



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

November 21, 2017

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce the December Program Schedule

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

This month, all centers will be closed on **Dec. 14** (*in-service day*), **25 and 26**.

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

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

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

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

(more)

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

Yoga with Denise – Tuesday, 1:00 pm – 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. ****New session starts Dec. 5 - \$40 for the 8-week program. Registration required by Nov. 22, call (908) 204-3435 for more information. ****

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

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 pm – 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 a.m. ****\$40 for the 8-week program, next session started Nov. 29th. Registration required by Nov. 17, call (908) 204-3435 for more information ****

Friday Morning 9:30 – 10:30 a.m. ****\$40 for the 8-week program, next session starts December 1st. 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, next session starts Jan. 3, 2018. Registration required by Dec. 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 Dec. 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****

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

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

December 1 – “Advance Care Planning” by Adalin Ball, MSW, Eldercare Educator, Somerset County Office on Aging & Disability Services, 10:30 a.m. This program will discuss various options such as “5 Wishes,” Advance Directive, Living Will and “POLST” (Physician’s Orders for Life-Sustaining Treatment).

December 4 – “Miniature Horses, 10:30 a.m. Today enjoy a visit from Hope’s Promise Farm to meet two miniature horses. Learn about their background and other fun facts about the gentle animals.

December 5 – “Customs & Cultures” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion to highlight various cultures and their customs that make the United States the “melting pot” of the world.

December 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.

(more)

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

December 6 – “Signature Analysis for Fun” by Terry Antoniewicz, Calligrapher, 10:30 a.m. This session is led by Terry Antoniewicz, a calligrapher with over 45 years of experience in analyzing handwriting to update and repair historical documents. Her presentation will include explaining the hidden messages in each stroke of the pen and how she arrives at each conclusion. Plan on exploring some of the lesser known personality traits that can be discovered from your personal handwriting.

December 8 – Annual Christmas Party Featuring James Barba, 10:30 a.m. Get ready to celebrate and get into the holiday spirit with good friends and live entertainment by singer James Barba. ****Registration required by Dec. 5****

December 11 – “United States Airport Research Success Stories” by Edward Guo, PhD, Former Professor of Applied Mechanics, 10:30 a.m. Edward worked on projects under the Federal Aviation Administration. Now retired, Mr. Guo enjoys continued education and sharing his knowledge with his peers.

December 12 – Performance by the Ridge Oak Hand Chimers, 10:30 a.m. The ladies from Ridge Oak Senior Housing will delight us today with their performance using only hand chimes.

December 13 – Make Your Own Greeting Card Workshop with Jerry, 10:30 a.m. Jerry will instruct us on how to make a unique holiday greeting card for friends and loved ones. All supplies provided. ****Reserve by Dec. 8****

December 14 – In-Service Day – Center Closed

December 15 – “Armchair Travel Presents: New Zealand” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, have taken extensive photographs and put them together on a DVD complete with music and narration of their experience. Today’s feature is New Zealand.

December 18 – Holiday 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.

December 19 – “Short Story Teller Presents: Christmas Story” by Janice Kildea, Bernardsville Library, 10:30 a.m. Janice will lead you on a verbal journey of this classic story by Russell Banks.

December 20 – Santa Claus Visits, 10:30 a.m. Who doesn’t love a visit from Santa? Play the Left, Right, Center Dice game as we await his arrival.

December 22 – Holiday Mandala Art 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.

December 25 & 26 – Holiday – Center Closed

December 27 – Total Brain Workout, 10:30 a.m. Don’t let your mind get “rusty” over the holidays...these mind puzzles are like aerobics for the brain. ****Reserve by Dec. 22****

December 29 – New Year’s Celebration Featuring Clifford Seay, 10:30 a.m. Let’s celebrate the upcoming New Year with a joyous singing performance by Clifford Seay.

(more)

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.

Gentle Aerobics – Monday & Thursday, 10:30 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 p.m.; 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.

Tai Chi for Health (Beginners) – Wednesday, 3:00 – 4:00 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 starts Jan. 3. Call (908) 203-6101 for more information****

Book Club – Fourth Thursday of the Month at 10:00 a.m. New members welcome. ****The Book Club will not meet in December****

Tai Chi for Health (Intermediate II) – Thursday, 1:00 – 2:00 p.m. The Intermediate I course will build upon the basic form learned in the introductory class, allowing students to move forward with their Tai Chi abilities. Forms learned in both courses will improve specific strengths such as, the ability to shift weight from one side of the body to the other, move one leg to the other without stumbling or falling; increase the ability to keep the body in good alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to develop strengthen bones and muscles. ****\$16 suggested donation for the 8-week program, next session starts Jan. 4. Call (908) 203-6101 for more information****

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Tai Chi for Health (Intermediate I) – Thursday, 2:00 – 3:00 p.m. The intermediate course will build upon the basic form learned in the introductory class, allowing students to move forward with their Tai Chi abilities. Forms learned in both courses will improve specific strengths such as, the ability to shift weight from one side of the body to the other, move one leg to the other without stumbling or falling; increase the ability to keep the body in good alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to develop strengthen bones and muscles. ****\$16 suggested donation for the 8-week program, next session starts Jan. 4.**

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 p.m. ****\$40 for the 8-week program, next session starts Jan. 12. 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.

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

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

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

Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.) – 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.

Ping Pong – Available Monday – Friday; call for availability

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

Table Shuffleboard/Air Hockey – Available Monday – Friday

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.

December 1 – Dance Performance by the Hillsborough Rockers and Rocketts, 10:45 a.m. The Rockets and Rockettes are a dance group that performs at various locations throughout the year. They will provide a holiday themed show for our enjoyment.

December 4 & 28 – 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.

December 5 – Annual Holiday Party with Entertainment by the Perfect Duo Plus One, 10:30 a.m. Get ready to celebrate and get into the holiday spirit with good friends and live entertainment by the Perfect Duo Plus One.

December 7 – “All About Pearl Harbor” by Roger Rhaesa, Senior Wellness Center at Bridgewater Client. Join Roger as he discusses interesting facts about Pearl Harbor.

December 8 – Holiday Trivia and Brain Teasers. Come and enjoy a program full of brain teasers and holiday trivia. There will be exciting games with prizes for the winners. Put on your thinking caps!

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

December 8 – “Basket Weaving 101” – Lunch & Learn Opportunity by Lois Macknik, Basket Weaver, 1:00 p.m. If you ever wanted to make a basket, now is your chance. Together with Lois you will have a hands-on opportunity to make a round reed basket using basic to special weave patterns and color reeds. There is a \$5.00 program fee to cover the cost of supplies. ****Reservations are required by**

Monday, Nov. 20. This program has a 15 person maximum**

December 11 – “Housing Options for Older Adults” by Alison Trotta, Oasis Senior Advisor. Alison will discuss various housing options available for older adults ranging from Senior Housing, Independent Living, Assisted Living and Nursing Home Care. She will also discuss the services provided and answer specific questions regarding the various housing options and how to know when it may be time to explore those options.

December 12 & 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 by incorporating interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist, will facilitate discussions. We welcome your presence and participation.

December 12 – “The Meaning of Hanukkah” by Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist, 11:00 – 11:15 a.m. Rabbi Kaplan will share the Meaning of Hanukkah; its history, symbolism and joy.

December 12 – “The Gift of Gratitude” by Randi Goldberg, Always Best Care, 11:15 – 11:45 a.m. Randi will discuss gratitude and how it can be a sense of “feeling grateful.” She will also provide examples of how people show the gratitude.

December 14 - In-Service Day – Center Closed

December 15 – “How to Maintain and Not Gain” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern, 10:45 a.m. Sam will discuss how to eat at social events and build a balanced plate out of common winter dishes. Sam will also provide nutritious, healthier recipes and ideas.

December 18 - “The Revolutionary War: Morristown and Winter in New Jersey” by Joe Becton, Lecturer & Historian, 10:30 a.m. Using an array of techniques (lecture, Q&A, history oration, demonstration, instruments and music), Mr. Becton will take you to Revolutionary War encampments. Learn how the frigid weather caused fatigue, hunger and mutiny through this highly engaging, interactive and interpretive program.

December 19 – “Pedestrian Safety” by Ridewise. A representative from Ridewise will discuss who has the right of way at crosswalks and traffic signals, pedestrian safety and several winter driving tips.

December 21 – Performance by the Somerville High School Choir. We will hear music that will get us into the holiday spirit.

December 22 – Performance by the Swinging Singing Seniors. Get into the holiday spirit and sing along to your favorite holiday songs.

December 25 & 26 – Holiday – Center Closed

December 27 – Performance by Gordon James, Trumpeter & Vocalist, 10:45 a.m. Join us as Gordon James entertains us with songs from artists like Frank Sinatra, Dean Martin, Bing Crosby, Nat King Cole, Elvis Presley, The Ronettes, Darlene Love, Michael Buble and many more!

December 29 – Snowflake Creations Workshop, Somerset County Park Commission, 10:30 a.m. These 3-D paper snowflakes only look difficult to make! Make your own beautiful snowflake to take home.

****Please register by Dec. 22****

(more)

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

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

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 started Nov. 29. Call (908) 369-8700 for more information****

Game Room – Available Monday – Friday

Stretching – Available Monday – Friday

Horseshoe Pit – Available Monday – Friday (Weather Permitting)

Bocce Court – Available Monday – Friday (Weather Permitting)

Carom – Available Monday – Friday. "Strike and Pocket" table game of Eastern origin similar to billiards and table shuffleboard.

(NEW) December 1, 8, 15, 22 & 29 – Board Game Gathering, 9:30 a.m. Come join the fun and connect with new friends. A variety of familiar and fun board games are at the center. Join us as we play games, converse and enjoy a good time.

December 1 & 8 – Craft: Creating Picture Frame Wreathes with Pam (2 Part Series), 10:30 – 11:30 a.m. Pam and Tammy will guide us in creating Picture Frame Wreathes to decorate for the holiday season. Paint the frame, adorn with ribbon and decorate ornaments to hang from the center of the frame.

****Please call ahead to register at (908) 369-8700 so we have supplies on hand for all participants****

December 4, 11 & 18 – 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.

December 4 – TED Talk: The Power of Vulnerability by Brene Brown. TED Talk is a YouTube channel that is devoted to spreading ideas, usually in the form of short, powerful talks. After viewing the video, we will have a group discussion.

December 4, 11 & 18 – Canasta Card Club, 12:30 – 2:45 p.m. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand.

December 5 – Annual Party & Ugly Sweater Contest, 10:30 a.m. Our annual holiday party is always a day to remember. Singer and DJ, Gary Morton will have us on our feet with a mix of music from the decades blended with some holiday favorites. A special lunch will be served and a special guest will make an appearance.

(NEW) December 5, 12 & 19 – Social Networking Group, 12:30 – 1:30 p.m. Join a group of people that get to chat about everything under the sun. Themes can range from the best local restaurants to coupons for shopping. A great way to get out and connect with friend; this new group will take place every Tuesday after lunch. Stop by and join in!

December 6 & 29 – Bingo Bonanza, 10:45 -11:45 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves listening and short term memory skills.

(more)

HILLSBOROUGH SENIOR CENTER – cont'd

December 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****

December 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 in need of fellow players? Lessons and refreshers are available. ****Please call (908) 369-8700 for more information****

December 7, 14, 21 & 28 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles.

December 7 & 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.

December 11 – The History of Hanukkah: Presentation and food Sampling. Learn about Hanukkah through a presentation, play Dreidel and sample potato latkes.

December 12 & 19 – 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.

December 13 – Holiday Headband Celebration Game. This popular family game has been re-invented for the holidays at the center. Prepare to laugh and enjoy as we spend the morning figuring out what popular holiday custom, food or character is on your headband.

December 14 – In-Service Day – Center Closed

December 15 – The Most Unique Holiday Traditions from Around the World. Have you ever wondered how the rest of the world celebrates the holidays? We will explore some of the most unique traditions from all over the world. Some will make sense and others will be completely bizarre.

December 18 – “Seasonal Holiday Mocktails” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern, 10:30 – 11:30 a.m. Enjoy fun, festive and healthy holiday mocktails with Sam. Sam will show us how to make drinks for the holidays that have tons of flavor using healthy ingredients. Setting a healthy holiday table gets even easier with these tasty options. As always, Sam will bring samples for all.

December 20 – December Jeopardy: Holiday Edition. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things December.

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

December 22 – Christmas Through the Years. Who came up with the idea of a candy cane? Why do we send Christmas Cards? Why do we open our presents watching the Yule Log? Enjoy a walk down memory lane as we explain Christmas traditions and how they came about.

December 25 & 26 – Holiday – Center Closed

December 27 – Add a word and Other Word Games, 10:45 a.m. Let's put on our thinking caps and enjoy some word games and challenges.

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

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

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

(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 foundation of playing the ukulele for beginners: how to hold, tune, strum, simple chords, buying a ukulele and how to get you started 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., and 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 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 at 10:30 a.m., and 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****

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. **Classes will resume in April 2018. Call the Montgomery Senior Center at (609) 466-0846 for more information.**

Crocheting with Jane – Wednesday at 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****

Card Game: "3-13" – Friday, 10:00 am 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.

(more)

MONTGOMERY SENIOR CENTER – cont'd

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

Pool Table – Available Monday – Friday

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

December 1, 7, 15 & 27 – Mahjong, 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.



December 1 - **ARTS** "Time Line New Jersey" by Walter Choroszewski, Photographer, 10:45 a.m. A lecture and visual presentation with Walter's perspective on New Jersey's history. Timeline New Jersey travels from the primeval dawn of the Highlands, through the Ice Age, up to the present. Meet New Jersey's first people and explorers; take pride in our Colonial and Revolutionary history and celebrate the numerous events and "Firsts" that make New Jersey special! ****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****

December 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****

December 1 – "Found Poetry" – Lunch & Learn Opportunity, by Roz Gerken, 12:45 p.m. Found Poetry is an exciting way to discover the poet within you. Using non-poetry sources, you will enjoy creating your own poem. Join us as we cut and paste and create a poem. No experience necessary. ****Please call (609) 466-0846 to register****

December 4 – **FREE** Blood Sugar Screenings with Saint Peter's University Hospital Mobile Unit, 10:00 a.m. No appointment necessary.

December 4 – 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.

December 7, 21 & 28 – Laughter Class with Denise Crowley, 10:30 a.m. Laughing is an excellent way to reduce stress in our lives, and can help you to cope with and survive a stressful lifestyle. Laughter provides a full-scale workout for your muscles and unleashes a rush of stress-busting endorphins. Since our bodies cannot distinguish between real and fake laughter, anything that makes you giggle will have a positive impact.

December 8 – Annual Holiday Party with Entertainment by Singer & DJ, Gary Morton, 10:45 a.m. Get ready to celebrate and get into the holiday spirit with good friends and live entertainment by singer and DJ Gary Morton.

December 11 – "Winter Adaptation" by the Somerset County Park Commission. In this program, we will explore how wildlife survives adapts during the winter season. The concepts of habitat, niche, and adaptation will be covered in an interactive discussion, using animal 'artifacts' to further illustrate these concepts.

December 13 & 27 – Creative Wellness with Shirin Stave-Matais, Former Professional Dancer, 10:15a.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.

December 14 – In-Service Day – Center Closed

(more)

MONTGOMERY SENIOR CENTER – cont'd

December 15 & 22 – Ageless Grace Exercise Fitness Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. 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.

December 15 – Mind Your Mind Exercises, 11:15 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.

December 18 – “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.

December 22 – 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.

December 25 & 26 – Holiday – Center Closed

December 29 - New Year's Eve at Noon Celebration. Let's celebrate the upcoming New Year with a joyous toast.

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.

Table Tennis (Ping Pong) – Monday to 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 p.m. **** 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.**

QBC News – Monday to 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.

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. This 3 part module will bring out creative expressions in the form of personalizing a pillow with paint and designing holiday cards.

Module 1 – Create a stencil design. **Module 2** – Stencil transference & Painting. **Module 3** – Creating homemade/personalized holiday cards. The Pillow Art can be used as a unique gift for the holidays or as a décor statement at home, while the handmade cards saves a trip to the card store while being a keepsake treasure for your friends. ****\$10.00 fee per class includes supplies****

(more)

QUAIL BROOK SENIOR CENTER – cont'd

Electronic Keyboard Lessons – Thursday, 11:00 a.m. Esther Fowlkes and Joan Simons (Quail Brook's very own talented members), will happily introduce you to basic music theory and keyboard skills.

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.

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 – Available Monday – Friday (Weather Permitting)

December 1, 15 & 29 – “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.

December 4 – “Safety Jeopardy Challenge” by Home Instead Senior Care, 10:30 a.m. It's all about well-being and independence as we challenge our awareness and knowledge of potential hazards at home and in our environment. Win the jeopardy challenge checklist for a surprise prize.

December 4, 11 & 18 – The Regime Exercise Class: Interval Stretching & Aerobic Movements, 1:00 pm – 2:00 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.

December 5, 12 & 19 – Yogalates with Laura Kerr, 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 starts Nov. 21. Call (732) 563-4213 for more information. The Dec. 12 class will be held from 2:00 - 3:00 pm****

December 5 – “The Fourth Amendment to the United States Constitution” by Laura Graumann, Retired Attorney and Brandeis Member, 2:30 p.m. Learn the meaning and interpret what this amendment does (protects citizens from unlawful searches and/or seizures and requires that any such searches take place only after the issuance of a warrant based on probable cause). Also, how does today's technology impact the fourth amendment?

December 6 – “Quail Brook's Got Talent: Music Appreciation” with Linda Merriman-Kuc, LMK Music, 10:30 a.m. Bob's Quailer's will close out 2017 and their community outreach project with their fifth performance; a Nod to Nostalgia and Holiday Songs at Somerset Woods Rehabilitation & Nursing Center. Please join us for the never-ending fun experience and a lively sing along!

December 7 & 21 – Circuit Training with Lisa Leonard, 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 started Nov. 18. Call (732) 563-4213 for more information****

December 7 – State Health Insurance Program (SHIP), 10:30 a.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****

(more)

QUAIL BROOK SENIOR CENTER – cont'd

December 7 & 21 – 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.

December 7 & 21 – “Interfaith Discourse: A Support Program” with Rabbi Ronald W. Kaplan, 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. Plus, Rabbi Kaplan will share the Meaning of Hanukkah; its history, symbolism and joy.

December 8 – Home for the Holidays: Quail Brook’s Annual Holiday Party, 10:30 a.m. The festivities begin with an in-person experience with ‘Santa.’ Dance with exuberance to memorable holiday classic tunes and music from the 50’s to now.

December 11 – “Amazing Apis” by Adele Barree, 10:30 a.m. Learn about the fascinating honey bee, beekeeping and the honey industry. Close your eyes and taste a variety of honey, the ‘nectar of the gods’ and guess the bee’s diet.

December 13, 20 & 27 – Ageless Grace Exercise Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. 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.

December 13, 20 & 27 – The Regime Exercise Class: Interval Stretching & Aerobic Movements, 1:00–2:00 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 can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be done standing or sitting.

December 14 - In-Service Day – Center Closed

December 18 – Visit to the Senior Wellness Center at Bridgewater for “The Revolutionary War: Morristown and Winter in New Jersey” by Joe Becton, Lecturer & Historian, 10:30 a.m. Using an array of techniques (lecture, Q&A, history oration, demonstration, instruments and music), Mr. Becton will take you to Revolutionary War encampments. Learn how the frigid weather caused fatigue, hunger and mutiny through this highly engaging, interactive and interpretive program.

December 22 – Mindful Meditation with the School of Royal Yoga, 10:30 a.m. Learn how specific techniques, visualizations and breathing cadence can lead you towards embracing a state of peaceful stillness. Meditation is known to benefit health in many areas such as helping to lower blood pressure, improve emotions, relaxing, etc.

December 25 & 26 – Holiday – Center Closed

December 28 – “Lingua Latina: The Language of Latin” by the Franklin Township High School Latin Club, 10:30 a.m. Latin, an old language is also a ‘dead language.’ Yet, we use derivatives of Latin on a daily basis. In this language program, the students will teach the Latin alphabet and pronunciation that will bring back to life and have us speaking like the Ancient Romans!

(more)

WARRENBROOK SENIOR CENTER
(located on the Warrenbrook Golf Course)

500 Warrenville Rd., Warren, NJ 07059
(908) 753-9440

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

Individual Computer Instruction – Are you intimidated by computers? Do you know how to Email and/or play solitaire on the computer? Do you know how to do a Web Search? By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you. **Please call (908) 753-9440 for information.** Instruction classes available: Monday, 10:00 a.m. – 3:00 p.m.; Tuesday, 10:30 a.m. – 12:30 p.m.; Wednesday: 10:00 a.m. – 1:00 p.m.

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 a.m. ****\$40 for the 8-week program, next session starts in January. Call (908) 753-9440 for more information****

Monday Afternoon 1:00 – 1:45 p.m. ****\$40 for the 8-week program, next session starts in January. Call (908) 753-9440 for more information****

Wednesday Morning 11:30 a.m. – 12:15 p.m. ****\$40 for the 8-week program, next session starts in January. 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****

Chair Yoga with Jillian – Tuesday, 12:45 – 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses 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 8-week program, new session to start in January. Advanced 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. 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****

Lending Library – Available Monday-Friday. Soft covered books available to take home and return when read. **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 – Available Monday-Friday. Strike up conversation, make new friends and enjoy assembling puzzles together.

Computer Lab – Call for Availability.

(more)

WARRENBROOK SENIOR CENTER – *cont'd*



December 1 - **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 Jon plays the guitar and invites attendees to play hand percussion instruments. Attendees will sing along to prepare for our Christmas Concert on December 6th. ****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****

December 4 – "Old English Christmas Traditions" with Trish and Brian Chambers, Trish Chambers Productions, 10:30 a.m. Based on Washington Irving's Sketch Book, a nostalgic look back at the way a traditional Victorian Christmas was celebrated in the 1820's. The program highlights where the traditions came from and how some of those traditions have been carried into America's celebrations. The program is enhanced with PowerPoint slides of Randolph's Caldecott's original illustrations and performed in period costume.

December 4, 11 & 18 – 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.

December 5 – "Numerology: What Does Your Name Mean" by Siobhan Hutchinson, MA, Next Step Strategies, LLC., 10:30 a.m. Learn a fun way to work with names and numbers to discover what they represent and their energetic attractions. See for yourself whether they reveal your true characteristics or your friends'. Numerology traces back to the Babylonians and Pythagoras. Bring some paper or a notebook and a pen. Sense of humor a must.

December 5, 12 & 19 – 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).

December 6 – Holiday Music and Dance Party, 10:30 a.m. – 2:00 p.m. Come and celebrate the holidays at Warrenbrook. ****Advanced reservations required by Friday, Dec. 1****

- **Santa's Singing Elves, 10:30 a.m.** It's the most wonderful time of the year and it's time to be dazzled and delighted with first rate musical merriment presented by Santa's Singing Elves, under the direction of John Fitzpatrick. This is a yuletide, whimsy and winter wonderland event that celebrates the magic of the holiday season through song.
- **Special Holiday Luncheon, 11:30 a.m.** Enjoy a special holiday luncheon for a suggested donation of \$2.50 for anyone 60 and above. Choice of roast beef or eggplant.
- **DJ and All-around Entertainer Jerry Castaldo, 12:45 p.m.** Jerry will keep you dancing and laughing during this portion of the center's holiday extravaganza.

December 7, 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.

December 8 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain. As a group, we will do several "mind-stimulating" exercise workouts. In addition, we will play Mystery Items and People Through Trivia. What am I? Who am I? Together we will hear a variety of clues that will help us to solve the mystery.

(more)

WARRENBROOK SENIOR CENTER – cont'd



December 11 - "Cinema & Television: The New Jersey Connection" by Walter Choroszewski, Photographer, 10:30 a.m. Walter is *New Jersey Proud* and celebrates the state's historic contributions to American cinema and television-from Edison's Black Maria 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 NJ'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 History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

December 12 – Boggle with Some "Folk Dancercise," with Rekha Srinivasan, Bharat Nritya Academy, 10:30 a.m. Before playing Boggle, which is a challenging game that is played using a grid of letters, we will do some Folk Dancercise, is a combination of exercise and dancing that emphasizes increased agility and coordination.

December 12 – Warrenbrook Book Club, second Tuesday of the month, Featured book to be discussed: "*The Flight of Gemma Hardy*" by Margot Livesy, 1:30 p.m. New Members Welcome!

December 13 – "Easy Holiday Sides" by Jessica Guarnieri, Registered Dietitian, Shoprite/Wakefern, 10:15 – 10:45 a.m. Join us as we learn how to make easy side dishes for the holidays. These delicious, crowd pleasing dishes will be great to bring to a pot luck or family gathering this holiday season! Be sure to bring your appetite so you can sample a tasty recipe.

December 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 tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

December 13, 30 & 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.

December 14 - In-Service Day – Center Closed

December 15, 22 & 29 – 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.

December 18 – "Move to Get F.I.T." by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Learn the benefits of exercise in promoting healthy aging, explain the current recommendations for an active and fit older adult and select the best strategy for beginning and/or maintaining an exercise program.

December 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 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.

December 20 – **FREE** Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association, 10:30 a.m. No appointment is necessary.

December 25 & 26 – Holiday – Center Closed

December 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 are available by advanced appointment only and will be available the last Friday of the month****

#