FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce “Older Americans Month” Activities

In celebration of Older Americans Month, the senior centers operated by the Somerset County Office on Aging & Disability Services have announced the May program schedule. All programs begin at 11:00 a.m. unless otherwise listed.

This year’s national theme for Older Americans Month is “Engage at Every Age,” which emphasizes that you are never too old (or too young) to take part in activities that enrich your physical, mental and emotional wellbeing. It also celebrates the many ways in which older adults make a difference in our communities.

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.

All six centers will be closed in observance of Memorial Day on Monday, May 28.

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

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

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE
202 Mt. Airy Road
Basking Ridge, NJ 07920
(908) 204-3435
Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

Knitting/Crochet/Stitching Club – Monday, 9:30 – 11:30 a.m. All are welcome to join. Bring your own knitting/crocheting/stitching project or come learn something new and meet wonderful friends while doing something you love.

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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, new session starts May 14. Registration required by May 4. Call (908) 204-3435 for more information**

Yoga with Denise – 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.

- **Tuesday Afternoon 1:00 – 2:00 pm **$40 for the 8-week program, next session starts June 12. Registration required by June 1. Call (908) 204-3435 for more information **
- **Friday Afternoon 1:00 – 2:00 pm **$40 for the 8-week program, next session starts June 15. Registration required by June 1. Call (908) 204-3435 for more information **

Morning Bridge Club – Tuesday, 9:30 am – 12:00 p.m. *Please call (908) 204-3435 for more information*

Afternoon Bridge Club – Wednesday & Thursday, 12:30 – 3:00 p.m. **Please call (908) 204-3435 for more information**

Mahjong Club – Tuesday, Wednesday & Friday, 12:30 – 3:00 p.m. Drop in on scheduled days 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 on May 2. Registration required by April 23. 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 am – 3:00 p.m. **Please call (908) 204-3435 for more information**

Take Control with Exercise – Tuesday, 9:30 a.m. and 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 May 17, join us for a discussion of the current book and select the next book. New members are always welcome!

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 starts June 6. Registration required by May 25. Call (908) 204-3435 for more information **
- **Friday Morning 9:30 – 10:30 a.m. **$40 for the 8-week program, next session starts June 8. Registration required by May 25. Call (908) 204-3435 for more information **

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

Individual Computer Instruction - Meet with an expert computer instructor by appointment only. Please call (908) 204-3435 for more information.

May 1 – “Good Girls of History” by Helen Vasko, 10:30 a.m. Helen leads this round table discussion highlighting the women who made a lasting impression throughout history.

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

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May 2 – “Cape Cod & Rhode Island Lighthouses” by Kevin Woyce, Photographer, 10:30 a.m. Kevin Woyce will present a brief history of ancient and early American lighthouses, then take the audience on a colorful tour of the iconic beacons of Cape Cod and southern Rhode Island, including Newport and Block Island. He will show how these lights were built and how they work, share the stories of their keepers, and tell how they are being preserved for modern travelers. The program is illustrated with Kevin’s original photographs as well as vintage postcard images.

May 4 – FREE Cholesterol Screenings & Education by the Summit Medical Center, 10:30 a.m. A representative from Summit Medical Center will conduct a short presentation on cholesterol then offer FREE cholesterol screenings.

May 7 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

May 7 – Country Line Dancing with Diana, 1:00 p.m. Diana is a dance instructor with a passion for Country Line Dancing, which she will show you step by step. This class is for all levels of ability from beginner to experienced!

May 8 – “Earth Under Our Feet” by Debra Esposito, Morris Museum, 10:30 a.m. This program covers planet earth’s geology and then spends a section focusing on the formation of the Puddingstone, which is a unique stone found in Boonton, New Jersey and was used to build many of Boonton’s walls and buildings. It also runs through Bearfort Mountain. **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**

May 9 – “Walk With Ease Introduction” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Caitlin will introduce this very beneficial, evidence-based program entitled, Walk with Ease. This program was developed by the Arthritis Foundation and has been proven to reduce the pain of arthritis and improve health among adults with osteoarthritis who have been inactive. This program is also appropriate for individuals who have been inactive for a period of time and are looking for a safe way to reintroduce themselves to exercise. Walk with Ease is a six-week program designed to be delivered in two formats; Instructor Led Group or Self-Directed Individual. Both formats utilize a step-by-step workbook.

May 11 – “Feast for the Eyes: The Connection Between Art and Food” by Vanessa Young, Thirsty Radish, 10:30 a.m. Take a journey from the ancient world to the present as we explore the connection between food and art. From elaborate classical mosaics to opulent Renaissance paintings to contemporary works, depictions of food reflect culture. We will discuss changes in the way food and feasting have been depicted throughout history.

May 14 – “Armchair Travelers Presents: The Exotic 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 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 the exotic New Zealand.

May 15 – News & Views. Have you heard the latest news? Join us for an open discussion on all the new interesting stories that are consuming the evening news.

May 15 – FREE Hearing Screenings & Education by Total Hearing of Watchung, 10:00 am – 11:30 p.m. Total Hearing of Watchung will conduct a short presentation, then offer FREE hearing screenings.

May 16 – Card Making Workshop with Jerry, 10:30 a.m. Jerry will instruct us on how to make our own unique greeting card for friends and loved ones. **All supplies included, reserve by May 14**

May 18 – “Baby Owls” by the Somerset County Park Commission, 10:30 a.m. A Somerset County Park Commission Naturalist will speak about these adorably little creatures. Learn how owls build their nests to prepare for raising their young.

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May 21 – “Celtic Music Journey” Performance by Heather Mulvey, 10:30 a.m. Heather will bring the audience to her ancestral homeland through song. The program features familiar songs such as Wild Mountain Thyme, Danny Boy, and the Fields of Athenry. A brief history of each song is given and interaction and participation is encouraged.

May 22 – “The Relationship Between Seniors and their Grandchildren” by the Magic Mirror Players Improvisational Group, 10:30 a.m. The Players are a group of volunteers who portray real life issues through improvisational and role playing techniques. In this segment, we explore the relationship between seniors and their grandchildren.

May 23 – Senior Expo & Open House Conducted by the Somerset County Office on Aging & Disability Services, 10:00 a.m. – 2:00 p.m. Visit the center to learn about various services offered by Somerset County and stop by vendor booths for information and free giveaways. FREE health screenings and presentations will take place throughout the day and a boxed lunch may be ordered in advance ($2.50 donation for those age 60 and above, $7.87 charged for those under 60). **Register by calling (908) 204-3435**

May 28 – Holiday – Center Closed

May 29 – Brain Games with Toni, 10:30 a.m. The Brain Workout is so popular we added another program to our May calendar. Trivia, puzzles and mind games will be today's focus.

May 30 – Country Line Dancing with Diana, 10:30 a.m. Diana is a dance instructor with a passion for Country Line Dancing, which she will show you step by step. This class is for all levels of ability from beginner to experienced!
SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

Book Club – 4th Thursday of the Month, 10:00 a.m. New members are welcome. Join us to discuss the current book: “The Nightingale” by Kristin Hannah.

Tai Chi for Health (Intermediate II) – Thursday, 1:00 – 2:00 p.m. The Intermediate II 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 on May 3. Registration required by April 23. Call (908) 203-6101 for more information**

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 on May 3. Registration required by April 23. 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 on June 8. Registration required by May 25. Call (908) 203-6101 for more information**

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 – 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. Please call (908) 203-6101 to schedule an appointment.

May 1 - “Sepsis Awareness” by Lisa DeBarros, the Visiting Angels, 10:45 a.m. Sepsis is the body’s extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly cause a chain reaction throughout the body. Sepsis is treatable, especially with early recognition and care. Join Lisa D. as she discusses the basics of sepsis including the signs and symptoms. 

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

May 3 – Spring Craft Highlighting Spring Silk Flowers with Randi Goldberg, Always Best Care Senior Services, 10:45 a.m. Randi will guide us in creating a craft highlighting spring silk flowers for Mother’s Day.

May 4 - “George Washington Remembers New Jersey” by B. David Emerson, History on the Hoof, 10:45 a.m. George Washington was no stranger to New Jersey. From Trenton to Princeton to Morristown to Monmouth to Middlebrook, (and more), the General spent more time here than any other state. Join General Washington (portrayed by B. David Emerson) as he reminisces about his brightest and darkest moments during the battles and encampments of the “Cockpit of the Revolution.” **This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission**

May 7 – “Shaking Your Salt Habit” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension. Attendees will be able to improve their diets by learning ways to lower their daily salt intake. Foods high in sodium and overuse of table salt contributes to high rates of hypertension. The DASH (Dietary Approaches to Stop Hypertension) diet is a healthy lifestyle option that is proven to help people lower their blood pressure.

May 8 – Adventures in Art with Turo Care, 10:45 a.m. You don’t have to be an artist to enjoy creating art. Join Debbie from Turo Care to learn about a famous artist. Then put on your artist hat as we each create a beautiful masterpiece of our own to take home.

May 10 - “Armchair Travelers Presents: North Vietnam” 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 North Vietnam.

May 11 – “Thyroid Symptoms” by Dr. Mona Walimbe, Atlantic Health. Your thyroid is a small gland that has a big impact on health. It produces essential hormones and as we get older, it may not work the same. Join us for a program discussing common thyroid issues as we age such as hyperthyroidism, hypothyroidism and goiters.

May 14, 25 & 31 – Bingo. Bingo is more than 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.

May 17 – “Cancer Revital Rehabilitation” by Kessler Rehabilitation Center. Cancer Revital can help cancer survivors who experience symptoms such as persistent or intermittent swelling in the arms, legs, feet, hands, back, breast, face or abdomen. Kessler Revital certified physical and occupational therapists and speech-language pathologists are specially trained to address these challenges. Their goal is to help advance recovery and improve quality of life for all patients.

May 18 – Dance Performance by the Bridgewater Roxies, 10:45 a.m. The Bridgewater Roxies are a group of senior performers, ages 59 to 83, from the Bridgewater Senior Center. They participate in classes and rehearsals three days a week and perform at schools and senior centers throughout the area. Join us as the Bridgewater Roxies help us celebrate Older American’s Month.

May 21 - “Earth Under Our Feet” by Debra Esposito, Morris Museum, 10:45 a.m. This program covers planet earth’s geology and then spends a section focusing on the formation of Puddingstone, which is a unique stone found in Boonton, New Jersey and was used to build many of Boonton’s walls and buildings. It also runs through Bearfort Mountain. **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**

May 22 - “Songs of Decades Past” by Clifford Seay, 10:45 a.m. Sing and dance the morning away with singer Clifford Seay. Clifford will sing a myriad of songs from decades past. Clifford is very entertaining and will have you laughing as he weaves stories in with his performance.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER
May 24 – “Emergency Preparedness” by the Visiting Nurse Association. Prepare yourself and loved ones, including those with special physical, medical and cognitive needs for natural or other disasters before they happen. Learn valuable tips for ensuring personal needs are met while sheltering in place or during evacuation.
May 28 – Holiday – Center Closed
May 29 – Minute to Win It Challenge, 10:45 a.m. Minute to Win It is an American primetime game show that originally ran on NBC with host Guy Fieri. Challenges use regular household items and require great concentration to complete. Think you can do it? You’ve got 60 seconds! Join the suspense as the Senior Wellness Center at Bridgewater and the Quail Brook Senior Centers recreate this game and compete for this year’s title.

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 a.m. or 1:15 p.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. **$25 for the 10-week program, session starts on May 9. Registration required by April 25. Sign up for one or both. Call (908) 369-8700 for more information. No Class on May 16**
Walk With Ease Program – Monday & Friday, 12:45 p.m. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s six-week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Walk with Ease is proven to: reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve overall health. This class will meet on Monday and Friday afternoons for six-weeks. **Advanced registration is required. Please call (908) 369-8700 to sign up**
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.
May 1, 8, 15, 22 & 29 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles.
May 1, 8, 15, 22 & 29 – Social Networking (Tuesday Group), 12:30 – 2:00 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. The group is a great way to get out and meet and connect with friends.

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May 2 – “What is Unclaimed Property” by the New Jersey State Unclaimed Property Administration (UPA). Unclaimed property is any financial asset that has been unclaimed by its rightful owner for a specific period of time. Some examples of financial assets include: stocks/bonds, insurance checks, utility deposits, savings and checking accounts, wages and payroll checks. The Unclaimed Property Administration recovers and records abandoned or lost intangible property. Their mission is to reunite their owners with their unclaimed financial assets.

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

May 2, 9, 16, 23 & 30 – Social Networking Group (Wednesday Group), 12:30 pm – 2:00 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. This group is a great way to get out and meet and connect with friends.

May 3 – Spring Seed Planting with Laura Hanlon, Client and Gardner. Join Laura in our annual seed planting program as we prepare our summer garden.

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

May 4, 11 & 18 – The Week in Review, 10:00 a.m. Join us as we recap the new headlines of the week and discuss with the group articles of interest. Bring an exciting event to share or join in our lively weekly discussion of local and national events.

May 4 – 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.

May 7, 14 & 21 – 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.

May 7 – Craft: Yarn Birds, 10:45 a.m. This month in our very popular Crafting with Pam Series, we will create yarn birds. A true sign of spring is the sounds of all the birds. Pam will guide us in making very cute and creative yarn birds for our May craft gathering. These symbols of spring will look lovely as a part of spring decorating or to share.

May 9 – May Merriment with Singer Don Anthony, 10:30 -11:30 a.m. Don Anthony will join us to sing for the first time. He has entertained for over 50 years in the tristate area. His entertainment is sure to get everyone up and dancing with his oldies and dance music.

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

May 11 – Card Making Workshop: Service Project, 10:30 a.m. We will be making cards for our homebound friends and for Send a Smile for Kids. Using stamps, cardstock and inspirational quotes, the cards will be donated to our clients who receive meals on wheels as well as the program, Send a Smile for Kids, which delivers cards to hospitalized children.

May 14 – “Pickets & Persistence” by Carol Simon Levine, Living History Presenter, 10:30 a.m. Carol Simon Levine portrays Jeannette Rankin, American’s first female member of Congress. She tells the intertwined stories of women’s suffrage, activism, war service, and the political calculus that finally brought the support of President Wilson, the United State Congress, and state legislatures to achieve passage of the 19th Amendment granting women the right to vote.

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May 16 – TED Talk: The Habits of Happiness with Matthieu Ricard, 10:30 a.m. TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages. What is happiness, and how can we all get some? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well-being, to generate a true sense of serenity and fulfillment. Paper and pencils will be provided for you to take notes. After, we will discuss the talk as a group.

May 16 – May Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things May with some fun spins for Spring and Memorial Day.

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

May 18 – Cinco de Mayo History and Snack. We may be late to the party, but join us as we learn about the history of Cinco de Mayo and celebrate the holiday with a healthy snack, an individual 7 layer dip with baked chips.

May 21 – “Sepsis Awareness” by Lisa DeBarros, the Visiting Angels, 10:45 a.m. Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can cause a chain reaction throughout the body. Sepsis is treatable, especially with early recognition and care. Join Lisa D. as she discusses the basics of sepsis including the signs and symptoms.

May 23 – “A Day for the Birds” by Debra Esposito, Morris Museum, 10:30 a.m. Learn about New Jersey native birds. Attendees will learn about their migration patterns, habits, diets, lifespan and the environmental impact, such as pollution and urban sprawl, have on their survival. **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**

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

May 25 – Kentucky Derby Theme Event Party, 10:00 a.m. Our first ever Kentucky Derby Theme Event will be a great time for all. Join us for the naming of your racehorse, Kentucky Derby history, unique decorations and a day at the races. Your horse will compete for prizes against your friends. Following the races, enjoy a lovely lunch with a special dessert and a tasty spin on the classic mint julep. Wear your spring hats and bowties to commemorate the occasion with our special photo opportunities! We are looking forward to a day at the races that will be memorable for all!

May 28 – Holiday – Center Closed

May 30 – “Proton Therapy” by Jerry Rymer, ProCure Proton Therapy Center, 10:45 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 risks of damage to healthy tissue and organs and has fewer short and long-term side effects.

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

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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. **Please check monthly calendar for scheduled updates**

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 am & 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. **For a new participant, the price is $45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is $15**

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

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

(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.

May 2 & 16 – Move Today with Elizabeth, 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.

May 3, 10, 17, 24 & 31 – Bocce Ball. Enjoy time outside while playing bocce ball. Great for all ability levels; instruction will be available. (Weather Permitting)

May 4, 11 & 25 – 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.

May 4 – Bingo. 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.

May 4 – State Health Insurance Program (SHIP). A counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. 

SHIP is a statewide program by the New Jersey Department of Health and Senior Services. **Please call (609) 466-0846 to schedule an appointment**

May 7 – “Family Food Traditions” by Vanessa Young, Thirsty Radish. Food traditions enhance family bonding, promote well-being and celebrate your cultural heritage. We will explore how and why to creatively document food memories, preserve recipes and photos. Tips, tools and inspiration will help you to infuse joy and meaning into the dining experience.

May 9 & 23 – 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.

May 11 & 25 – Ageless Grace 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.

May 14 – “Marvelous Musical Machines” by Debra Esposito, Morris Museum. Marvelous Musical Machines is about Morris Museum’s Guinness collection. The museum hosts one of the world’s largest collections of Automata and people travel from around the world to visit it. Debra will discuss the history of Automata and the history of the collection and how the museum came to acquire it. **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**

May 18 – Flash Back Friday Event. Enjoy the fun of looking at pictures from the past and present.

May 21 – “Balance Out Meals and Snacks” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Samantha. During this program we will learn easier protein options, pre-cut/frozen vegetables, buying fruit in season and choosing whole grains. Literature will be provided. 

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MONTGOMERY SENIOR CENTER – CONT’D
May 25 – Karaoke, 11:15 a.m. Take a turn trying out our karaoke machine. Go solo or join a group for this exciting activity.
May 28 – Holiday – Center Closed
May 30 – “SAVE: A Friend to Homeless Animals. SAVE has been rescuing and sheltering abandoned, abused and homeless dogs and cats since 1941. SAVE provides life-saving medical treatment, food, training and love to hundreds of animals every year. Today we will create dog beds out of old clean sweaters that will be donated to this great rescue.

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.
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.
The Regime Exercise Class – Monday, Wednesday & Friday, 1:00 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 performed standing or sitting.
Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. This 5 part module will teach the individual how to create Metallic Blends. Module 1 – Metallic Blends Module 2 – Experimentation with Metallic Compositions Module 3 – Metallic Blends of Summer Module 4 – Metallic Blends on Varied Textures, Surfaces and Mediums Module 5 – Creating and Celebrating Summer through Images **$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)
(more)
QUAIL BROOK SENIOR CENTER – CONT’D

April 2, 9, 16, 23 & 30 – Ageless Grace 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.

May 3, 10, 17, 24 & 31 – Circuit Training with Lisa Leonard, 9:15 – 10:15 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, space still available. Call (732) 563-4213 for more information**

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

May 3 – Table Tennis Lessons with Chris Lehman & Luliana Radu, Game Experts. Table tennis is also known as ping pong. It is a sport in which two to four players hit a lightweight ball back and forth using small bats. This game takes place on a hard table divided by a net. Join us as Chris and Luliana teach us how to play table tennis.

May 4 – “Health is Wealth” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Join us as we make and taste some healthy snacks. Marisa will also discuss the importance of an exercise routine. Literature will be provided.

May 7 & 14 – “Spring Fever Practice” with Linda Merriam-Kuc, LMK Music, 10:30 a.m. A music appreciation program with singing and choreography supporting Quail Brook’s Community Outreach initiative and to celebrate the Older American’s Month theme: Engage at Every Age! Our concert is scheduled for May 21st at a local rehabilitation center. Please join Bob’s Quailer’s and ‘lend us your voice.’

May 10 – State Health Insurance Program (SHIP), 10:00 a.m. – 12:00 p.m. A counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. **Please call (732) 563-4213 to schedule an appointment**

May 10 – “Ramadan: The Muslim Tradition of Fasting” by Durdanna Asheer, Quail Brook Volunteer. Ramadan is the ninth month of the Islamic Calendar and is observed worldwide as a month of fasting worldwide to commemorate the first revelation of the Quran to Muhammed according to Islamic belief. Join us as Durdanna discusses the Muslim tradition of fasting.

May 11 & 25 – Tai Chi with Laurina Kuligowski, Activities Director, Regency Jewish Heritage Rehabilitation Center, 10:30 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 in 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 performed while standing or sitting.

May 15 – “Indoor Beach Volleyball” with Trinity Rehabilitation Center, 10:30 a.m. We’re bringing this summer Olympic sport indoors minus the sand.

May 17 – “Dance Methodology for World Culture: Swing” by Donnamarie McCarthy, Create an Impression Traveling Dance & Yoga Studio, 10:30 a.m. Join us as Donnamarie teaches us a group of dances developed with the “swing style” of jazz music.

May 18 – A Spring Choral Performance by the Swinging Singing Seniors, 10:30 a.m. Our old time favorite ritual of spring is upon us! Join this lovely group of choral performers as they hit high notes and herald in the long awaited days of warm weather.

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QUAIL BROOK SENIOR CENTER – CONT’D
May 21 – “Spring Fever Concert” 10:30 a.m. Today our very own senior center participants will perform a special concert to celebrate Older American’s Month. This concert will be held at the Avalon, Hillsborough Rehabilitation Center.

May 23 - “Armchair Travelers Presents: The Principality of Monaco” 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 the Principality of Monaco.

May 24 – “Allergies in New Jersey” by Mili Gami, Somerset Park Pharmacist. Mili will provide us with tips on how to cope with seasonal allergies here in New Jersey.

May 28 – Holiday – Center Closed

May 29 - Minute to Win It Challenge, 10:45 a.m. Today we will visit the Senior Wellness Center at Bridgewater for the “Minute to Win It Challenge.” Minute to Win It is an American primetime game show that originally ran on NBC with host Guy Fieri. Challenges use regular household items and great concentration to complete. Think you can do it? You’ve got 60 seconds! Join the suspense as the Quail Brook Senior Center and the Senior Wellness Center at Bridgewater recreate this game and compete for this year’s title.

May 31 - “Earth Under Our Feet” by Debra Esposito, Morris Museum, 10:45 a.m. This Geology program covers planet earth’s geology and then spends a section focusing on the formation of Puddingstone, which is a unique stone found in Boonton, New Jersey and was used to build many of Boonton’s walls and buildings. It also runs through Bearfort Mountain. **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**

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

*On-Call Meals on Wheels Volunteer Opportunity* - Help portion and package food for Meals on Wheels clients (9:00 -10:30 a.m.) We are in need of volunteers who are willing to fill in when the center’s regularly scheduled volunteers are not available. Position requirements: must be able to stand for two hours, wear “provided” hair net and gloves and adhere to safety and Department of Health guidelines (no nail polish, artificial nails and gel nails do not meet Department of Health guidelines). A background check will be required. If interested, please call the center at (908) 753-9440.

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.

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WARREN BROOK SENIOR CENTER – cont'd

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 in June. 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 June. 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 June. Call (908) 753-9440 for more information**

Watercolor Paint Class – Monday & Thursday, 9:00 – 11:30 a.m. This is a great opportunity for an experienced artist to meet new people while water coloring. **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 excellent way to connect with people who have oil painting experience. **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**

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

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

Computer Lab – Call for Availability.

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

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

May 1, 8 & 15 – Three Part iPhone/iPad Workshop: Get the Most from this Powerful Tool in your Pocket with Maureen Greenbaum, 10:00 a.m. At this workshop you will get answers for your questions and explore the benefits of individual iPhone apps such as “Find My Friend,” Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more!!! Participants will decide the class direction. Good for beginners and those with some proficiency who are interested in learning skills to make using the iPhone more effective and FUN! **Be sure to bring your iPhone or iPad. Advanced registration required. Space is limited**

May 1, 8, 15, 22 & 29 – 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. Registration required by May 11. Next session begins May 22.**

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

May 2, 9, 23 & 30 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down. **No class on May 16**

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

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

May 2, 9, 16, 23 & 30 – Matter of Balance Workshop (Workshop is full, no available openings), 1:00 pm – 3:00 p.m. **Next eight-week Matter of Balance Workshop series will be offered in September. Call Caitlin Witucki for more information or to hear of other opportunities.**

May 4, 11, 18 & 25 – Brains, Games and Hand Bells 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-stumping word games and a fun-filled musical workout using hand bells.

May 7 – “A Day for the Birds” Special Event with Debra Esposito, Morris Museum, 10:30 a.m. Learn about New Jersey native birds. Attendees will learn about their migration patterns, habits, diets, lifespan and the environmental impact, such as pollution and urban sprawl, have on their survival. Before and after the presentation, enjoy some “bird-brain” fun! **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.**

May 8, 15 & 22 – 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 find as many words as possible.

May 8, 15, 22 & 29 - Greek Dance Lessons offered by Nicole Mahncke, from Nikki Manx/Arts Horizon, 10:30 a.m. **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.**

May 8 – Warrenbrook Book Club, Second Tuesday of the Month. Featured book to be discussed: “Cartwheels in a Sari” by Jayanti Tamm, 1:30 p.m. New Members Welcome!

May 14 – “Making 3-D Ornaments with Gwen, 10:30 a.m. Using a variety of craft media, you will have the opportunity to decorate a large cardstock ornament that can be turned into a 3-D ornament. **Preregistration is required by May 10**

May 16 – “Walk with Ease Introduction” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Caitlin will introduce this very beneficial, evidence-based program entitled, Walk with Ease. This program was developed by the Arthritis Foundation and has been proven to reduce the pain of arthritis and improve health among adults with osteoarthritis who have been inactive. This program is also appropriate for individuals who have been inactive for a period of time and are looking for a safe way to reintroduce themselves to exercise. Walk with Ease is a six-week program designed to be delivered in two formats; Instructor-Led Group or Self-Directed Individual. Both formats utilize a step-by-step workbook.

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WARRENBROOK SENIOR CENTER – cont’d

May 21 – “Mocktails: Non-Alcoholic Mixology” by Vanessa Young, Thirsty Radish, 10:30 a.m. Beverages should be flavorful and festive even when they are non-alcoholic. Learn how to make delicious mocktails for parties, holidays and everyday enjoyment. Discover how to create beautiful, seasonal drinks and find out the interesting stories behind these thirst-quenching treats.

May 22, June 5 & 12 – Three Part iPhone/iPad Workshop: Get the Most from this Powerful Tool in your Pocket with Maureen Greenbaum, 10:00 a.m. At this workshop you will get answers to your questions and explore the benefits of individual iPhone apps such as “Find My Friend,” Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more!!! Participants will decide the class direction. Good for beginners and those with some proficiency who are interested in learning skills to make using the iPhone more effective and FUN! **Be sure to bring your iPhone or iPad. Advanced registration required. Space is limited**

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

May 28 – Holiday – Center Closed.

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