



News from the Somerset County Board of Chosen Freeholders

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August 23, 2018

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce September Activities

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

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a **hot** meat-based or meatless entrée or a **cold** meat-based or meatless boxed lunch. Please make reservations prior to 10 a.m. the previous business day. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

If you drive or have your own ride, you can go to any center of your choice. We hope to see you soon!

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.

Announcement: All centers will be closed on the Labor Day Holiday (Sept. 3).

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE

202 Mt. Airy Road
Basking Ridge, NJ 07920
(908) 204-3435

Open Monday – Friday, 9 a.m. – 4 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.

Dancercise – Monday, 10:30 a.m. This class is an innovative and fun way to exercise! Participants will dance to well-known music, but start with a warm-up to avoid injury. Have fun dancing to the beat of the music and finish with a cool-down. This low-impact aerobics class is great for the heart! Sneakers are required. ****\$40 for the 8-week program, a new session starts Sept. 17. Registration is required by Sept. 7. Call (908) 204-3435 for more information.****

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

Yoga with Denise – Open to all levels of practice and abilities. This class incorporates Hatha Yoga poses, while either standing or sitting, to increase bone density, strength and balance. Students will 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 relieving stress and fostering an overall sense of well-being. ****Call (908) 204-3435 for more information.****

- Tuesday Afternoon 1 p.m. ****\$40 for the 8-week program. The next session starts Oct. 9. Registration is required by Sept. 28.**
- Friday Afternoon 1 p.m. ****\$40 for the 8-week program. The next session starts Oct. 12. Registration is required by Sept. 28.****

Bridge Club – 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 alert. New members and beginners are welcome (lessons are available). ****Call (908) 204-3435 for more information.****

- Tuesday Morning 9:30 a.m. – 12 p.m.
- Wednesday & Thursday Afternoon 12:30 – 3 p.m.

Mahjong Club – Tuesday, Wednesday & Friday, 12:30 – 3 p.m. Drop in on scheduled days for more information.

Tai Chi for Health – Wednesday, 1 p.m. This preparatory course is the core of Tai Chi. The program is designed to help participants' develop 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, and learn postures that will recur in other Tai Chi forms in more advanced Tai Chi classes. **** \$16 is the suggested donation for the 8-week program. The next session starts on Oct. 24. Registration is required by Oct. 15. Call (908) 204-3435 for more information.****

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

Take Control with Exercise – Tuesday, 9:30 a.m. & Thursday, 10:30 a.m. This exercise program is for all levels of ability and can be done while either standing or sitting. Strengthen key core muscles, improve flexibility and balance while boosting stamina. This is an ongoing class, but participants must be registered with the center to attend. ****Please call (908) 204-3435 for more information. Check the monthly calendar for the schedule.****

Monthly Book Club – Every Third Thursday, 12:30 p.m. On Sept. 20, join us for a discussion of the current fiction novel, "The Rent Collector," by Camron Wright, the help select the next book. New members are always welcome!

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

Zumba Gold – Zumba Gold uses the popular Latin dance-inspired workout of Zumba and makes it accessible for people age 60 and above, including 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 are required. ****Call (908) 204-3435 for more information.****

- Wednesday Morning 9:30 a.m. ****\$40 for the 8-week program. The next session starts Sept. 5. Registration is required by Aug. 27.****
- Friday Morning 9:30 a.m. ****\$40 for the 8-week program. The next session starts Sept. 7. Registration required by Aug. 27.****

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

Individual Computer Instruction – Meet with an expert computer instructor (by appointment only). Appointments will resume on Sept. 14. **Please call (908) 204-3435 for more information.**

Sept. 3 – Holiday – Center is closed.

Sept. 4 – “Women in Medicine” by Helen Vasko, 10:30 a.m. Helen leads a discussion on notable women in the field of medicine, and their impact on society.

Sept. 4 – 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 give individual blood pressure screenings. No appointment is necessary.

Sept. 5 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and it improves listening and short-term memory skills. Try your luck at some great prizes!

Sept. 7 –  “Marvelous Musical Machines” by Dakota Hettel, Morris Museum, 10:30 a.m. This program highlights New Jersey’s Morris Museum’s Guinness Book of World Records collection. People travel around the world to visit this museum with one of the world’s largest collections of Automata. There will be a discussion about the history of Automata, and how the museum acquired this collection. ****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 Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission.****

Sept. 10 – 3-D Velvet Mandal Art Workshop, 10:30 a.m. Participants will learn how to create mandalas, a square with four “gates” containing a circle that has an intricate geometric pattern that may represent the universe. When color is added, this art form is exquisitely beautiful. No art experience is necessary. ****Please reserve a spot by Sept. 6.****

Sept. 11 – “Bed bug Presentation” by Lynne Gregory, Environmental Protection Agency, 10:30 a.m. Lynne will be onsite to discuss facts about bed bugs including how to identify and get rid of them.

Sept. 12 – Greeting Card Workshop with Jerry, 10:30 a.m. Jerry will instruct participants on how to make unique greeting cards for friends and loved ones. All supplies are included.

****Please reserve a spot by Sept. 7****

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

Sept. 13 – “Preparing Your Home for Sale” Lunch & Learn Opportunity by Kienlan Lattman Sotheby’s International Realty of Basking Ridge, 12:30 p.m. Brokers from Kienlan Lattman Sotheby’s International Realty of Basking Ridge are offering a special seminar about what to expect when selling and relocation; how to prepare your home for sale; and the importance of cleaning, organizing and staging. Boxed lunches are available.

****Reserve your seat and order lunch by Sept. 10.****

Sept. 14 – “Songs from the 1950’s & 60’s” with Michael Andrew, 10:30 a.m. Dance along to performer Michael Andrew as he sings all of your favorite hits from the doo-wop era.

Sept. 17 – “Armchair Travelers: Patagonia & Chilean Fjords” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired. Together they have visited 89 countries! In each country, they have collected artifacts, have taken extensive photographs and created a DVD of their travels complete with music and narration of their experience. In this session, learn about Patagonia & the Chilean Fjords.

Sept. 18 – All Things Jersey: From Trivia to Photographs, 10:30 a.m. We are celebrating everything wonderful about New Jersey, all month long, with different programs highlighting inventors and notable people from our state. In this session, you will explore what makes New Jersey unique. Bring your own photos and stories to show your friends!

Sept. 19 – “Birding Identification Workshop” by Ben Barkley, Naturalist, Somerset County Park Commission, 10:30 a.m. Raptor migration is upon us, and it is time to learn how to identify those species in the sky. In this workshop participants will learn about hawks, eagles and falcons found in this area of the country.

Sept. 21 – “New Jersey Originals” by Linda Barth, Canal Author & Historian, 10:30 a.m. In addition to the creations of Bell Labs and Thomas Edison, New Jersey has innovators and inventors galore. Linda will detail the state’s many inventions and inventors, from Thomas Edison to the ice cream cone, communication, food, medicine, sports and transportation.

Sept. 24 –  “New Jersey Inventors” by Dakota Hettel, Morris Museum, 10:30 a.m. This program highlights all of the ingenious inventors from the Garden State with a special focus on Thomas Edison. ****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.****

Sept. 25 – “Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. A fall can happen to anyone. During this presentation participants will learn how to determine the risk factors associated with falls, understand why falls are common in older adults, learn about the consequences that can occur from a fall; and find out how to maintain a healthy lifestyle in order to reduce the risk of falls, as well as how to identify what a person should do if they fall. Literature will be available.

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

Sept. 26 –  **“Over Here, Molly Pitcher” by Stacy Roth**, History on the Hoof, 10:30 a.m. This is a dramatic presentation that highlights the lives of women who belonged to the army during the American Revolution. The character Molly, portrayed by Stacy Roth, reminisces about the days when she accompanied her husband through summer battles and winter encampments from Valley Forge to Monmouth to Morristown. She will relate her tales of firing a cannon in the heat of battle, and trudging behind the baggage. She will provide a glimpse of the life of a “camp follower” in the days when American Independence was a dream rather than a certainty. ****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.****

Sept. 28 – Brain Games with Toni, 10:30 a.m. The “Brain Workout” is so popular we added another program to our September calendar. Trivia, puzzles and mind games are scheduled for this session.

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street, Bridgewater, NJ 08807
(908) 203-6101

Open Monday – Friday, 9 a.m. – 4 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, as well as strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish daily physical activities. If desired, use a chair for support in this program.

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 offered on Thursdays from 12:30 – 3 p.m. for experienced players.

Needlework Crafts Club – Tuesday, 12:30 – 3 p.m. New members are welcome!

Hatha Yoga – Wednesday & Friday, 9:30 a.m. & 10:45 a.m. Hatha Yoga incorporates different body postures, controlled breathing and meditation. Hatha Yoga helps stretch and align the body resulting in better balance and flexibility, a supple spine and improved circulation. Please bring a personal mat; some mats are available on a first-come, first-serve basis. Space is limited. ***Check the monthly calendar for the schedule.***

Dance Aerobics with Marion Harris – Wednesday, 11 – 11:30 a.m. Get your cardio while dancing to a variety of music such as pop, country and Broadway classics. ****Check the monthly calendar for the schedule.****

Scrabble Club – Wednesday, 1 p.m. Enjoy a friendly game of scrabble! If there is interest, the center may plan opportunities for members to compete against other area scrabble clubs.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Healthy Bones Exercise Class – Wednesday, 10 a.m. This is a 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. A doctor's note is also required prior to the first class, and then once every year. **For new participants, 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.**

Book Club – Fourth Thursday of the Month, 10 a.m. New members are welcome. Join us to discuss the current fiction novel "Commonwealth" by Ann Patchett.

Tai Chi for Health (Beginner) – Thursday, 10:45 a.m. This preparatory course is the core of the Tai Chi program, and is designed to help participants develop their strength, balance and flexibility. In this class participants will learn unfamiliar vocabulary, new ways of moving, and slowly learn a new sequence of movements. Participants will learn the **basic form** of this art, enabling them to experience improvement in their physical ability, and learn basic postures that are the basis of Tai Chi. ****\$16 is the suggested donation for the 8-week program. The next session starts on Oct. 25. Registration is required by Oct. 11. Call (908) 203-6101 for more information.****

Tai Chi for Health (Intermediate) – Thursday, 11 a.m. A peer-led Tai Chi course is in the pavilion every Thursday. Students will follow an advanced instructor and must have prior experience. ****Please call (908) 203-6101 for more information.****

Tai Chi for Health (Intermediate) – Thursday, 1 p.m. The Intermediate course will build on the basic forms learned in the Beginners class. Forms learned in both courses will improve specific strengths, including the ability to shift body weight from one side the other without stumbling or falling, improve body alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve specific movements that will help strengthen bones and muscles. ****\$16 is the suggested donation for the 8-week program. The next session starts on Oct. 25. Registration is required by Oct. 11. Call (908) 203-6101 for more information.****

Tai Chi for Health (Beginner) – Thursday, 2 p.m. This preparatory course is the basis for Tai Chi. The program is designed help develop participants' strength, balance and flexibility. Participants will learn new vocabulary, and slowly learn a new sequence of movements. Learning the **basic form** of this art will enable participants to experience considerable improvements in their physical ability, and basic postures they can use in more advanced Tai Chi classes. ****\$16 is the suggested donation for the 8-week program. The next session starts on Oct. 25. Registration is required by Oct. 11. Call (908) 203-6101 for more information.****

Social Dancing – Friday, 11 a.m. Run by senior center participants, social dancing is not only great exercise, but it is an opportunity to make friends in a social environment.

Pinochle Club – Friday, 12:30 – 3 p.m. New members are welcome!

Zumba Gold – Zumba Gold makes the popular Latin dance-inspired workout of Zumba manageable for anyone age 60 and above; including beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health with dance moves by challenging the heart and working the muscles of the hips, legs and arms. **Call (908) 203-6101 for more information.****

- **Friday Afternoon 1** – 1:45 p.m. ****\$40 for the 8-week program. The next session starts on Oct. 12. Registration is required by Sept. 26****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

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

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

Carrom – Available Monday – Friday. Play “Strike and Pocket” table game, a game of Eastern origin that is similar to billiards and table shuffleboard.

Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.) – Available Monday – Friday. If you have a game that you would like to play and it's not listed, and/or if you are interested in starting a club to play 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 problems with your health insurance or questions about it? Call to schedule a **FREE** appointment with a counselor who can help. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services. Please call (908) 203-6101 to schedule an appointment.

Sept. 3 – Holiday – Center is closed.

Sept. 4 – Life Line Screenings, 9 a.m. – 4 p.m. Nip health problems in the bud. Life Line Screening, recognized with an A+ rating by the Better Business Bureau, offers a five-test package that will check for the risk of stroke, cardiovascular disease and other chronic diseases. Plaque buildup in the arteries can lead to heart disease, aneurysm or stroke. The combination of these tests can help to detect problems before symptoms appear. Life Line Screening will be at the Somerset County Senior Wellness Center at Bridgewater offering safe, painless, non-invasive preventive health screenings (such as Carotid Artery Screening, Heart Rhythm Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Screening and Osteoporosis Risk Assessment); these tests are not usually a part of a routine physical. To be more proactive about your health and to live longer for yourself and your family, please register for these potentially life-saving tests. Receive \$10 off any package that is priced above \$139. For only \$139 you can find out if you are at-risk of having a stroke or vascular disease. There is no time like the present to take action! Register by calling toll-free at 1-888-653-6434, online at www.lifelinescreening.com/communitycircle, or text the word circle to 797979.

Sept. 4, 11 & 18 – Conversational English with Sally Rob, Literacy Volunteers of Somerset County, 10:45 a.m. The mission of the Literacy Volunteers of Somerset County (LVSC) is to promote literacy throughout the community by providing student-centered tutoring and literacy programs for adults, so that they may function more effectively in their daily lives.

Sept. 6 – “Music for Wellness” by John Fitzpatrick, 10:45 a.m. Please join us for a participatory music-making program that offers participants a direct and intimate experience with live music. Participants will be challenged mentally and physically (memorizing lyrics and dancing), practice decision-making (choosing songs to sing), use safe risk-taking skills (singing for the group) and use self-expression.

Sept. 7, 11, 18 & 25 – Bingo. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as promoting socialization and strengthening hand-eye coordination that helps improve listening and short-term memory skills.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Sept. 10 – September Birthday and Picture Trivia. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises could stimulate the brain and enhance your critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

Sept. 12 & 25 – Bereavement Support Group, 10 a.m. The death of a loved one is a universal experience in our lives. The purpose of this support group is to provide participants with a safe place to talk to others who share common feelings about their grief and renewal process. The group incorporates interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist, will facilitate discussions. We welcome your presence and participation.

Sept. 13 – “All about Balance” by Brian Ireland & Elizabeth Ryan, BeneFIT Physical Therapy. Brian and Elizabeth will provide you with valuable information about balance. Did you know that 30 percent of older Americans fall every year? However, falling is not a normal part of aging. Learn the four main risk factors that typically contribute to a fall, and find out from a physical therapist how to identify your risk for falling.

Sept. 14 – Hearing Program with Wayne Roodna, Hard of Hearing Specialist, Division of Deaf and Hard of Hearing, State of New Jersey. Wayne will discuss the mission of the Division of Deaf and Hard of Hearing (DDHH). He will explain the services they have, including the Hearing Aid Project and the distribution program. He will also discuss assistive listening devices, how these can help people with hearing loss, and the importance of having an audio loop. Finally, he will discuss best practices for caregivers and those who receive care-giving services.

Sept. 17 – “Five Important Medicare Changes You Need to Know About” by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services. If you are one of the forty 4 million people who are receiving Medicare benefits get ready; this year there will be change. The good news is that most of these changes will positively affect beneficiaries. In this presentation, Laurie will discuss five important changes happening now and in 2019.

Sept. 20 – Craft: Creating Glass Coin Holders and Emergency Preparedness with BrightStar Homecare, 10:45 a.m. Join the center to create a one-of-a-kind glass coin holder while learning about the importance of emergency preparedness. The BrightStar Homecare team knows how important it is to be prepared for a rainy day and emergencies. All supplies will be provided by the center. Just bring your creativity! ****Please call (908) 203-6101 to register.****

Sept. 21 – “Pickets & Persistence” by Carol Simon Levine, Storyteller, 10:45 a.m. Living History Presenter Carol Simon Levine portrays Jeanette Rankin, America’s first female member of congress. Through the character Jeanette Rankin, Ms. Levine will tell stories of women’s suffrage, activism, war service, and the political calculus that finally won the support of President Wilson, the United States congress and state legislatures that helped to achieve passage of the nineteenth amendment that granted women the right to vote.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Sept. 24 –  **“New Jersey Inventors”** by Dakota Hettel, Morris Museum, 10:45 a.m. What innovations and inventions have people of the great state of New Jersey contributed to our state, our country and the world? How have these creations influenced our world today? Join us for an explanation of the inventions that rocked the globe, including Thomas Edison’s Electric Light Bulb; and Samuel Morse’s improvements on the Telegraph, and his invention of the Morse code. ****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.****

Sept. 27 –  **“Artifacts”** by Dakota Hettel, Morris Museum, 10:30 a.m. This program is an audience and educator-driven program in which the participants learn about New Jersey born artists whose work is part of the Morris Museum’s collection. Participants will learn about the academic steps that are needed to critique artwork. This program will increase participants’ appreciation for artwork and styles of art that they may not have previously understood. In this program, opinions are encouraged and are never wrong! ****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.****

Sept. 28 – **“Standing Tall Against Falls”** by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Did you know a fall can happen to anyone? During this presentation, participants will learn how to determine the risk factors associated with falls, become aware of how common falls are in older adults, and understand the consequences that can occur from a fall. They will also learn the importance of maintaining a healthy lifestyle in order to reduce the risk of falls, and find out what to do if you fall. Literature will be available.

SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH

339 South Branch Road, Hillsborough, NJ 08844
(908) 369-8700

Open Monday – Friday, 9 a.m. – 4 p.m.

Fit & Flex with Rose – Tuesday & Thursday, 10:45 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all participants. The program practices stretches, strength training, laughter yoga, breathing exercises and more. ****Please check the monthly calendar for schedule updates.****

Healthy Bones Exercise Class – Tuesday, 12:45 – 2:15 p.m. This peer-led, 24-week exercise and education program is for at-risk individuals or those who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor’s note is also required prior to the first class and then once every year. **For new participants, the price is \$45, and includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

T'ai Chi Chi with Janet O. – Wednesday, 9:15 a.m. & 1:15 p.m. T'ai Chi Chi is a series of 19 gentle, fluid movements and one pose that activates, circulates and balances the intrinsic energy of the body known as chi. The practice can be performed standing or sitting and by individuals of most any age, ability or condition. ****\$25 for the 10-week program. Next sessions starts on Sept. 5. Due to the popularity of this program, the center will host two Wednesday sessions of T'ai Chi Chi this fall. Sign up for both! Call (908) 369-8700 for more information.****

Horseshoe Pit – Available Monday – Friday, (Weather Permitting).

Bocce Court and Horseshoe Pit – Available Monday – Friday, (Weather Permitting).

Sept. 3 – Holiday – Center is closed.

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

Sept. 5 – “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 as she discusses the signs and symptoms of sepsis.

Sept. 5 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems or questions about their health benefits. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services. ****Please call (908) 369-8700 to schedule an appointment.****

Sept. 5, 12, 19 & 26 – Mahjong Club, 12:30 – 4:30 p.m. Have you always wanted to learn how to play mahjong, or do you play the game and just need fellow players? Visit the center to play, get lessons or refreshers. ****Please call (908) 369-8700 for more information.****

Sept. 6, 13, 20 & 27 – Trivia Time, 10 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises could stimulate the brain and enhance your critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout.

Sept. 6 – Name that Tune: A Musical Adventure, 10:15 a.m. In this hilarious game, challenge your memory to guess old favorites songs and new ones.

Sept. 7, 14, 21 & 28 – Horseshoe and Bocce Ball Club, 9:30 a.m. Enjoy time outside when you join the horseshoe and bocce ball clubs! All abilities and levels can play. Instruction is available (weather permitting).

Sept. 7, 14, 21 & 28 – The Week in Review, 10 a.m. Join the group while we recap the new headlines of the week and discuss articles of interest. Bring an exciting event to share, or give your opinion in our lively weekly discussion of local and national events.

Sept. 7 – “Tribute to the Broadway Musical” by Lori Kulp Woodward & James Hummel, Musicians, 10:30 a.m. Lori and James will present an array of Broadway show tunes from “Hello Dolly,” “Lullaby of Broadway,” “Cats” and “Sinbad.” Lori will dazzle listeners with her singing while Jim gives a top-notch keyboard performance. Both have over 30 years of stage experience.

Sept. 10, 17 & 24 – Scrabble Club, 9:30 a.m. Enjoy a friendly game of scrabble. If there is enough interest the center may plan for members to compete with other area scrabble clubs.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Sept. 10 & 17 – “What’s Your Story?” by John Fitzpatrick, Musician, 10 a.m. Over a series of four meetings, musician John Fitzpatrick will invite our center participants to tell stories about their life experiences, and together participants will create a piece of music to accompany their stories. The stories and music will be recorded and shared with another group of seniors who will be completing the same project in Belfast, Northern Ireland. Two dates in October (Oct. 1 and 15) will complete the four-part series.

Sept. 12 –  “Artifacts” by Dakota Hettel, Morris Museum, 10:30 a.m. This program is an audience and educator-driven program where participants will learn about a few New Jersey born artists whose work is part of the Morris Museum’s collection. Participants will learn about the academic steps used to critique artwork. This program will help participants appreciate different artwork styles that they not have understood in the past. Opinions are encouraged and are never wrong! ****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.****

Sept. 13 – “Who Am I?” 10:15 a.m. Exercise your mental ability and ask clever questions to determine the identity of famous historians, celebrities, authors and public figures.

Sept. 14 – Singalong Songs with Caitlyn Campbell, Foothill Acres, 10:30 a.m. Caitlyn will visit the center and perform a selection of songs that you may know by heart. Everyone is encouraged to join in for this singalong! Request your favorite songs.

Sept. 19 – September Jeopardy. Challenge yourself in this mind-stimulating morning of Jeopardy, and celebrate all things September.

Sept. 20 – “Are You Smarter Than a 5th Grader?” 10:15 a.m. This game, was made popular by the television program, and will test your recollection of events, products and things that you learned in school but swore you would never use again.

Sept. 21 – “Armchair Travelers: Yellowstone National Park” by Anand Murog, 10:45 – 11:45 a.m. Anand will take us on a trip to explore the wonders of Yellowstone National Park. Through dazzling photographs, videos and stories, Anand will share his memories about his recent adventure to Yellowstone.

Sept. 24 – “Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 – 11:30 a.m. Did you know anyone can fall? During this presentation participants will learn how to determine the risk factors associated with falls, become aware of how common falls are in older adults, understand the consequences that can occur from a fall, learn how to maintain a healthy lifestyle in order to reduce the risk of falls and identify what you should do if you fall. Literature will be available.

Sept. 26 – “Gotcha: Snapshots that Made History” by Jim DelGuidice, Photojournalist, 10:30 a.m. Jim has used his eyes and voice to document the New Jersey scene for more than half of his 56 years. He won the state’s Historic Preservation Award for his architectural photography published by Rutgers University Press, and his plays have been produced by such venues as the Bickford Theatre and Kean University. During his visit, he will discuss historic “gotcha” photographs that have become famous. Don’t miss educator, photographer and lecturer Jim DelGuidice!

Sept. 27 – Bingo, 10:15 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as; it promotes socialization, strengthens hand-eye coordination and helps improve listening and short-term memory skills.

(more)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Sept. 28 – Craft: Inspirational Rocks with Tammy and Janet, 10:30 a.m. Join the center for a rocking experience. In this monthly crafting get together participants will design and paint inspirational rocks. In this popular new pastime, participants will create two rocks, one to keep and one to display in the Hillsborough Rock Garden, a place where community members showcase fun and inspirational rocks.

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday – Friday, 9 a.m. – 4 p.m.

Games/Cards (Scrabble, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9 a.m. – 2 p.m. If you have, a favorite game not listed that you would like to play, and/or if you are interested in starting a club to play your favorite game, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. Join us for exercise that is great for all levels and abilities. Participants will start with 45 minutes of exercise, next 20 minutes of cardio (or movement), then 20 minutes of toning (with or without weights), followed by a five minute relaxing stretch. Sneakers are required. ****Please check the monthly calendar for schedule updates.****

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 is necessary.

NEW – Watercolor Class with Denise – Monday, 1 p.m. Denise will teach participants how to create a beautiful watercolor picture giving step-by-step instructions. No artistic abilities are required. ****Please call (609) 466-0846 to register. Seating is limited.****

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 a.m. Beginners will learn the fundamentals of playing the ukulele and how to get started on the right note. Learn how to tune the ukulele, strum, play simple chords, and buy the instrument. Lessons are easy to follow and the class is for beginners and all levels. ****Please call (609) 466-0846 for more information.****

Intermediate Ukulele Lessons with Chris – Tuesday, 9:30 a.m. and Thursday, 10 a.m. Have you learned the basics of ukulele playing? If so, you are ready for intermediate lessons that aim to get you playing like a pro! This class will introduce a wide range of musical genres, such as playing chords and melodies, improvisation, and learning multi-part arrangements to play in a band. ****Please call (609) 466-0846 for more information.****

Yoga with Elizabeth – Tuesday, 11 a.m. This relaxing class is open to all levels of practice and abilities. Hatha yoga poses can be done while either standing or sitting, and can help to increase bone density, strength and balance. Participants will learn techniques to help gain flexibility and strength while relaxing. Expect lots of gentle stretching for greater flexibility in joints and muscles. This class is perfect for stress relief and to gain an overall sense of well-being. ****Please check the monthly calendar for scheduled updates.****

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 a.m. & Thursday, 11 a.m. This program is a recreational exercise program performed in a safe and positive environment, and is designed to address physical goals such as reducing pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance. ****Please check the monthly calendar for schedule updates.**** (more)

MONTGOMERY SENIOR CENTER – CONT'D

Tai Chi with Herb – Wednesday, 11 a.m. Tai Chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one continuous gesture. Studies have shown that some participants have experienced a reduction in pain, fatigue and stiffness, and have gained a greater sense of well-being. Tai chi can help people with balance problems reduce their risk of falls. This program can be done while either standing or sitting.

****Please check the monthly calendar for schedule updates.****

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. This peer-led, 24-week exercise and education program is for individuals who are at-risk or have osteoporosis. The exercises focus on improving balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. ****For new participants, 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 are welcome!

****Please call (609) 466-0846 for more information.****

NEW – Afternoon Ukulele Jam – Wednesday, 1:30 – 2:30 p.m. Join this informal jam session. All skill levels are welcome! ****Please call (609) 466-0846 for more information.****

Mahjong Lessons – Thursday, 10 a.m. – 12 p.m. Have you always wanted to learn how to play mahjong, or are you familiar with the game but are looking for fellow players? Join us for mahjong mornings on Thursdays! Lessons and refreshers are available. ****Please call (609) 466-0846 for more information.****

Card Game: “3-13” – Friday, 10 a.m., or 11 a.m. ****Please check the monthly calendar for schedule updates.****

Meditation Garden – Available Monday – Friday, 9 a.m. – 2 p.m. Enjoy this outdoor oasis for your meditation practices (weather permitting).

Pool Table – Available Monday – Friday.

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

Bocce Ball – Available Monday – Friday, 10 a.m. – 2 p.m. Enjoy time outside while playing bocce ball! This game is great for all ability levels and instruction is available (weather permitting).

Sept. 3 – Holiday – Center is closed.

Sept. 5 & 19 – 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. The class focuses on improving posture and fall prevention. Exercises can be done while either standing or sitting.

Sept. 6, 13, 20 & 27 – Bocce Ball. Enjoy time outside while playing bocce ball. This game is great for all ability levels; instruction will be available (weather permitting).

Sept. 7, 12 & 21 – 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. This program is designed to activate functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity, imagination and kinesthetic thinking). The program is meant for participants of all abilities and can be performed while either standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

(more)

MONTGOMERY SENIOR CENTER – CONT'D

Sept. 10 – “Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. Falls can happen to anyone. During this presentation, participants will learn how to identify the risk factors associated with falls, understand how common falls are for older adults, learn the consequences that can occur from a fall, learn how to maintain a healthy lifestyle in order to reduce the risk of falls, and find out what to do if you fall. Literature will be available.

Sept. 14 – “Viva Las Vegas: A Tribute to Elvis Presley” by Mike Holland, 10:45 a.m. In this tribute, participants will have fun remembering the “King.” Mike will perform tribute songs that Elvis performed during his Las Vegas concert, circa 1972. Participants will learn about how the cultural icon was a musical genius who blended soul, blues, pop, and rockabilly and became a legend!

Sept. 17 – Volunteer Celebration: Hands that Share, Hearts that Care. Come join the center to honor the many volunteers who help make Montgomery Senior Center GREAT!

Sept. 24 – “Sepsis Awareness” by Lisa DeBarros, the Visiting Angels. Sepsis is the body’s extreme response to an infection. It is life threatening and without timely treatment sepsis can rapidly cause a serious and negative chain reaction of symptoms throughout the body. Sepsis is treatable especially with early recognition and care. Join Lisa as she discusses the basics of sepsis, including its signs and symptoms.

Sept. 26 – 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 and 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 either standing or sitting.

Sept. 28 –  “Earth Under Our Feet” by Dakota Hettel, Morris Museum, 10:45 a.m. This program explores the geology of planet earth, as well as the formation of Puddingstone, a unique stone found throughout Bearfort Mountain and in Boonton, New Jersey that was used to build many of Boonton’s walls and buildings. ****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.****

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873
(732) 563-4213

Open Monday – Friday, 9 a.m. – 4 p.m.

Individual Computer Instruction with Mike Dias – Tuesday, 9 a.m. – 12 p.m. **Please call (732) 563-4213 to schedule an appointment.**

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. This peer-led, 24-week exercise and education program is for individuals who either have osteoporosis or are at risk for it. The exercises focus on improving balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is required prior to the first class and then once every year.

For new participants, 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 – 10:30 a.m. Enjoy discussing breaking news and current events around the world. This stimulating Question and Answer session allows fellow center members to take turns researching and sharing hot topics.

The Regime Exercise Class – Monday, Tuesday, Wednesday & Friday, 1 p.m. This head-to-toe workout incorporates using weights at intervals, stretching and aerobic movements. Learn movements that will help lubricate joints and keep them flexible, strengthen and stabilize individual muscles, increase blood circulation, and shed unwanted weight with the proper diet! These exercises can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be done either standing or sitting and with or without hand weights. **Monday** – Upper Body Routine, **Tuesday** – Mid-Section Routine, **Wednesday** – Lower Body Routine, **Friday** – Total Routine. Wear comfortable or loose fitting clothing and sneakers are required.

Continuing Art Institute with Karen Haake – Tuesday, 1 – 3 p.m. Back to Basics with Drawing **Module 1 – How to look at the world with fresh eyes (your environment through basic sketching); Module 2 – Using Different Instruments: Pen & Ink, Charcoal, Graphite and Colored Pencils; Module 3 – Mastering Shapes and Shading (controlling pressure); Module 4 – Gesture Drawing (creativity).** ****\$10.00 fee per class and includes supplies.****

Circuit Training – Thursday, 9:15 a.m. Have fun while performing exercises that tone your muscles. In this class, cardiovascular exercises will raise your heart rate and tone muscles in the upper and lower body. Working on balance, core, overall agility and muscle strength will help you better able to perform daily activities. Sneakers are required. ****\$40 for the 8-week program. The next session starts Sept. 6. Call (908) 204-3435 for more information.****

Bridge Club with Hatim Hyderally – Thursday & Friday, 11 a.m. This classic game of strategy is an ideal opportunity for participants of all levels of ability to get intellectual and social stimulation on a routine basis. Bridge is also a wonderful way to stimulate memory, sequencing and visualization in the brain.

Crochet & Knitting with Jaye Lane & Esther Folwkes – Thursday, 11 a.m. Which method do you think is easier? Learn the difference between the two ways of creating artistic patterns using fabric and yarn, a single hook or two needles.

Line Dancing – Friday, 9:30 a.m. Line dancing is so much fun that it doesn't even seem like exercise! In this class, you don't need a partner and it's an easy way to stay healthy both mentally and physically. As participants work through different movements they will improve their cardiovascular, muscular strength, and coordination and balance. This class is suitable for participants with limited mobility.

Card Sharks – Friday, 10:30 a.m. Learn how to play various card games with a group 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 a club that features the game of your choice, please inform the staff.

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

NEW – Indoor Shuffleboard – Monday – Friday.

Table Tennis (Ping Pong) – Monday – Friday. Take a shot at being a tournament master by playing in a singles or doubles game. This competitive game has been an Olympic sport since 1988 and it is a great way to maintain and improve hand/eye coordination, concentration and agility.

Sept. 3 – Holiday – Center is closed.

Sept. 4, 11, 18 & 25 – “Ageless Grace” with Laura Tuma, Certified “Ageless Grace” Educator, 10:30 a.m. “Ageless Grace” is based on cutting-edge science known as neuroplasticity; which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate functions of the brain (i.e. strategic planning, memory, analytical thinking, creativity and kinesthetic thinking). The program is intended for people of all abilities and can be performed while either standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

Sept. 5, 12 & 19 – Body and Brain Yoga with Lucy Pagnetti, 10:30 a.m. Body and Brain Yoga is a dynamic mind-body practice that combines stretching, a flowing movement, deep breathing exercises and meditation. This easy-to-learn practice focuses on developing the body’s core strength, which is the basis of physical, mental and spiritual health. This program can be performed while either standing or sitting. Bring your own mat.

Sept. 6 – “Judging a Book By Its Cover...Don’t” by the Magic Mirror Players, Robert Wood Johnson University Hospital-Somerset. The Magic Mirror Players are a group of volunteer actors who portray real-life issues in a dramatic presentation using improvisational and role-playing techniques.

Sept. 6, 13 & 27 – Zumba Gold with Laurie Fetcher, 10:30 – 11 a.m. Zumba Gold uses popular music to inspire a hearty workout. It is designed to be accessible for anyone age 60 and above, including beginners and 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 as participants use fun, energetic and rhythmic moves.

Sept. 6, 13, 20 & 27 – Yoga with Dr. Prahba Srinivas, Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore India, 1 p.m. Take control of your emotional and physical well-being through the practice of yoga and meditation while reducing stress in your life. Please bring a mat and wear comfortable clothing that will allow you to move around.

Sept. 7 – Tai Chi with Laurena Kugliowski, Certified Instructor & 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 have experienced a reduction in pain, fatigue, stiffness and have gained a greater sense of well-being. Tai chi can help reduce the risk of falls, and especially for those who have balance problems. This program can be performed while either standing or sitting.

Sept. 10 – “Gluten Free for Me Please” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 10:30 a.m. Gluten is a general name for the protein found in wheat, barley, rye, oats, and other related species, hybrids and products. Gluten causes health problems in sufferers of celiac disease, and some people who have wheat allergies. Learn how to be savvy with your Gluten-Free diet!

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

Sept. 13 – “Dimensions of Wellness” by Lori Morell, CMP, P/T, BA, Senior Manager of the Center for Healthy Aging. This enlightening program discusses the importance of good nutrition for physical and mental well-being and healthy aging.



Sept. 14 & 28 – “Native American Dance (Sessions 1 & 2)” 10:30 a.m. Native Americans have used dance as a way to connect with each other and honor longstanding traditions. Dance is an important part of socialization, as well as being a fascinating part of distinct cultures. Learn how powerful this medium is when expressing ideas. In these sessions participants will see how each step poses a deeper significance, and how the dance exemplifies the unique quality of this tradition. ****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.****

Sept. 20 – Lessons on Friendship with ‘Frick & Frack,’ the Comedy Duo of Somerset County. Back by popular demand, for a third time, ‘Frick & Frack’ (Sandi & Irene) will present the funnier side of how to get along with your friends.

Sept. 21 -  “Mammals” by Dakota Hettel, Morris Museum, 10:30 a.m. Participants learn about New Jersey animals, migration patterns, habits, diets, lifespan; and the environmental impact of pollution, and how urban sprawl threatens 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.****

Sept. 24 – “The Heart of the Champion Jack McAuliffe” by JE McAuliffe, Author, 10:30 a.m. This is a tale about JE’s distant uncle, Jack McAuliffe who was one of only 15 world-boxing champions to retire without a loss. As the World Lightweight champion from 1886-1893, McAuliffe was inducted into The Ring Boxing Hall of Fame in 1954, and the International Boxing Hall of Fame in 1995. This session takes a fascinating look into the world of boxing during this time, McAuliffe’s early years as an Irish emigrant, his grueling training, and the personal and family sacrifices he made.

Sept. 26 – “Gut Busting Bacteria” by Lilian Liuying, Quail Brook Senior Center Volunteer, MA, Public Dietitian (Ahanxi University, China) and Life Coach, 10:30 a.m. Learn about probiotics and how to cultivate and improve good gut bacteria, and feel better!

Sept. 27 – “Armchair Travelers: The Arab Republic of Egypt” 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 and photographs and have recorded everything on a DVD complete with music and narration of their experience. This session will feature their experience in the Arab Republic of Egypt.

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

500 Warrenville Rd., Warren, NJ 07059

(908) 753-9440

Open Monday – Friday, 9 a.m. – 4 p.m.

(more)

WARRENBROOK SENIOR CENTER – CONT'D

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 this eight-week, one-on-one class, you will understand what your grandkids have been trying to explain to you. ****Please call (908) 753-9440 for more information.****

Watercolor Paint Class – Monday & Thursday, 9 – 11:30 a.m. This is a great opportunity for participants to meet new people while water coloring. ****Advanced registration required.**

Please call (908) 753-9440 for more information. Openings are available in the Monday Group.**

Oil Painting – Wednesday, 9 – 11 a.m. This is an excellent way to connect with people who have oil painting experience. ****Advanced registration is required. Please call (908) 753-9440 for more information.****

Healthy Bones Exercise Class – Wednesday & Friday, 10 a.m. This is a peer-led, 24-week exercise and education program for individuals who are at-risk or have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year.

****For new participants 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. Openings are available. Call Caitlin Witucki at (908) 704-6339 for more information.****

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

Computer Lab – Call for availability.

Jigsaw Puzzle – Available Monday – Friday. Start a conversation, make new friends and enjoy assembling puzzles together.

Lending Library – Available Monday – Friday. Soft covered books are available to take home and return when you are finished reading.

Sept. 3 – Holiday – Center is closed.

Sept. 4, 11, 18 & 25 – Four Part iPhone/iPad Workshop: Get the Most from this Powerful Tool in Your Pocket with Maureen Greenbaum, 10 – 11:30 a.m. In this workshop, participants will get their questions answered while exploring the benefits of different iPhone apps, such as Find My Friend, Google/Apple maps, Podcasts, mail, health, camera, calendar, stocks and more! This is a need-based class that will be taught according to the participants' knowledge and needs. This class is for beginner and intermediate users who are interested in learning how to use the iPhone more effectively! ****Be sure to bring your iPhone or iPad.**

Advanced registration is required. Space is limited.**

Sept. 4, 11 & 18 – Boggle and Word within a Larger Word, 10:30 a.m. This is a challenging game played by using a grid of letters and searching for words within the grid.

Sept. 4, 11, 18 & 25 – Bridge Group with Ronnie, 1 – 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates the brain and helps keep the memory active and the brain alert. Join Ronnie and her group when they play bridge on a weekly basis. New members and beginners are welcome (lessons are available).

Sept. 4, 11, 18 & 26 – Mahjong for Experienced Players, 1– 4 p.m. Are you an experienced mahjong player looking for an opportunity to play this game of skill, strategy and calculation? If so, then join the center on Tuesday afternoons.

(more)

WARRENBROOK SENIOR CENTER – CONT'D

Sept. 4, 11, 18 & 25 – Chair Yoga with Jillian, 12:45 p.m. This class is open to all levels of practice and abilities. Hatha yoga teaches poses that may help to increase bone density, strength and balance. The poses can be done while either sitting or standing. Participants will learn techniques to help gain flexibility, strength, and relaxation. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and to gain an overall sense of well-being. ****\$40 for an 8-week program. Call (908) 753-9440 for more information. Next session begins on Oct. 2.****

Sept. 5, 12, 19 & 26 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class that's 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 while either standing or sitting.

Sept. 5, 12, 19 & 26 – Ballroom Dancing with Art & Fe, 1– 3 p.m. Meet new people and make 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, including a positive impact on overall flexibility, strength, endurance and enhancing emotional well-being. Join Art and Fe as they play a variety of Ballroom Dance music.

Sept. 6, 13, 20 & 27 – Bingo, 10:30 a.m. Bingo is more than just a fun activity. Researchers have found that playing Bingo has multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, improving listening skills and helping short-term memory.

Sept. 7 – “Armchair Travelogue Adventure to India: From Bombay to Mumbai” with Gwen Chalker, 10:30 a.m. India is a land of mystery and intrigue with exotic food, sights, and sounds and rich in history and culture. Though poverty is extreme in some parts of the country, the people of India are resilient as they go about their daily lives. Join the center to travel to Mumbai via a PowerPoint presentation. Learn facts about India, and discuss how these facts relate to our lives.

Sept. 10 –  “Artifacts” by Dakota Hettel, Morris Museum, 10:30 a.m. This is an audience and educator-driven program where participants will learn about New Jersey-born artists whose work is featured in the Morris Museum's collection. Participants will learn about the academic steps for critiquing artwork. This class will enhance participants' appreciation for new artwork styles. All opinions are encouraged, and no one is ever wrong! ****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.****

Sept. 10, 17 & 24 – Matter of Balance Workshop, 1-3 p.m. Do you know anyone who has fallen or is afraid of falling? This workshop is an evidence-based program designed to help people manage their concerns about falling, and learn how to increase their physical activity through practical strategies. A Matter of Balance: Managing Concerns about Falls is conducted in eight, two-hour sessions; it incorporates group discussion, problem solving, videos and gentle physical exercise as learning tools. Older adults will learn positive coping methods to reduce their fear of falling to help them remain active and independent. This is not an exercise class (although there is an exercise-optional component). This is a class designed to help participants feel confident, strong and able to continue their favorite activities safely.

****Preregistration is required by Sept. 3. Please call (908) 753-9440 for more information.****
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WARRENBROOK SENIOR CENTER – CONT'D

Sept. 11 – Warrenbrook Book Club, Second Tuesday of the Month, 1:30 p.m. “*At The Water’s Edge*” by Sara Gruen, featuring a historical fiction book to be discussed. New members are welcome!

Sept. 14 – “Cool Critters” by Rich Hoffman, Naturalist, Somerset County Park Commission, Environmental Center, 10:30 a.m. Snakes, dragons and bugs, oh my! Let’s investigate things that slither, hiss and hop. Meet a few living creatures and some that are dead, but all are cool and very special.

Sept. 17 –  “George Washington Remembers New Jersey” by B. David Emerson, History on the Hoof, 10:30 a.m. George Washington was no stranger to New Jersey. From Trenton to Princeton to Morristown to Monmouth to Middlebrook, the General spent more time here than in any other state. Join General Washington (portrayed by David Emerson in full costume) 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.****

Sept. 20 – “How to Make Your Own Terrarium – Lunch & Learn Opportunity” by Tyler Gavett, Horticultural Specialist, Somerset County Park Commission, 1 p.m. Terrariums are a beautiful addition to desks, dining room tables and other well-lit spots. Join the center and see Tyler’s working terrariums. Then learn how to add a little green to an indoor space by creating an eye-catching terrarium as he gives step-by-step instructions. **Participants will need to provide their own medium-sized container with an airtight lid and any other item(s) you wish to use. Plants, soil, charcoal, stones, moss and sand will be provided. **Space is limited. Advanced registration is required by Friday, Sept. 14.****

Sept. 21 – “Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Are you afraid of falling? Sign up for this presentation to learn how to identify the risk factors associated with falling. In this class participants will better understand how common falls are in older adults, learn about the consequences that can result from a fall, find out how to maintain a healthy lifestyle in order to reduce the risk of falls, and identify what to do if you fall. Literature will be available.

Sept. 24 – “In Case of Emergency: Emergency Preparedness for Seniors and Their Families” by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services, 10:30 a.m. When an emergency or disaster happens, being prepared can be the difference between life and death, especially for those who are more vulnerable because they have a chronic disease or impairment. This information is essential for seniors and for caregivers.

Sept. 25 – “Natural Approaches to Inflammation and the Diet” by Dr. Nikki Conte, ND, 10:30 a.m. This program will give an overview of the inflammatory pathway to joints, intestinal health, the immune system and brain health. The doctor will discuss anti-inflammatory diet recommendations and will offer lifestyle recommendations that will help boost the immune system and joint mobility.

Sept. 28 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone your body’s muscles, solving word games and puzzles will “tone” the brain by stimulating different pathways. Join the center, for some “mind-stimulating” exercise workouts.

(more)

WARRENBROOK SENIOR CENTER – CONT'D

Sept. 28 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems, or questions about their health insurance benefits. SHIP is a statewide program sponsored 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.****

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