, Eagles and many more great hits of the 50's. There will be pictures of 1950's Life Magazine cover stories and a photo prop opportunity to take a picture behind a pink convertible cutout. Join us as we have some flashback fun. After the musical program, why not join us for a delicious lunch for a suggested donation of only \$2.50. ****Call to learn the four menu choices being offered. Lunch reservations are required by Friday, September 1st****

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WARRENBROOK SENIOR CENTER – cont'd

September 6, 13, 20 & 27 – 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.

September 7, 14, 21 & 28 – 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.

September 7 – “Art in Autumn” – Lunch & Learn Opportunity” by Caitlyn Campbell, MT-BC, Director of Activities, Foothill Acres, 11:45 a.m. Creating artwork is a medium for self-expression, creativity, and healing for all ages. Please join us as we work together using art and crafts to create autumn décor centerpieces and candle holders to share with loved ones for the upcoming Autumn season.

****Advanced reservations required by Friday, Sept. 1****

September 8, 15 & 22 – Brains and Games with Adrienne, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain stumpers for a fun-filled intellectual workout.

September 11 – Fall Prevention, 10:30 a.m. A physical therapist from the Visiting Nurse Association of Somerset Hills will present some fall prevention tips, which will include ways to help you make your home as “fall proof” as possible. Many adults are afraid of falling and this fear becomes more common as people age, even among those who haven’t fallen. It may lead people to avoid activities such as walking, shopping, or taking part in social activities. Learn some ways to help prevent falls so that you do not feel like you need to limit your activities.

September 11, 18 & 25 – 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.

September 12 – Warrenbrook Book Club (New Members Welcome!) 1:30 p.m. Tragic events, a scarf, and 100 years separate two storylines stemming from societal tragedies and shared facets of the universal human condition. In a *Fall of Marigolds* novelist Susan Meissner creates a tale that is as much one shaped by mood as it is by plot and characterization. Taryn Michaels in September 2001 and Clara Wood in 1911 both suffer great loss amid devastating historical events in New York City.

September 13 – **FREE** Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association, 10:30 a.m. No appointment is necessary.

September 13, 20 & 27 – 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 to tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing or sitting. ****There will be no class on Sept. 6****

September 18 – “Tempera Paint Silhouette Landscape” by Barbara Gerson, Artist, Art-4-All, 10:30 a.m. A relaxing, enjoyable art experience. During this class, we will do a tempera paint, silhouette landscape where attendees can choose to use a regular brush or combination of sponge and regular brushes.

****Advanced reservations required by Thursday, Sept. 14****

September 19 – Unused Medication Drop Off Opportunity with Officer Nick Fazio, Somerset County Sheriff’s Department, 9:30 – 11:00 a.m. Nick will be stopping by the center to collect any unused or expired medications. Please take advantage of this safe way to dispose of your medications. **YOU MUST BRING THE UNUSED MEDICATION TO THE CENTER BETWEEN 9:30 and 11:00 a.m. CENTER STAFF CAN NOT ACCEPT ANY DROPPED OF MEDICATIONS PRIOR TO THIS DAY AND TIME. SYRINGES ARE NOT ACCEPTED.**

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WARRENBROOK SENIOR CENTER – cont'd

September 25 – “Ancient Egypt” by Debra Esposito, Traveler Series Educator, Morris Museum, 10:30 a.m. Scarabs, bulls, lions and cats: discover the significance of ancient Egyptian gods through examining everyday objects. Using a model, observe the process of making a mummy by which the human body was preserved in order to enjoy life after death.

September 26 – “Nutrition and Hydration” by Mike Evangelist, MS, PT, Clinical Director of Rehabilitation, JAG Physical Therapy, 10:30 a.m. This lecture will educate you on proper nutrition throughout your day, from breakfast through dinner, including what snacks are appropriate to maintain your energy during the day. Additionally, we will touch on the importance of hydration (water intake), and what drinks to avoid. The effects of nutrients on your physical and mental function are significant, and we will explain how the phrase “We are what we eat” truly makes sense.



September 29 - ARTS “Music For Wellness” by John Fitzpatrick, 10:30 a.m. Everyone becomes a member of the band and makes music together. Join us for a revitalizing hour of music as John plays the guitar and invites attendees to play hand percussion instruments. Attendees will sing along to prepare for our Christmas Concert on Dec. 6. Future rehearsal dates – Oct. 6, 10, 18 and 26, Nov. 3, 17, 21 and 27, and Dec. 1. ****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****

September 29 – 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 and will be available the last Friday of the month****

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