



## 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

December 19, 2017

**FOR IMMEDIATE RELEASE**

# Somerset County Senior Centers Announce the January Program Schedule

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

This month, ***all centers will be closed on Jan. 1 and 15.***

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](http://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, session started Dec. 11. Call (908) 204-3435 for more information\*\***

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

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

**Yoga with Denise** – Tuesday, 1:00 – 2:00 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while standing or sitting to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. **\*\*\$40 for the 8-week program, new session starts Feb. 13. Registration required by Feb. 1, 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 – 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.

- o Wednesday Morning 9:30 – 10:30 a.m. **\*\*\$40 for the 8-week program, next session starts in February. Call (908) 204-3435 for more information \*\***
- o Friday Morning 9:30 – 10:30 a.m. **\*\*\$40 for the 8-week program, next session starts in February. 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. 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** – 9:30 a.m. on Tuesday, and 10:30 a.m. on Thursday. 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. Join us on Jan. 18, for a discussion of the current book and select the next book. New members always welcome! **\*\*Call (908) 203-6101 for details\*\***

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

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

**January 1** – Holiday – Center Closed

**January 2** – “Body Language” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion highlighting body language and gestures from around the world.

**January 2** – **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.

**January 3** – 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.

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

**January 5** – “Secret Travels: Small Objects with a Life of Their Own” by Jim DelGuidice, Photojournalist, 10:30 a.m. From pencil stubs to terry cloth towels, these mundane items pass anonymously through our lives. Where do they come from? Where do they end up? Join photojournalist and junk detective Jim DelGuidice as he rummages through the little things that we unknowingly use, collect and discard every day.

**January 8** – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

**January 9** – **FREE** Osteoporosis Screenings with Saint Peter’s University Hospital, 10:00 – 11:30 a.m. Medical personnel from Saint Peter’s University Hospital will be onsite today to conduct free bone density screenings. This test is easy and painless; it is done by placing your foot in machine as it reads the density of the ankle bone. Education also included.

**January 10** – 3-D Paper Snowflake Workshop, 10:30 a.m. These 3-D paper snowflakes only look difficult to make! Make your own beautiful snowflake to take home, all supplies included. **\*\*Reserve by Jan. 5\*\***

**January 12** – “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.

**January 15** – Center Closed

**January 16** – “What’s in a Name?” by Meg Wastie, Museum of Early Trades & Crafts, 10:30 a.m. People’s last names traditionally came from where they lived (geographic), from their fathers (patronymic), or from the work they did (occupational). This presentation focuses on occupational surnames, accompanied by pictures of objects from the museum’s collection.

**January 17** – Roti & Puri Bread Demonstration with Rajul, Senior Wellness Center at Bridgewater Client, 10:30 a.m. Rajul will conduct this demonstration and tasting of two types of Indian bread. Roti is a flatbread while Puri is puffed bread both with Indian origins. **\*\*Reserve by Jan. 12\*\***

**January 19** – “Australia” by Trish Chambers, Trish Chambers Productions, 10:30 a.m. Trish Chambers presents the Australian cultural story of geography, history and information on the Great Barrier Reef. This program includes photos and a discussion of the unique animals and marine life plus Australian History and Aboriginal culture. Period costume worn.

**January 22** – Winter 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.

**January 23** – Short Stories by Janice Kildea, Bernardsville Library, 10:30 a.m. Go on a verbal journey of a captivating short story.

**January 24** – Winter Floral Arranging Workshop with the Bernardsville Garden Club, 10:30 a.m. Members of the Bernardsville Garden Club will conduct an informative and interactive floral arranging workshop. All participants take home a lovely live flower basket. **\*\*Reserve by Jan. 19\*\***

**January 26** – “New York Skyscrapers: History & Architecture” by Kevin Woyce, Photographer, 10:30 a.m. Kevin will discuss how New York City skyscrapers were built and what they symbolize as well as some of the people involved in their creation and construction. The slide show includes Kevin’s original photography plus vintage images of historic people, places, and events.

**January 29** – “Animals in Winter” by the Somerset County Park Commission, 10:30 a.m. Stay cozy and warm while learning about animals and how they adapt and survive these cold winters.

**January 30** – Healthy Food Tasting: Pomegranate Salad Dressing, 10:30 a.m. Pomegranates are in season and they are not just delicious but healthy. Enjoy a demonstration and then a tasting. **\*\*Reserve by Jan. 26\*\***

**January 30** – Left, Right, Center Dice Game, 10:30 a.m. Play this fast paced game with friends.

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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.**

**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 pm; new members welcome!

**Hatha Yoga** – Wednesday & Friday, 10:45 am. 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** – 4<sup>th</sup> Thursday of the Month, 10:00 a.m. New members are welcome. Join us to discuss the current book: "The Elegance of the Hedgehog" by Muriel Barbery. This is an international bestseller that has sold over ten million copies. The Elegance of the Hedgehog is a moving, funny, atmospheric novel that exalts the quiet victories of the inconspicuous among us.

**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\*\***

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## **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.

- o 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\*\***

**Carrom** – 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 through 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.

**January 1** – Holiday – Center Closed

**January 2** – New Year’s Resolutions Discussion with Lynda Augustine. What is a New Year’s Resolution? It is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve his/her life.

**January 4** – “The Fundamentals of Drumming: Earthmovers Drum Collective” by David Miller, Living at Peace, 10:45 a.m. Learning the art of drumming is to learn a new language of new knowledge; simultaneous hand positioning, counting, rhythm/singing that engages the brain (left half/right half) while offering an inclusionary opportunity to seniors who run the gamut from shy and afraid to boisterous with energy!**\*\*Please call (908) 203-6101 for more information\*\***

**January 5** – “Staying Healthy in 2018” by Lois Glasser, Cancer Care. This program will focus on the variety of ways older adults can make changes to their diets and lifestyles to maintain health or become even healthier in the coming year.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**January 8** – Life Line Screening, 8:00 a.m. – 4:30 p.m. The Somerset County Senior Wellness Center at Bridgewater is pleased to offer a preventative health event. Life Line Screening, a leading provider of community-based preventative health screenings, will host their affordable, non-invasive and painless health screenings on Jan. 8. Five screenings will be offered to scan for potential health problems related to: blocked arteries which is the leading cause of stroke; abdominal aortic aneurysms which can lead a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes four vascular tests and osteoporosis screening for \$149 (\$139 with a \$10 member discount). All five screenings take 60-90 minutes to complete. *\*\*There are three ways to register for this event and to receive a \$10 discount of any package priced above \$129. For more information please call 1-888-653-6441\*\**

**January 9 & 23** – 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.

**January 9** – Craft: Creating Dream Catchers, 10:45 a.m. In Native American culture, dream catchers are handmade crafts that consist of a round hoop (often made of willow wood) woven with a loose web of yarn and decorated with beads and feathers hanging below the hoop. As the first rays of the morning light hit the dream catcher, the bad dreams would disappear. Join in as you make a one of a kind dream catcher to take home.

**January 10** – Somerset County Library Book Table, 10:00 – 10:45 a.m. Take advantage of the Somerset County Public Library System and the books they provide.

**January 11** – Mind Your Mind Exercises with Jennifer Furnan, Avalon Assisted Living. 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 Jennifer for some mind-tingling brain stumpers and a fun-filled intellectual workout.

**January 12** – **FREE** Blood Pressure Screenings with the Somerset County Vo-Tech Students, 10:45 a.m. Under the supervision of a Registered Nurse, the Somerset County Vo-Tech students will be onsite to do individual blood pressure screenings. No appointment is necessary.

**January 12, 16 & 22** – Bingo. Bingo is more than 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.

**January 15** – Center Closed

**January 18** – “Lenape Lifeways” by Carla & Allan Messinger, Native American Heritage Programs, 10:45 a.m. This program will offer a lecture, demonstration, interactive “hands-on” exhibits and a question & answer period. The presenter will also share the Lenape’s traditional regalia.

**January 19** – “Vitamins & Supplements” by the Walgreen’s Pharmacy. Vitamins and minerals play a role in normalizing bodily functions and cannot be made by the body (except for vitamin D from the sun). Adequate intake from food and/or supplements is necessary to prevent deficiency, promote optimal health, improve nutrient partitioning and promote fat loss and muscle gain.

**January 23** – Tea Tasting. You will have an opportunity to taste a variety of teas. There are several benefits of drinking teas such as tea containing antioxidants, tea having a low caffeine level, reducing the risk of heart attack and stroke, aiding with weight loss, helping to protect your bones, boost the immune system and keeping your smile bright.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**January 25** – “Earthquakes and Tornadoes” by Gloria Hoffner, Science for Seniors, 10:45 a.m. In this program individuals will learn how the movement of the Earth’s plates re-shaped the planet and formed the continents. We will watch a 30-minute video and examine samples of the Earth. We will then feel an earthquake tremor in a safe way-using a tabletop method available for individuals either seated or standing.

**January 26** – Mandala Art. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic mandala is a square with “four gates” containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary.

**January 29** – “Overview of Veteran’s Benefits and Services” by Peter Niemiec, Director, Somerset County Veteran’s Services. Join us as Peter provides an overview of veteran’s benefits and services. The Office of Veteran’s Services offers assistance with the application process for benefits from the Veterans Administration and other federal and state agencies, orchestrates the issuance of internment memorial markers and grave flags, maintains a close liaison ship with county veterans’ organizations and provides assistance for memorial and patriotic ceremonies.

**January 30** – “A New Year a New You” by Nancy Cain, 10:45 a.m. You will have an opportunity to receive a **FREE** facial or satin hands. **\*\*Please call (908) 203-6101 to register\*\***

## **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, 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)

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

**January 1** – Center Closed

**January 2, 9, 16, 23 & 30** – 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.

**(NEW) January 2, 9, 16, 23 & 30** – Social Networking Group, 12:30 p.m. Join a group of people that get together 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 meet and connect with friends...This new club happens every Tuesday after lunch, stop by and join in!

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## **HILLSBOROUGH SENIOR CENTER – cont'd**

**January 3** – “Falls Prevention” by Saint Peter’s University Hospital, 10:45 – 11:45 a.m. Start the New Year off right. The Saint Peter’s University Hospital Nursing Staff will be onsite to discuss fall risks. They will provide winter traveling and home safety tips. Literature on how to make your home safe will be available. They will also assess falls risk for any interested participants.

**January 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 (908) 369-8700 to schedule an appointment\*\***

**January 3, 17, 24 & 31** – 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\*\***

**January 4, 11, 18 & 25** – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles.

**January 4 & 25** – Name that Tune: A Musical Adventure, 10:15 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

**January 5, 12, 19 & 26** – 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.

**(NEW) January 5, 12, 19 & 26** – The Week in Review, 10:15 a.m. Join us as we recap the new headlines of the week and discuss with the group articles of interest.

**January 5** - Bingo Bonanza, 10:45 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.

**January 8, 22 & 29** – 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.

**January 8** – Elvis Trivia. In honor of Elvis’ birthday we will have a day devoted to all things Elvis.

**January 8, 22 & 29** – 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.

**January 10** – Healthy Recipe Sampling: Pasta Fagioli with All American Assisted Living, 10:30 – 11:30 a.m. Our friends from All American Assisted Living will be stopping by to share with us a healthy recipe sampling. This pasta and bean soup is sure to warm you on a cold winter day.

**January 11** – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

**January 12** – Craft: Creating Winter Sparkle Wreaths with Pam, 10:30 a.m. This month in our very popular Crafting with Pam series, Pam will help us craft beautiful winter sparkle wreaths. Using tulle in shades of blue, great and white and adorned with white sparkly snowflakes, these wreaths will be too pretty to hang. **\*\*Please call ahead to register at (908) 369-8700 so we have supplies on hand for all participants\*\***

**January 15** – Center Closed

**January 17** – “Stroke Prevention” by Robert Wood Johnson University Hospital, 10:30 a.m. Start the New Year off with important information on stroke prevention. Our friends at Robert Wood Johnson University Hospital will review risk factors and symptoms of strokes and the importance of early treatment.

**January 18** – “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.

**January 19** – Frank Sinatra: Old Blue Eyes Program and Discussion, 10:00 a.m. Join us for some documentary clips of the great Frank Sinatra. The documentary and ensuing discussion will mark the birthday of Old Blue Eyes. Recall his movies, hear some of his most famous songs and take a walk down memory lane.

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## **HILLSBOROUGH SENIOR CENTER – cont'd**

**January 22** – January in History: Take a Walk Down Memory Lane. Test your knowledge on a variety of topics including January history, celebrity birthdays, January holidays and more.

**January 24** – 50's Sock Hop with Performance by Trumpeter and Vocalist, Gordon James, 10:30 a.m. Dress the occasion and reminisce while listening to the 50's greatest hits and celebrating a fun morning with friends.

**January 26** - Bingo Bonanza, 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.

**January 29** – Snowflake Art and Cocoa Party, 10:45 -11:45 a.m. Warm up with some hot cocoa and join us for some unique snowflake art mandalas that can be painted, scratched and colored. Each design will be framed to take home as a decoration or gift. Conversation starters about winter's past will make the center a cheerful place to pass the morning and share with friends.

**January 31** – January Jeopardy, 10:30 a.m. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things January.

## **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.

**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, 9:30 a.m. and 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.

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

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

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

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

**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.

**January 1** – Holiday – Center Closed

**January 5, 12, 19 & 26** – 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.

**January 5 & 26** – 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). This 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.

**January 5, 12, 19, 26 & 30** – Rehearsal for "Montgomery Senior Stars" Performance, 10:30 – 11:30 a.m. Join us as we prepare for our own version of the 1950's high school twist of the T-Birds, Pink Ladies and romance.

**January 5** – 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\*\***

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

**January 8** – “Financial Literacy” by the Central Jersey Housing Resource Center. With the recent news of the hacking of credit bureaus that involved millions of consumers and the many scams that exist we will learn how important it is to understand our finances, credit and debt.

**January 10 & 24** – 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.

**January 11 & 25** – 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.

**January 12** – 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.

**January 15** – Center Closed

**January 22** – “History of the Great Swamp” by the New Jersey Audubon Society. In 1959, citizen activists responded to the threat of an airport in the woodlands near Basking Ridge by calling for preservation of 3000 acres of what is now the Great Swamp National Wildlife Refuge. Today, the refuge contains 7600 acres and includes 3600 acres of wilderness area in the midst of a densely populated urban landscape. Join us to find out more about the “Great Swamp.”

**January 29** – Grease Trivia. 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 and see how much you remember about the movie “Grease.”

**January 30** – “Montgomery Senior Stars” Dress Rehearsal, 10:30 a.m. Today we will do the final preparations for the Montgomery Senior Stars Performance.

**January 31** – Montgomery Senior Stars Performance, 10:45 a.m. The Montgomery Senior Center stars will put on an exciting performance for you today.

## **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 – 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.**

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## **QUAIL BROOK SENIOR CENTER – cont'd**

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

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

**Continuing Art Institute with Karen Haake** – Tuesday, 1:00 – 3:00 p.m. This 5 part module will teach the individual how to bring outside winter landscapes indoors through the world of watercolors! **Modules 1 & 2** – Technique for painting winter landscape/layering (trees, snow, sky). **Modules 3 & 4** - Line and wash techniques for painting winter wildlife (birds), bodies of water. **Module 5** – Final watercolor composition. **\*\*\$10.00 fee per class includes supplies\*\***

**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)

**January 1** – Holiday – Center Closed

**January 2, 9 & 16** – Yogalates with Laura Kerr, 1:00 pm – 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 be announced. Call (732) 563-4213 for more information\*\***

**January 3, 24 & 31** – 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.

**January 3, 10, 17, 24 & 31** – 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 can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be done standing or sitting.

**January 4, 11, 18 & 25** – 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, next session starts Feb. 1. Call (732) 563-4213 for more information\*\***

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## **QUAIL BROOK SENIOR CENTER – cont'd**

**January 4, 11, 18 & 25** – 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 muscles of the hips, legs and arms with dance moves.

**January 4, 11, 18 & 25** – “Conversational Spanish” with Angelica Alvarado, Quail Brook Senior Center Volunteer, 11:00 a.m. – 12:00 p.m. Join us as we learn the correct pronunciation for greetings, phrases, expressions and words used in everyday Spanish conversation.

**January 5** – “Vietnam: From Imperial China Influence to Present Day Culture” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together 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 Vietnam: From Imperial China Influence to Present Day Culture.

**January 8** – “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.

**January 8, 22 & 29** - 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 can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be done standing or sitting.

**January 9** – 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\*\***

**January 10 & 30** – “Interfaith Discourse: A Support Program” with Rabbi Ronald W. Kaplan, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist, 10:30 a.m. 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.

**January 12** – “Happy 83<sup>rd</sup> Birthday, Elvis” with Mike Holland, 10:30 a.m. Delve into the early and humble beginnings of Elvis Presley and experience his multi-genre musical genius that made him reign as The King of the industry. Dancing and singing along is always an option!

**January 15** – Center Closed

**January 17** – Board Games and New Card Game Lessons, 10:30 a.m. Step out of your familiar ‘hand,’ change partners and learn a new twist to poker, get your spelling hat on and try the game of Scrabble again or see how fast you can beat your opponent at Checkers. It’s all about forward thinking, visualization and fun.

**January 19** – “Maple Sugaring” by the Somerset County Parks Commission Environmental Education Center, 10:30 a.m. Did you ever wonder about the wonderful taste of maple sugar? Learn the how, why and when of the maple sugar process. Get a grip on a tool and drill bit and tap into a real sugar bush for a unique experience of ‘How sweet it is!’

**January 22** – Lady Luck Bingo Tournament of 2018, 10:30 a.m. This is not your grandmother’s bingo game but a creative and friendly way to be competitive for prizes!

**January 26** – “New Year, New You!” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Kick start a healthy 2018 with intelligent food choices coupled with exercise programs.

**January 29** – Group Table Tennis with Chris Lehman, Table Tennis Pro and Champ, 10:30 a.m. A round robin session for everyone that doubles as a lesson on the intricacies of table tennis; warmly known as ping pong. Improve your hand-eye coordination and dexterous ability using various paddle motions with the goal of sustaining a volley.

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**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 pm; 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, **new session starts Jan. 22.** Call (908) 753-9440 for more information\*\*
- **Monday Afternoon** 1:00 – 1:45 p.m. \*\*\$40 for the 8-week program, **next session starts Jan. 22.** 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 Jan. 10.** 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\*\***

**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 for more information\*\***

**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.

**January 1** – Center Closed

**January 2 & 16** – 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.

**January 2, 9, 16, 23 & 30** – 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).

**January 3, 10, 17, 24 & 31** – 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.

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## **WARRENBROOK SENIOR CENTER – cont'd**

**January 3, 10, 17, 24 & 31** – 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.

**January 4, 11, 18 & 25** – 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.

**January 5, 12, 19 & 26** – 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, and a fun-filled intellectual workout.

**January 8** – Family “Team” Feud with Gwen, 10:30 a.m. Enjoy playing a team version of the popular television game show where answers to survey questions are based on popular responses.

**January 8, 22 & 29** – 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 moves.

**January 9** – “Healthy Hidden Gems” by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Join us for this exciting presentation about new, trendy items that are hidden right at your local supermarket! These items pack a nutritional punch and are sure to get your taste buds going. Jessica will have samples of some of these items and an itemized list of their locations inside the ShopRite of Stirling.

**January 9** – Warrenbrook Book Club, second Tuesday of the month, Featured book to be discussed: “*Dreaming Water*” by Gail Tsukiyama, 1:30 p.m. New Members Welcome!

**January 15** – Holiday – Center Closed

**January 16, 23 & 30** – 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 starts Jan. 16. Registration required by Jan. 5. Call (908) 753-9440 for more information\*\***

**January 22** – “Viva Las Vegas Special Event” with Mike Holland, 10:30 a.m. As a group we will meet Elvis Presley through tribute songs performed during his Las Vegas concert circa, 1972. As a cultural icon, we will learn about his musical genius that blended soul, blues, pop and rock.

**January 23** – “Folk Dancercise” by Rekha Srinivasan, Bharat Nritya Academy, 10:30 a.m. Join us as we stimulate the body while enjoying the gaiety of folk dancing.

**January 26** – 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\*\***

**January 29** – “Mixed Media” with Lisa brown, Art as Therapy, 10:30 a.m. Paint, tear paper, add beads, use hand-made papers, twist, turn and play to create a scene or floral with real depth. This is a great media to explore different aspects of art. Come and discover a hidden talent. **\*\*Advanced Registration Required\*\***

**January 30** – “Proton Therapy” by Jerry Rymer, ProCure Proton Therapy Center, 10:30 a.m. Proton Therapy is effective in treating many types of cancerous and non-cancerous tumors. Join us as we learn about this type of therapy and how it is known to reduce the risk of damage to healthy tissue and organs and has fewer short and long-term side effects.

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