October 23, 2017
FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce the November Program Schedule

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

This month, all centers will be closed on Nov. 7, 10, 23 and 24.

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.

**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 Dec. 11. Registration required by Nov. 29, call (908) 204-3435 for more information**

**Ping Pong Club** – Monday, 12:00 – 2:00 p.m.
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 Dec. 5.**

Registration required by Nov. 22, call (908) 204-3435 for more information. **

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

Individual Computer Lessons – Friday Mornings **Please call (908) 204-3435 to schedule an appointment**

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 and above, 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 Nov. 29. Registration required by Nov. 17, call (908) 204-3435 for more information**

Friday Morning 9:30 – 10:30 am **$40 for the 8-week program, next session to begin Dec. 1.**

Registration required by Nov. 17, 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. Registration required by Oct. 16. No class on Nov. 22. Call (908) 204-3435 for more information**

Billiards Club – Thursday, 10:30 a.m. Otherwise pool table available daily on a drop-in basis, 9:00 a.m. – 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 – Every Third Thursday, 12:30 p.m. On Nov. 16, 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**

November 1 – “Living on the International Space Station” by Paul Cirillo, 10:30 a.m. Paul is a board member of the New Jersey Astronomical Association, which operates the largest public observatory in New Jersey. He is also the founder of Somerset County’s 4-H Space & Astronomy Club and has been its leader for ten years. Paul has a Bachelor of Science degree from Rutgers University and is an outreach “Ambassador” for NASA’s, Jet Propulsion Laboratory. Share in the adventure of how astronauts live and work in space. Discover how the absence of gravity affects the human body and what we can do about it and see breathtaking pictures of the Earth from an orbiting laboratory.

November 3 – “Pilgrims: The Full Story” by Trish Chambers, Trish Chambers Productions, 10:30 a.m. Who were the Pilgrims? This is the story of how the pilgrims established a 50 year relationship with the Native Americans who helped the pilgrims survive and prosper. The presentation is performed in period costume with artifacts representing the period.

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November 6 – “Women Senators in Congress” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion to highlight the accomplishments of the current women in Congress.

November 7 – Center Closed

November 8 – “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.

November 10 – Center Closed

November 13 – “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 residents.

November 14 – “The Life & Work of Berthe Morisot – Lecture & Oil Pastels Workshop” Art of the Master’s Program by Creative Notions, 10:30 a.m. Gather details about French impressionist painter Berthe Morisot, who portrayed a wide range of subjects, from landscapes to still life and then create an individual art project inspired by her work.

November 15 – Make Your Own Greeting Card Workshop with Jerry, 10:30 a.m. Jerry will instruct us on how to make a unique Thanksgiving greeting card for friends and loved ones. All supplies will be provided. **Reserve by Nov. 13**

November 17 – Volunteer Appreciation Ceremony, 10:30 a.m. Today we say thank you and honor those in our community who graciously volunteer their time at the Senior Wellness Center. We couldn’t do it all without them!

November 20 – “Saying Thank You to Our Seniors” by Karen Muha, Professional Speaker, Wellness Outloud, 10:30 a.m. Karen and her colleagues from Toastmasters will express their appreciation to our seniors.

November 21 – “Eat Your Fruit & Vegetable Smoothies” by Cheryl Komline, Registered Dietitian, Bernards Township Health Department, 10:30 a.m. Cheryl will discuss how to easily make fruit and/or vegetable smoothies for optimal health. Smoothies are an affordable way to make a meal substitute for one or more people.

November 22 – 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.

November 23 & 24 – Holiday – Center Closed

November 27 – 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.

November 28 – Short Stories read by Ann Babits, Bernards Township Library, 10:30 a.m. Ann will lead you on a verbal journey of one her favorite mystery short stories.

November 29 – “TV Theme Time: Trivia and Songs” by “Good Time” Charlie Zavalick, 10:30 a.m. Charlie Zavalick will challenge you with TV trivia including theme songs and characters from popular shows through the years plus giveaways!

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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.

Computer Lab – Available Monday – Friday, 9:00 – 4:00 p.m.
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. 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.
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, 10:00 a.m. New members are welcome. Join us to discuss the current book, a fiction romance novel, “Persuasion” by Jane Austen. Readers of “Persuasion” will discover Anne Elliot, a young Englishwoman, whose family is moving to lower their expenses. To get out of debt they rent their home to an Admiral and his wife. The wife’s brother, Navy Captain Frederick Wentworth, had been engaged to Anne in 1806, and now they meet again, both single and unattached, after no contact in more than seven years. This sets the scene for many humorous encounters as well as a second, well-considered chance at love and marriage for Anne Elliot in her second “bloom.”

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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. 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 begins October 26th. Call (908) 203-6101 for more information**

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 **$40 for the 8-week program. 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.

November 1 & 30 – 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 listening and short term memory skills.

November 2 – “The History of the Early Movie Musical” by Sam and Candy Caponegro, 10:45 a.m. According to some experts, singing musical show tunes leads to mental clarity. True or not, this course will explore the history of the early movie musical. Beginning with “The Jazz Singer” in 1927, film musicals changed the entertainment industry. Clips from the period include performances by Fred Astaire, Ginger Rodgers, Mae West, Shirley Temple, Jeanette MacDonald, Nelson Eddie, Judy Garland and Mickey Rooney. The program’s goal is for attendees to leave the program with their toes rapping and a song on their lips, if not in their heart.

November 3 – “Come Fly with Me” Theme Event. November is National Aviation History Month. Walk around the room to select an airport to fly out of. When you pick the right airport five times there could be a surprise in store for you.

November 6 – “Nobody Owns the Sky” by Carol Simon-Levin, Author and Historian, 10:45 a.m. Most people when asked to name early female aviators can name only one, Amelia Earhart. But long before Amelia Earhart’s famous exploits, female flyers already proved that aviatrices were every bit as brave and daring as their male counterparts. Flying in flimsy wood and canvas aero planes, Aida de Acosta, Helen Dutrieu, Marie Marvingt, Harriet Quimby, Bessie Coleman, and Elenore Smith awed and thrilled people on the ground-executing acrobatic aerial maneuvers.  

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November 8 – Somerset County Library Book Table, 10:15 – 11:45 a.m. Take advantage of the Somerset County Public Library System and the books they provide.

November 9 – Craft: Colors in the Wind with Brightstar Care, 10:45 a.m. A representative from Brightstar Care will be onsite to provide you with the most interesting, colorful artwork made with buttons. You will get to create your own piece of art using buttons. All supplies will be provided. **Limited space is available. Pre-registration is required**

November 10 – Center Closed

November 13 – "Jazz, Pop & Rock: The New Jersey Connection" by Walter Choroszewski, Photographer, 10:45 a.m. Walter is New Jersey proud and celebrates our state’s significant contributions to American music of the twentieth century. Walter explores these music genres and showcases New Jersey artists including iconic legends Sinatra, Basie and Springsteen, as well as numerous other musical talents from the Shirelles to the Four Seasons...and many more. **This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historic Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission**

November 14 & 28 – 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.

November 14 – “Osteoporosis & Calcium” by Veronica Mizerak, Walgreens. Veronica will discuss osteoporosis prevention and treatment. She will provide some basic information about osteoporosis and prescription options for treatment.

November 16 – “Senior Exercise & Joint Health” by Dr. Tucker, Morristown Medical Center. Dr. Tucker will discuss the effects of exercise on physical, emotional, and cognitive health, the latest medical evidence and recommendations for exercise in an aging population and examples of exercises to boost fitness.

November 17 – “Come Fly with Me: A Tribute to Frank Sinatra” by Kristen & Ashley Pettet, 10:45 a.m. The Pettets, entertainers from Broadway, film, and television, present a special show that features classic favorites made famous by Old Blue Eyes, as well as fun musical stylings from the Rat Pack Era. Dance and sing along with us as we pay tribute to one of the greatest entertainers in the history of American music!

November 20 – “What is Proton Therapy” by the Procure Proton Therapy Center. Proton therapy is effective in treating many types of cancerous and non-cancerous tumors. Proton therapy can precisely target your tumor, reducing damage to healthy tissue near the tumor and potentially allowing you to receive higher, more effective doses of radiation. Proton therapy not only effectively targets a tumor, but it can also be used in combination with chemotherapy, as a follow-up treatment to surgery, and in combination with standard X-ray radiation treatment. Some benefits include: reduced risk of damage to healthy tissues and organs, shown to be effective in radiation, fewer short and long-term effects and a lower incidence of secondary tumors.

November 21 - “Sweet or Not so Sweet” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension. Many people consume more sugar than they realize. It is important to be aware of how much sugar you consume because sugar offers no nutritional benefit. This program will offer tips to identify different types and sources of sugar and will address concerns associated with high sugar intake. Attendees will also have an opportunity to participate in a fun activity that will review new food labels.

November 23 & 24 – Holiday – Center Closed

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT’D

November 27 – New Jersey Intergenerational Orchestra, 10:45 a.m. The New Jersey Intergenerational Orchestra (NJIO) bridges the generations through music, bringing artistic excellence to New Jersey communities. NJIO provides opportunities for musicians of all ages and abilities to study and perform classical music by rehearsing, learning and performing side-by-side with professional musicians and experienced players. Its members include families, friends and individuals from over 40 communities in northern and central New Jersey whose ages range from 5-85.

NJIO is able to achieve high artistic goals while simultaneously welcoming people of all ages and skill levels, thus allowing its members to fully experience the joy of making music together.

November 28 - “Living on the International Space Station” by Paul Cirillo, 10:45 a.m. Paul is a board member of the New Jersey Astronomical Association, which operates the largest public observatory in New Jersey. He is also the founder of Somerset County’s 4-H Space & Astronomy Club and has been its leader for ten years. Paul has a Bachelor of Science degree from Rutgers University and is an outreach “Ambassador” for NASA’s, Jet Propulsion Laboratory. Share in the adventure of how astronauts live and work in space. Discover how the absence of gravity affects the human body and what we can do about it and see breathtaking pictures of the Earth from an orbiting laboratory.

HILLSBOROUGH SENIOR CENTER
339 South Branch Road, Hillsborough, NJ 08844
(908) 369-8700
Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

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 on Nov. 29. Registration required by Nov. 15; call (908) 369-8700 for more information**

November 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 (908) 369-8700 to schedule an appointment**

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HILLSBOROUGH SENIOR CENTER – cont’d

**November 1, 8, 15, 22 & 29** – 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**

**November 1** – “Small Changes Make a Big Difference” by Wendy Kessler, Right at Home. Wendy will discuss tips on de-cluttering your home. Very small changes can make a big difference in being able to get around and maintain independence.

**November 2, 9, 16 & 30** – Puzzle Club, 10:00 a.m. Strike up conversations, make new friends and enjoy assembling puzzles together.

**November 2 & 30** – 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. Create your mandala while enjoying a cup of herbal tea.

**November 3 & 17** – 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)

**November 3** – Craft: Creating Pumpkin Shaped Tree Stump Welcome Signs with Pam, 10:30 – 11:30 a.m. Making signs and displays from tree stumps is very popular right now. We will paint tree pieces orange with a colorful welcome. We will adorn them with leaves on top. **Advanced registration is required. Please call (908) 369-8700 for more information**

**November 6, 13, 20 & 27** – 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 scrabble clubs.

**November 6** - **Music For Wellness** by 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 medias 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**

**November 6, 13, 20 & 27** – 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.

**November 7** – Center Closed

**November 8** – Veteran’s Day Tribute Performance, 10:45 a.m. Our Music for Wellness program concludes with a show put on by a group of seniors. After weeks of practicing please come and join us for a special Veteran’s Day Tribute. We would like to invite all veterans to join in our celebration. Come prepared for a wonderful morning of celebration as our seniors honor our veterans with an inspiring song and dance program. **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**

**November 9** – Name “5” Game. 10:15 a.m. Pick a category and see if you can name “5” things in that category.

**November 10 – Center Closed**

**November 13** – “Be Prepared For Health Emergencies: Start the Conversation” by Audrey Taffet, Visiting Nurse Association of Somerset Hills, 10:30 – 11:30 a.m. Audrey will offer some tips and ideas for communicating with family, friends and medical staff before a health emergency strikes.

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HILLSBOROUGH SENIOR CENTER – cont’d

November 14, 21 & 28 – 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.

November 15 – FREE Vision Screening with Chaitali Shah, New Jersey Commission for the Blind and Visually Impaired, 10:15 a.m. No appointment is necessary.

November 15 - “The Life & Work of Berthe Morisot – Lecture & Oil Pastels Workshop” Art of the Master’s Program by Creative Notions, 10:30 a.m. Gather details about French impressionist painter Berthe Morisot, who portrayed a wide range of subjects, from landscapes to still life and then create an individual art project inspired by her work.

November 16 – “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.

November 17 – Bingo Bonanza, 10:30 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.

November 20 – Minute Mysteries. The object of minute mysteries is for you to unravel the mystery, based on very limited and somewhat ambiguous clues. You are given a scenario and you have to deduce what has happened, using only yes or no questions.

November 22 – November Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things November.

November 23 & 24 – Holiday – Center Closed

November 27 – “Sweet or Not so Sweet” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension. Many people consume more sugar than they realize. It is important to be aware of how much sugar you consume because sugar offers no nutritional benefit. This program will offer tips to identify different types and sources of sugar and will address concerns associated with high sugar intake. Attendees will also have an opportunity to participate in a fun activity that will review new food labels.

November 29 - ARTS "The American Revolution: The New Jersey Connection” by Walter Choroszewski, Photographer, 10:30 a.m. From the tea burning at Princeton to the Treaty of Paris, Walter presents New Jersey’s preeminent contributions to the Revolution including stories of the retreat across the Jerseys and the triumphant return across the Delaware, battle at Princeton, Monmouth and Springfield, winters at Middlebrook and Morristown and Rochambeau’s march through the Crossroads of the Revolution. **This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historic Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission**

MONTGOMERY SENIOR CENTER
356 Skillman Rd, Skillman, NJ 08558
(609) 466-0846
Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

Meditation Garden – Monday – Friday, 9:00 a.m. – 2:00 p.m. Enjoy this outdoor oasis for your meditation practices. (Weather Permitting)

Pool Table – Monday through Friday

Games/ Cards (Scrabble, Chess, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 am – 2:00 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.

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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, 9:30 a.m. or Thursday, 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 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.

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**

(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 began Oct. 3. 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. **Last class is on Nov. 15. Classes will resume in April 2018. Call the Montgomery Senior Center at (609) 466-0846 for more information.**

Crocheting with Jane – Wednesday, 10:30 a.m. New members welcome! **Please call (609) 466-0846 for more information**

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

Cosmic Coloring - Most Mornings, 9:30 a.m. Learn the emotional benefits garnered from this inventive activity. When we immerse ourselves into a coloring action, a destressing effect occurs; we no longer focus on a problem or worry. Coloring brings out our imagination and takes us back to our childhood, a period in which we most certainly had a lot of stress. Enjoy this creative activity with an emotional twist.

November 1 – 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.

November 3 & 17 – 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? Friday mornings are mahjong mornings. Lessons and refreshers are available.

November 3 & 17 – Ageless Grace Exercise Fitness 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.

November 3 – Karaoke, 11:15 a.m. Karaoke is a form of entertainment in which people take turns singing popular songs into a microphone over prerecorded backing tracks. Go solo or join a group for this amusing activity.

November 3 - 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**

November 6 – “Armchair Travel Presents: Trip to Utah’s National Parks” by Herb Jung. Herb, a longtime center volunteer, recently took a trip to Bryce Canyon, Zion and Arches National Parks. Join Herb to hear about his adventure and view photos of his trip.

November 7 – Closed

November 8 & 22 – Creative Wellness with Shirin Stave-Matais, Former Professional Dancer, 10:15 a.m. Creative Wellness strives 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 Wellness 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.

November 10 – Center Closed

November 13 – Diwali Celebration, 11:00 a.m. – 12:00 p.m. Perhaps better known as the festival of lights, it is an annual celebration, which has its origins in India, where it is an official holiday. Today, we will learn about its customs.

November 17 – All Roads Lead to You, 11:15 a.m. 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.

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MONTGOMERY SENIOR CENTER – cont’d

November 20 – “In the Mist of Angels” by Gordon Thomas Ward, Singer, Songwriter & Multi-Instrumentalist. Do angels exist? Do they interact with and intervene in our lives? Is there an unseen force that accompanies us in our daily lives? This presentation addresses these questions and takes you on a journey to uncover the signs and experiences in life that can teach us about them. Gordon will share captivating experiences, instructional metaphors, and stories of angelic encounters from meadows, mountains, coastlines, open rangeland, and our own backyards to lead listeners to some fascinating and thought-provoking conclusions.

November 21 – “Behind the Scenes: Macy’s Day Parade” by Dennis Chiarelli, Expert Balloonist. Dennis will discuss all the important steps in creating a Macy’s Day Parade balloon float from the creation of a color sketch to its trip down Broadway.

November 23 & 24 – Holiday – Center Closed

November 27 – “Passport to Penguins” by the Somerset County Parks Commission. Travel to the bottom of the globe on an adventure of learning. During this hour presentation you will learn about our black and white, waddle-y friends, penguins; information about the many different types of penguins, where they live, what they eat, and much more will be discussed and presented.

November 29 – Game Day with the Saint Paul School, 10:30 a.m. Join us and the students of Saint Paul School for a day of fun and games.

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.

The Quail Brook Senior Center will be closed on Nov. 1, 2 and 3 due to carpet installation. Clientele are invited to attend the Senior Wellness Center at Bridgewater. Quail Brook clients who do not drive will be taken to the Senior Wellness Center at Bridgewater. To request transportation or lunch reservations, contact the Quail Brook Senior Center at (732) 563-4213.

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 a.m. – 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. 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.

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.

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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 only on Nov. 21**

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 on November 21st. Registration required by Nov. 9, call (732) 563-4213 for more information**

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. This 4 part module will breakdown the intricacies of landscape drawing/painting. **Module 1 – Composition: Selecting a personal photo, picture that reflects aspects of different physical environments; landscape, cityscape, seascape. Dissect, focus on and study the many/individual attributes that make up the total picture; sky, clouds, trees, terrain, water, structure, road, etc. Module 2 – Creating a pencil outline to capture the shapes and placement, make compositional adjustments. Module 3 – Graphite, pencils & Charcoal techniques-Learn different hand movement/strokes (vertical, scribbles)/pressure for shading to create desired shapes, perspective and illusion, sunlight and water effects. Incorporate soft cloths/erasers to blur lines and give depth. Module 4 – Layering, texturing and final touches = Subject Realism. **$10.00 fee per class includes supplies****

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, session to begin on Nov. 16. Registration required by Nov. 6, 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.

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

**November 1** – Visit to the Senior Wellness Center at Bridgewater for Dance Aerobics with Marion Harris, 11:00 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics.

**November 2** – Visit to the Senior Wellness Center at Bridgewater for “The History of the Early Movie Musical” by Sam and Candy Caponegro, 10:45 a.m. According to some experts, singing musical show tunes leads to mental clarity. True or not, this course will explore the history of the early movie musical. Beginning with “The Jazz Singer” in 1927, film musicals changed the entertainment industry. Clips from the period include performances by Fred Astaire, Ginger Rodgers, Mae West, Shirley Temple, Jeanette MacDonald, Nelson Eddie, Judy Garland and Mickey Rooney. The program’s goal is for attendees to leave the program with their toes rapping and a song on their lips, if not in their heart.

**November 3** – Visit to the Senior Wellness Center at Bridgewater for the “Come Fly with Me” Theme Event. Walk around the room to select an airport to fly out of. When you pick the right airport five times there could be a surprise in store for you.

**November 6 & 20** – “Quail Brook’s Got Talent: Music Appreciation” with Linda Merriman-Kuc, LMK Music, 10:30 a.m. Voice lessons, music appreciation with a bit of choreography and Bob’s Quailers have their eyes set on their fourth concert performance scheduled on Nov. 27 at Regency Jewish Heritage, a local rehabilitation center in support of our community outreach initiative. All are welcome to join this ensemble because everyone’s got talent!

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November 6, 13, 20 & 27 – The Regime Exercise Class: Interval Stretching & Aerobic Movements (Levels 1 & 2), 1:30 – 2:30 p.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.

November 7 – Center Closed

November 8, 15, 22 & 29 – 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.

November 9, 16 & 30 – 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 and above, 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.

November 9 – “Model Trains” by the Somerset County 4-H Trainmasters. Train enthusiasts of all ages can experience the romance of the rails and the world of miniature model trains.

November 9 & 30 – State Health Insurance Program (SHIP), 10:30 – 12:00 p.m. 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 (732) 563-4213 to schedule an appointment**

November 10 – Center Closed

November 13 - Visit to the Senior Wellness Center at Bridgewater for “Jazz, Pop & Rock: The New Jersey Connection” by Walter Choroszewski, Photographer, 10:45 a.m. Walter is New Jersey proud and celebrates our state’s significant contributions to American music of the twentieth century. Walter explores these music genres and showcases New Jersey artists including iconic legends Sinatra, Basie and Springsteen, as well as numerous other musical talents from the Shirelles to the Four Seasons…and many more. ** This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County Historic Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission**

November 14 – Volunteer Recognition Ceremony, 10:30 a.m. Let’s put our hearts and hands together and give a tremendous Thank You to our volunteers who donate their time to help make the Quail Brook Senior Center a vibrant and successful place! Immediately following, enjoy a special treat presented by our very own volunteer duo, Dorothy and Irwin Vogel, also known as Armchair Travelers. Dorothy and Irwin started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, extensive photos and put them together on a DVD complete with music and narration of their experience. Today’s program will take us on a trek to the Republic of Turkey, the Anatolian peninsula and one of the oldest permanently settled regions in the world.

November 16 – “Interfaith Discourse: A Support Program” with Rabbi Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist. Please join the group where everyone is a participant! Get engaged in a civilized discussion with earnest and intellectual enquires that deal with the experience of change throughout the course of one’s life.

November 17 – “Dance Methodology” by Donnamarie McCarthy, Create an Impression Dance & Yoga Studio, 10:30 a.m. A physical and educational (cultural) dance session that takes Latin dance moves to a more intricate and detailed level; Salsa, Mambo, Merengue, Cha Cha will be included.

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QUAIL BROOK SENIOR CENTER – cont’d
November 23 & 24 – Holiday – Center Closed
November 27 – Quail Brook’s Got Talent Concert, 10:30 a.m. The Quail Brook seniors visit the Regency Jewish Heritage Post-Acute Rehabilitation & Nursing Home and perform their fourth concert as Bob’s Qualiers in support of our community outreach project. Under the tutelage of Linda Merriman-Kuc, such popular songs as My Guy, Over the Rainbow, Que Sera Sera and much more will be sure to invite audience participation. In addition to singing being a wonderful exercise, it also can help you have fun, improve breathing, promote smiles and bridge cultural/communication gaps for a positive experience to share with friend and family!
November 30 – A Good Old-Fashioned Holiday Concert with the Swingin’ n Singin’ Seniors. This festive sing-along is Quail Brook’s way to officially usher in the start of another beautiful holiday season filled with glad tidings!

WARRENBROOK SENIOR CENTER
(located on the Warrenbrook Golf Course)
500 Warreenville Rd., Warren, NJ 07059
(908) 753-9440
Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

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.
Computer Lab – Call for Availability
Individual Computer Instruction – Monday, 10:00 a.m. – 3:00 pm; Tuesday, 10:30 a.m. – 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 and above, 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 am **$40 for the 8-week program; session began Oct. 23. Call (908) 753-9440 for more information**
Monday Afternoon 1:00 – 1:45 pm **$40 for the 8-week program; session began Oct. 23. Call (908) 753-9440 for more information**
Wednesday Morning 11:30 a.m. – 12:15 pm **$40 for the 8-week program; session began Oct. 25. 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
Oil Painting – Wednesday, 9:00 – 11:00 a.m. This is an opportunity to meet people while oil painting. Experience required. No supplies required. **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**

November 1, 8, 15, 22 & 29 – 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 or sitting.

November 1, 8, 15, 22 & 29 – 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.

November 2, 9, 16 & 30 – 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.

November 3, 17, 21 & 27 – 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 date – 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**

November 6 – “Seniors on the MOVE” by Robert Lim, AmeriCare Physical Therapy, 10:30 a.m. This program will focus on the importance of moving pain-free. Without movement, a person may develop serious conditions, such as pneumonia, high-blood pressure, heart conditions, etc. If pain is a limiting factor in your daily movement, please join us for this presentation. This presentation will also cover how a physical therapist, trained in Pelvic Floor Physical Therapy, can help with any pelvis-related health issue.

November 6, 13, 20 & 27 – 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.

November 7 – Center Closed

November 10 – Center Closed

November 13 – “History of the Early Movie Musical” by Sam and Candy Caponegro, 10:30 a.m. According to some experts, singing musical show tunes leads to mental clarity. True or not, this program will explore the history of the early movie musical. Beginning with “The Jazz Singer” in 1927, film musicals changed the entertainment industry. Clips from the period include performances by Fred Astaire, Ginger Rodgers, Mae West, Shirley Temple, Jeanette MacDonald, Nelson Eddie, Judy Garland and Mickey Rooney. The program’s goal is for attendees to leave the program with their toes tapping and a song on their lips, if not in their heart.

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WARRENBROOK SENIOR CENTER – cont’d

**November 14** – “Sweet or Not so Sweet” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, 10:30 a.m. Many people consume more sugar than they realize. It is important to be aware of how much sugar you consume because sugar offers no nutritional benefit. This program will offer tips to identify different types and sources of sugar and will address concerns associated with high sugar intake. Attendees will also have an opportunity to participate in a fun activity that will review new food labels.

**November 14, 21 & 28** – 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).

**November 14** – Warrenbrook Book Club, 2nd Tuesday of the month, Featured book to be discussed: “Defending Jacob” by William Landay, 1:30 p.m. New Members Welcome!

**November 17** – 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 are available by advanced appointment only and will be available the last Friday of the month**

**November 20** – “Nature Through Art and Photography” 10:30 a.m. Award-winning photographer, Ghanshyam Patel, will share over 70 years of art and photography that he either created or took since receiving his first camera at the early age of nine. As he shares his talent, you will see award-winning artwork and photographs that have been published in calendars and artwork magazines, displayed at local libraries, Art Centers and pictures from his recent trip to Africa.

**November 23 & 24** – Holiday – Center Closed

**November 28** – 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.

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