



News from the Somerset County Board of Chosen Freeholders

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Patricia L. Walsh, Freeholder • Mark Caliguire, Freeholder • Brian G. Gallagher, Freeholder

September 24, 2018

FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce October Activities

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

All centers will be closed on the Columbus Day Holiday (Oct. 8).

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 before 10 a.m., at least one business day in advance. 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.

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. Bring your own knitting/crocheting/stitching project or come learn something new, meet wonderful friends, and practice something you love.

Dancercise – Monday, 10:30 a.m. This is an innovative and fun way to exercise! This class incorporates dance moves to well-known music that will keep you moving and grooving. Start with a warm up to prevent injury. Then dance to the beat of the music and finish with a cool down. This aerobic class is low-impact and great for the heart! Sneakers are required. ****\$40 for the 8-week program. A session started Sept. 17. Call (908) 204-3435 for more information.****

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

Yoga with Denise – This class is for all levels of practice and abilities. Hatha Yoga uses poses that can be done while standing or sitting. Hatha yoga helps 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 help bring movement to joints and muscles. This class is perfect for stress relief and for gaining 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, helps keep your memory active and your brain alert. New members and beginners are welcome (lessons are available). ****Please 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 teaches the core of Tai Chi. The program is designed to develop participants' strength, balance and flexibility. In Tai Chi, participants will learn unfamiliar vocabulary, new ways of moving, and a sequence of movements that will take time to learn. Through learning the **basic form** of this art, **participants may experience** considerable improvements in their physical ability, learn postures that will help them learn other Tai Chi forms.

****\$16 suggested donation for the 8-week program, next session starts on Oct. 24.**

Registration 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.

Take Control with Exercise – Tuesday, 9:30 a.m. & Thursday, 10:30 a.m. This exercise program can be done standing or sitting and is for all levels and abilities. Help strengthen key core muscles, improve flexibility and balance while boosting stamina. This is an ongoing class. Participants must register 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 Oct. 18, join us for a discussion of the current non-fiction novel, "*Killers of the Flower Moon*" by David Grann, and then select the next book for discussion. New members are always welcome!

Zumba Gold – Zumba Gold makes the popular Latin dance inspired workout of Zumba accessible for people age 60 and above, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health with dance moves by challenging the heart, the muscles of the hips, legs and arms. Sneakers are required. ****Call (908) 204-3435 for more information.****

- Wednesday Morning 9:30 a.m. ****\$40 for the 8-week program, next session starts Oct. 31. Registration required by Oct. 22.****
- Friday Morning 9:30 a.m. ****\$40 for the 8-week program. The next session starts Nov. 2. Registration is required by Oct. 22.****

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

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

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

Oct. 1 – Octoberfest Celebration with Entertainment by Ian Gallagher, 10:30 a.m. We are kicking off the month with songs to get you in the mood for a traditional festival at the center. Octoberfest originated in Germany and is celebrated around the world.

Oct. 2 – “Men in Medicine” by Helen Vasko, 10:30 a.m. As a follow up to the “Women in Medicine” discussion held in September, Helen will lead a discussion on the notable men in the field of medicine and their impact on society.

Oct. 2 – FREE Blood Pressure Screenings by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. A Registered Nurse from the Visiting Nurse Association of Somerset Hills will be onsite to give individual blood pressure screenings. No appointment is necessary.

Oct. 3 – “Beyond the Obvious: How to Stay Healthy All Year” by Dr. Roberta Kraus, 10:30 a.m. Dr. Roberta Kraus is an internationally renowned Sports Psychologist. She currently serves as the President of the Center for Sports Psychology in Colorado Springs, Colorado. Dr. Kraus was one of the coaches helped train the gold-medal-winning United States Paralympic Basketball team in Rio de Janeiro, Brazil. The center will have the privilege of hosting her presentation about staying healthy through every season.

Oct. 5 – “Healthy Outlooks” by Jerri Collevecchio, Prevention Resources, 10:30 a.m. Jerri Collevecchio will discuss alternative ways to manage pain, and properly dispose of unused and/or expired medication.

Oct. 8 – Holiday – Center is closed.

Oct. 9 – “Identity Theft & Fraud Prevention” by New Jersey Citizens Action, 10:30 a.m. New Jersey Citizens Action presents information about scams that are being used to obtain personal information, and how to know if someone is trying to use your information and steal your identity.

Oct. 10 – “Arthritis & Exercise: Make the Connection” by Mike Evangelist, MS, PT, JAG Physical Therapy, 10:30 a.m. Mike will discuss the symptoms of arthritis and how proper exercise can alleviate pain and stiffness.

Oct. 12 –  “ARTifacts” by Dakota Hettel, Morris Museum, 10:30 a.m. This program is an audience and educator-driven program in which participants will learn about New Jersey born artists whose work is part of the Morris Museum’s collection. Participants will learn the academic steps for critiquing artwork, as well as increase their awareness and appreciation for new artwork styles. ****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 Cultural & Heritage Commission.****

Oct. 15 & 30 – Country Western Dancing with Vince & Diana, 10:30 a.m. Learn line and partner dancing to popular and classic country music hits. Vince and Diana will adjust their teaching according to all skill levels. Everyone is welcome to join.

Oct. 16 – “Americana Music Journey” by Heather Mulvey, Musician, 10:30 a.m. This program features familiar American traditional songs that have remained popular in American culture for generations. Songs include “Oh Susanna,” “Shady Grove,” “Yankee Doodle,” “Fishin” Blues” and “This Land is Your Land.” A brief history of each song is given, and interaction and participation is encouraged.

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

Oct. 17 – Halloween Greeting Card Workshop, 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 your spot by Oct. 15.****

Oct. 19 – Volunteer Appreciation, 10:30 a.m. Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Senior Wellness Center at Basking Ridge. This year's theme is "Hands That Share: Hearts That Care." This is an opportunity to thank our volunteers for their dedicated service, and for the difference, they make in our lives. Join us as we show our appreciation to those that generously donate their time and talent.

Oct. 22 – "Senior Shopper Program: Is It For You?" by Bob Hurte, volunteer coordinator, Senior Shopper Program, Catholic Charities, 10:30 a.m. Bob will discuss the Senior Shopper Program for those that would either like to volunteer or for those that would benefit from the program.

Oct. 23 – 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; it promotes socialization, strengthens hand-eye coordination, which improves listening and short-term memory skills. Try your luck at some great prizes today!

Oct. 24 – Fall Floral Arranging Workshop with the Bernardsville Garden Club, 10:30 a.m. Members of the Bernardsville Garden Club will conduct an informative and interactive floral arranging workshop. All participants will take home a lovely flower basket. ****Please reserve your spot by Oct. 19.****

Oct. 26 – Dance Performance by the Raritan Valley Dance Ensemble, 10:30 a.m. The Raritan Valley Dance Ensemble performance presents dances that are choreographed by the Raritan Valley Community College faculty, students and guest artists. Dance techniques will vary from ballet to modern to jazz and more! Also included in the presentation are improvisations, a question and answer session and audience participation.

Oct. 29 – "Essence of Autumn" by Brien Szabo, Professional Photographer, 10:30 a.m. Look at life from a different perspective and enjoy a unique experience while enjoying the brilliant colors of the fall foliage. In this class, attendees will learn five techniques for creating optimal scene compositions, which will enable them to use a camera or cell phone to capture the essence of autumn in a photograph. ****Please reserve by Oct. 25.****

Oct. 31 – Halloween Celebration, 10:30 a.m. The center is celebrating Halloween, by playing Halloween bingo. There will also be a demonstration of how to create a no-bake pumpkin dessert, and samples will be included. Please wear your costume! ****Please reserve your spot by Oct. 26.****

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 day-to-day physical activities. If desired, this program performed using a chair for support.
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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER –CONT'D

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 are just in need fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. The game held on Thursdays from 12:30 – 3 p.m. for experienced players.

Needlework Crafts Club – Tuesday, 12:30 – 3 p.m. New members 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 provides many health benefits; such as stretching and aligning the body for improved balance and flexibility, a suppler 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 a 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 sufficient interest, we may plan opportunities for members to compete with other scrabble clubs.

Healthy Bones Exercise Class – Wednesday, 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 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. ****Class is full!**

There are no available openings. For more information, or to hear of other opportunities call Caitlin Witucki at (908) 704-6339.**

Book Club – Fourth Thursday of the Month, 10 a.m. New members are welcome. Join us to discuss the current mystery novel: "*After I'm Gone*" by Laura Lippman.

Tai Chi for Health (Beginner) – Thursday, 10:45 a.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 Oct. 25. Registration 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 offered under the pavilion every Thursday. Participants follow an advanced instructor and must have prior experience. ****Please call (908) 203-6101 for more information.****

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

Tai Chi for Health (Intermediate) – Thursday, 1 p.m. The Intermediate course will build upon the basic form learned in the Beginner 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 body weight, body alignment, improve motion, and strengthen bones and muscles.

****\$16 is the suggested donation for an 8-week program. The next session starts on Oct. 25. Registration is required by Oct. 11. Call (908) 203-6101 for more information.****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER –CONT'D

Tai Chi for Health (Beginner) – Thursday, 2 p.m. This preparatory course is the core of Tai Chi. The program is designed to help participants develop their strength, balance and flexibility. In Tai Chi participants will learn new vocabulary, different ways of moving, and a sequence of movements that take time to learn. As participants learn the basic form of this art, they may experience considerable improvements in their physical ability, as well as, learn postures that will help them master other Tai Chi forms. ****\$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. Social dancing is not only great exercise, but also an opportunity to make friends in a social environment. This program is run by senior center participants.

Zumba Gold – Zumba Gold makes the popular Latin-dance-inspired workout of Zumba accessible for people age 60 and above, who are beginners and others needing modifications in their exercise routine. This builds cardiovascular health with dance moves that challenge the heart, and work 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, next session starts on Oct. 12. Registration required by Sept. 26.****

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. Try the “Strike and Pocket” table 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 favorite game that is not listed and you would like to play, and/or if you are interested in starting up a club featuring 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 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 sponsored by the New Jersey Department of Health and Senior Services. Please call (908) 203-6101 to schedule an appointment.

Oct. 1 – “**A Home Safety Checklist,**” by Jay Reyes, Home Instead Senior Care. Jay will present beneficial tips on how to make your home safer, and provide you with a home-safety checklist to help ensure that you are safe in your home.

Oct. 2, 4, 9, 11, 16, 18, 23 & 30 – **MOVE with Sharon**, 10 – 10:30 a.m. MOVE with Sharon is a fitness class offering chair exercises that can be done either standing or sitting. This class will provide emphasis on body awareness, building muscle strength, balance, and improve stability of movement. Exercises will mirror everyday movements, so participants will better understand how to strengthen their body to achieve a greater range of motion and feel greater enjoyment of their everyday activities.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER –CONT'D

Oct. 2 – “How to Live Independently in Your Home” by Paulann Pierson, Disability Services Coordinator, Somerset County Office on Aging & Disability Services. This program will discuss what assistive-technology devices and daily-living aids are available to individuals who strive to live independently. Paulann provides information about free and/or affordable items that enable safe and independent living at any age.

Oct. 4 –  “Over Here, Molly Pitcher” by Stacy Roth, History on the Hoof, 10:30 a.m. This is a dramatic presentation highlighting the lives of women who “belonged to the army” during the American Revolution. “Molly” (portrayed by Stacy Roth) reminisces about the days when she accompanied her husband through summer battles and winter encampments everywhere from Valley Forge to Monmouth to Morristown. Relating her tales of firing a cannon in the heat of battle, and trudging “behind the baggage,” she provides a glimpse into the existence 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.****

Oct. 5, 16 & 30 – Bingo. 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 that improves listening and short-term memory skills.

Oct. 8 – Holiday – Center is closed.

Oct. 9 –  “Immigration: Coming to New Jersey, Dakota Hettel. Morris Museum, 10:30 a.m. Learn and reminisce! This program highlights immigration in New Jersey from the 1700s until the Great Depression. In addition to an educational program, there is a program where attendees will hear about what their families may have experienced if they immigrated to the United States. ****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.****

Oct. 10 & 23 – 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 and 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. Your presence and participation are welcome!

Oct. 11 – “Music for Wellness” by John Fitzpatrick, Musician, 10:45 a.m. Please join us for a participatory music-making program that offers center members a direct and intimate experience with live music. Participants will be challenged mentally and physically (memorizing lyrics and dancing), practice decision-making (choosing the songs to sing), use safe risk-taking skills (singing for the group) and showing self-expression.

Oct. 12 – Flu Clinic with Walgreens Pharmacy, 10 a.m. – 12 p.m. The Centers for Disease Control (CDC) recommends that everyone six months of age or older receive annual flu vaccinations. Flu shots are not 100% effective for preventing the flu, but are the most recommended and effective way to fight the virus and its related complications.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER –CONT'D

Oct. 15 – “Getting in the Mood to Move” by Lori Morell, Director of Health & Wellness, Parker. Lori will provide an educational program about mindfulness and reducing stress and anxiety, in order to help achieve a better quality of life. She will also provide various tools to help participants manage and achieve their physical, emotional and spiritual needs.

Oct. 16, 23 & 30 – 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.

Oct. 18 –  “Marvelous Musical Machines” by Dakota Hettel, Morris Museum, 10:30 a.m. This program highlights the Morris Museum’s Guinness Book of World Records collection. The museum hosts one of the world’s largest collections of Automata, and people travel from around the world to visit it. Discussion of the history of Automata, and how the museum came to acquire it will be included. ****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.****

Oct. 19 – Dance Performance by the Raritan Valley Dance Ensemble, 10:45 a.m. The Raritan Valley Dance Ensemble performance will present dances created by the Raritan Valley Community College faculty, students and guest artists. Dance techniques will include ballet to modern to jazz and more! There will also be improvisations, a question and answer session and audience participation.

Oct. 22 – 50’s Sock Hop, 10:45 a.m. Join the Sock Hop with entertainment by Lorri and James who will play keyboards and sing. This is high-energy music from the 50’s and 60’s that includes music from Elvis, Wanda Jackson, Patsy Cline, Jerry Lee Lewis, and more.

Oct. 23 – Entertainment with Ken Tekel, 10:45 a.m. Join Ken and his acoustic guitar, for singing and practice for the holiday performance in December.

Oct. 25 – Volunteer Recognition Event, 10:30 a.m. – 12:30 p.m. Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Senior Wellness Center at Bridgewater. This year’s theme is “Hands That Share: Hearts That Care.” This is an opportunity for you to the volunteers for their dedicated service and the difference they make in our lives. Join us as we show our appreciation to those that generously donate their time and talent.

Oct. 26 – Fall Floral Arranging Workshop with Lisa Carra with Assistance from the Local Garden Club. Lisa Carra will conduct an informative and interactive floral arranging workshop with assistance from the local garden club. All participants will take home a lovely flower arrangement. ****Preregistration is required.****

Oct. 29 – “Broadway Musical Deconstructed” by Sam Caponegro, 10:45 a.m. Do you love Broadway Musical Comedies? Ever wonder how shows are created? Join Sam as he describes clips of Broadway’s opening numbers, signature songs, blockbusters, supporting characters and the “ten o’clock” numbers from some famous and not-so famous shows.

Oct. 30 – Hillsborough Quilters Display, 10:45 a.m. The Hillsborough Quilters are a group of women who have been meeting monthly for several years to share their love of quilting. During this time, they have made and donated more than 125 quilts to charities and agencies in the area. The quilts that will be displayed at the Senior Wellness Center at Bridgewater will be donated.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER –CONT'D

Oct. 31 – Halloween Spooktacular by DJ Giovanni, 10:45 a.m. Back by popular demand, DJ Giovanni will be our entertainment for this fun-filled event. Be sure to dress in costume. Prizes will be awarded to the most creative and best-dressed participants.

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 levels. Included are 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 is a peer-led, 24-week exercise and education program for individuals who are at-risk or have osteoporosis. 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.**

T'ai Chi Chih with Janet O. – Wednesday, 9:15 a.m. This T'ai Chi Chih class teaches a series of 19 gentle, fluid movements and one pose that activate, circulate and balance the intrinsic energy of the body known as chi. This practice can be performed by individuals of any age, ability or condition, and while standing or sitting. **** Call (908) 369-8700 for more information.****

Bocce Court and Horseshoe Pit – Available Monday – Friday, weather permitting.

Jigsaw Puzzles – Available Monday – Friday. Strike up conversation, make new friends and enjoy assembling puzzles together. Choose a large variety of puzzles.

Oct. 1, 15, 22 & 29 – Scrabble Friends, 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 scrabble clubs in the area.

Oct. 1 & 15 – “What's Your Story?” by John Fitzpatrick, Musician, 10:15 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.

Oct. 1, 15, 22 & 29 – Canasta Club, 12:30 p.m. Although, there are many variations of the game using two, three, five or six players; it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and “go out” by playing all cards in their hand.

Oct. 2, 9, 16, 23 & 30 – Trivia Time, 10:15 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises could stimulate the brain and enhance your critical thinking processes? Join us for some mind-tingling brain stumpers and a fun-filled intellectual workout. Trivia topics for October include: **Oct. 2** – October History, **Oct. 9** – All Things Fall, **Oct. 16** – Television Trivia, **Oct. 23** – Animal Trivia, **Oct. 30** – Halloween Trivia.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Oct. 3 –  **“Over Here, Molly Pitcher”** by Stacy Roth, History on the Hoof, 10:45 a.m. This is a dramatic presentation highlighting the lives of women who “belonged to the army” during the American Revolution. “Molly” (portrayed by Stacy Roth) reminisces about the days when she accompanied her husband through summer battles and winter encampments everywhere from Valley Forge to Monmouth to Morristown. Relating her tales of firing a cannon in the heat of battle, to trudging “behind the baggage,” she provides a glimpse into the existence 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.****

Oct. 4 & 18 – **Bingo Bonanza**, 10 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, and strengthens hand-eye coordination that improves listening and short-term memory skills.

Oct. 5, 12, 19 & 26 – **The Week in Review**, 9:30 a.m. Join the group while we recap the newest headlines of the week and discuss interesting articles. Bring an exciting event to share, or give your opinion during this lively discussion of current local and national events.

Oct. 5, 12, 19 & 26 –  **“Learn to Dance the German Dance,”** by Nikki Manx, Arts Horizons, 10:30 a.m. This workshop will teach some traditional German dances. Many of the traditional dances, known today, began as simple peasant dances to help uplift their daily lives. Each lesson will begin with a gentle warmup that can be done standing or sitting. Fun historical facts about German culture and dance will also be shared. ****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.****

Oct. 5, 12, 19 & 26 – **Mahjong Club**, 12:30 p.m. Have you always wanted to learn how to play mahjong, or do you know the game but just need fellow players? Lessons and refreshers are available at the center. ****Call (908) 369-8700 for more information.****

Oct. 8 – **Holiday** – Center is closed.

Oct. 10 –  **“New Jersey Inventors”** by Dakota Hettel, Morris Museum, 10:30 – 11:30 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.****

Oct. 11 – **Complete the Saying**, 10 a.m. How well do you know common English phrases? Can you complete these common phrases and sayings? Give this fun, new activity a try!

Oct. 17 – **October Jeopardy**, 10:30 a.m. Challenge yourself in this mind-stimulating morning of Jeopardy and celebrate all things October.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Oct. 22 – Craft: Wood Leaves Decorative Ornament Kit. Join Janet and Tammy for our monthly craft. Choose from a variety of wooden leaves will be available to crafters. Select your ornament and decorate it using acrylic paint and paint markers. Choose a ribbon for hanging the ornament. These beautiful leaves will make lovely door hangers, ornaments and fall decorations.

Oct. 24 – Performance by Bobby Emmons, Entertainers Plus, 10:45 a.m. Dance the morning away! Debuting in the 1970's, Bobby has worked on TV and with top ten recording artists like Brian Hyland, Freddy Cannon, John Tillotson, Tommy Roe and the Teddy Bears, just to name a few. He loves performing for people of all ages. Bobby will perform an assortment of fun, classic songs to get everyone on their feet and dancing.

Oct. 25 – Team Stories, 10 a.m. Story starters are a great way to reminisce, share a laugh and keep you on your toes. In this game, you will try to build and expand upon the line given to you by your teammate. Story starters are given to each group and the rest will be left up to your group's imagination.

Oct. 29 – “Shaking Your Salt Habit” by Daryl Minch, M.Ed., CFCS, Family & Community Health Sciences Educator, Rutgers Cooperative Extension, 10:45 – 11:45 a.m. Attendees will be able to improve their diets by learning ways to lower their daily salt intake. Foods high in sodium and overusing table salt contribute 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.

Oct. 31 – A Hillsborough Halloween, 10:30 a.m. Come dressed in your costume for a chance to win a prize, and get your fortune told. Dance the morning away to popular Halloween songs led by Tammy and Janet. Don't miss Halloween at the center, it's always fun!

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 there is a favorite game that you would like to play, and/or if you are interested in starting a club featuring the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. This exercise is great for all levels and abilities. There will be 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. Sneakers are required. ****Please check the monthly calendar for schedule updates.****

Montgomery EMS Blood Pressure Screenings – Occurs the third Monday of the Month, 9:45 a.m. A Montgomery Township EMS worker will be onsite to give **FREE** individual blood pressure screenings. No appointment is necessary.

Watercolor Class with Nadeen – Monday, 1 p.m. Nadeen will give participants step-by-step instruction on how to create a beautiful watercolor picture. No artistic ability is required.

****Please call (609) 466-0846 to register. Seating is Limited.****

(more)

MONTGOMERY SENIOR CENTER – CONT'D

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 a.m. For beginners. Get started on the right note. Learn the foundation of playing the ukulele. Find out how to buy a ukulele, hold, tune, and strum simple chords. These are 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 a.m. Now that you have learned the foundation of playing the ukulele, you can take intermediate lessons where you will learn to play like a pro! Using a wide range of musical genres, participants will start playing chords that are more advanced and melodies, learn improvisation, and play multi-part arrangements in a band. ****Please call (609) 466-0846 for more information.****

Yoga with Elizabeth – Tuesday, 11 a.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses that can be done while standing or sitting. Hatha Yoga may help increase bone density, strength and balance. Participants will learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to help bring movement to 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, 11a.m. This program is a recreational exercise program held in a safe and positive environment that is designed to help reduce pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance. ****Please check monthly calendar for schedule updates.****

Tai Chi with Herb – Wednesday, 11 a.m. Tai Chi is a discipline 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 and stiffness, and have gained a greater sense of well-being. Regular tai chi can help reduce falls, especially for those who have balance problems. This program can be done standing or sitting. ****Please check the monthly calendar for the schedule updates.****

Healthy Bones Exercise Class – Wednesday, 10:15 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 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.****

Afternoon Ukulele Jam – Wednesday, 1:30 – 2:30 p.m. This is an 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 do you know the game but need fellow players? Thursday mornings are mahjong mornings! 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 a schedule of updates.****

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! Great for all ability levels. Instruction is available, weather permitting.

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MONTGOMERY SENIOR CENTER – CONT'D

Oct. 1 – Bingo. 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 improves listening and short-term memory skills.

Oct. 3 & 17 – Move Today with Elizabeth, 10:15 a.m. Move Today is an exercise class conducted by a certified leader that is designed to improve flexibility, balance, strength and stamina. A major focus of the class is improving posture and fall prevention. Exercises can be done while standing or sitting.

Oct. 5 –  “Native American Cultures” by Dakota Hettel, Morris Museum, 10:45 a.m. This program will provide a broad overview of American Indian life before European settlement in the Eastern Woodlands region of New Jersey. Dakota will discuss the natural resources that were available to the Lenape Indians, an indigenous New Jersey Tribe, and how it influenced the development of their culture. ****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.****

Oct. 8 – Holiday – Center is closed.

Oct. 10 & 24 – Creative Wellness with Shirin Stave-Matais, former professional dancer, 10:15 a.m. How about having some imaginative and joyful social interaction? Creative Wellness uses various disciplines to create a variety of experiences for participants. By merging aspects of hatha and chair yoga, gestural improvisational and world dance forms, sound therapy and creative play, along with guided relaxation and meditation techniques, the class strives to instill calm, control, and meditative practices. Creative Wellness can reduce stress; and create feelings of empowerment and well-being. This program is for people of all abilities and can be performed while standing or sitting.

Oct. 11 – Family “Team” Feud, 10:30 a.m. Enjoy playing a team version of the popular television game show where answers to survey questions are based on popular responses.

Oct. 12 – 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, such as strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking. The program is for people of all abilities and can be performed while standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

Oct. 15 – “Gluten Free For Me Please” by Jennifer Korneski, MPH, Healthy Living program coordinator, Rutgers Cooperative Extension. Is it necessary to live gluten free? Find out in this program. In addition, participants will be able to identify common foods that are gluten-free, and learn about Celiac disease – a genetic digestive disorder, where gluten in the diet causes the immune system to attack the cells of people with a gluten allergy. Participants will be able to understand how to avoid cross contamination and protect their loved ones who are living gluten-free.

Oct. 18 – Trivia Time, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises could stimulate your brain and enhance your critical thinking processes? Join the center for some mind-tingling brain stumpers and a fun-filled intellectual workout.

(more)

MONTGOMERY SENIOR CENTER – CONT'D

Oct. 19 –  **“New Jersey Inventors” by Dakota Hettel, Morris Museum, 10:45 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.****

Oct. 22 –  **“Over Here, Molly Pitcher” by Stacy Roth, History on the Hoof.** This is a dramatic presentation highlighting the lives of women who “belonged to the army” during the American Revolution. “Molly” (portrayed by Stacy Roth) reminisces about the days when she accompanied her husband through summer battles and winter encampments everywhere from Valley Forge to Monmouth to Morristown. Relating her tales of firing a cannon in the heat of battle, to trudging “behind the baggage,” she provides a glimpse of the existence of “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.****

Oct. 25 – **Boggle and Word within a Larger Word, 10:30 a.m.** Do you love word puzzles? Join the center to play this challenging game using a grid of letters to search for as many words as possible. **Oct. 26** – **“Maximizing Medicare” by Laurie Roome, community educator, Somerset County Office on Aging & Disability Services, 10:30 a.m.** Open enrollment season is here! Understand why it’s important, and what you need to do before it’s over. Explore how to get the most out of your healthcare dollars. Discover the best options for you, as well as, if you are eligible for cost-saving programs. This presentation will benefit anyone who wants to learn more about Medicare, make a change to his or her plan or help a loved one make decisions about Medicare.

Oct. 29 –  **“Immigration: Coming to New Jersey” by Dakota Hettel, Morris Museum.** This program highlights the history of immigration in New Jersey from the 1700’s until the Great Depression. This is an educational program, and talks about what families may have experienced when they immigrated to the United States. ****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.****

Oct. 30 – **“Take Control of Your Health: Chronic Disease Self-Management” by Devangi Patel, Montgomery Health Department, 12:30 – 3 p.m.** “Take Control of Your Health,” is a highly interactive workshop that is designed to give caregivers and people with chronic conditions the skills to take a more active role in their health care. Participants will learn healthier ways to live, and feel more positive about life.

Oct. 31 – **Rubber Stamp Card Making Workshop, 10 a.m.** Create your own unique greeting cards for friends and loved ones. ****All supplies will be included.****

(more)

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 & PED (Personal Electronic Devices) Instruction with Mike Dias – Tuesday, 9 a.m. – 12 p.m. ****Please call (732) 563-4213 to schedule an appointment.****

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 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.****

QBC News – Monday – Friday, 10 – 10:30 a.m. Join a stimulation question and answer session as participants enjoy breaking news around the world and current events of interest. Fellow center members take turns researching and sharing current hot topics of the day.

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

Continuing Art Institute with Karen Haake – Tuesday, 1 – 3 p.m. Fall Into Fall Module 1 – Silent, Salient & Seasonal Changes: Observing the Changing Environment with Your Senses, **Module 2** – Visual Study of Selected Details: Evolving Clouds/Temporal Skies, **Module 3** – Capturing Brilliant Leaf Colors on Different Mediums, **Module 4** – Celebrate the Last Hooray of Flowers that Bloom in the Fall, **Module 5** – Fall Finale of Finishing Touches. ****\$10.00 fee per class; this includes supplies.****

Circuit Training – Thursday, 9:15 a.m. Have fun while performing exercises that tone your muscles in the lower body and upper body, as well as, help improve balance, core, and overall agility and muscle strength. In this class, you will raise your heart rate with cardiovascular exercises that will help you better perform everyday activities. Sneakers are required. ****Call (908) 204-3435 for more information on the start of the next session.****

Bridge & Card Club with Hatim Hyderally & Andy Prokov – Thursday & Friday, 11 a.m. Do you need intellectual and social stimulation on a routine basis? This classic game of strategy featuring two teams of two and countless bids and tricks is an ideal opportunity for participants of all levels and ability to meet new friends. Bridge is also a wonderful way to stimulate your brain, areas of memory, and improve visualization and sequencing skills. In addition to Bridge, join the group for other card-playing competitions, such as 'Texas Hold 'em', Poker, and Po-Ke-No.

Crotchet & Knitting Esther Folwkes – Thursday, 10:30 or 11 a.m. Learn the difference between two methods of creating artistic patterns using fabric and yarn, a single hook or two needles. Which method do you think is easier? This class is for beginners, experts and those who would like to brush up on their skills!

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

Line Dancing – Friday, 9:30 a.m. Line Dancing is so much fun it doesn't even seem like exercise! You don't need a partner, and it's an easy way to stay healthy both mentally and physically. Line dancing is suitable for people with limited mobility, and is known to improve cardiovascular and muscular strength, and coordination and balance, as participants 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 featuring the game of your choice, please inform the staff.

Indoor Shuffleboard – Monday – Friday

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

Oct. 1 – “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, realize 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.

Oct. 2, 9 & 16 – Body and Brain Yoga with Lucy Pagnetti, 10:30 a.m. Body and Brain is a dynamic mind-body practice that combines stretching, flowing movement, deep breathing exercises and meditation in a simple and easy to learn format that focuses on the development of the body's core strength as the basis of physical, mental and spiritual health. This program can be performed while standing or sitting.

Oct. 3, 10, 17 & 24 – Ageless Grace 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, such as strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking. The program is intended for participants of all abilities, and can be performed while standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

Oct. 4, 11 & 18 – Zumba Gold with Laurie Fetcher, 10:30 – 11 a.m. Zumba Gold uses popular music to inspire a hearty workout, that is accessible for participants age 60 and above, 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 with fun, energetic and rhythmic moves.

Oct. 4 – “Diffusing the Anger Issues” by the Magic Mirror Players, Robert Wood Johnson University Hospital-Somerset. Are you quick to anger over the little things in life? This vignette may strike a nerve! Join the center and watch the “Magic Mirror Players,” a volunteer acting group that gets participants to concentrate on what really matters by imparting wisdom and ideas through role-playing.

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 4, 11, 18 & 25 – Yoga with Dr. Prabha 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 wellbeing while reducing stress through the practice of yoga and meditation. Please bring a mat and wear comfortable clothing that allows for easy movement.

Oct. 5 – Tai Chi with Laurena Kugliowski, certified instructor & activities director, Regency Jewish Heritage Rehabilitation Center, 10:30 a.m. Tai Chi is a discipline 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 of pain, fatigue and stiffness and have gained an overall greater sense of well-being. Tai chi can help participants with balance problems reduce their risk of falls. This program can be performed while standing or sitting.

Oct. 8 – Holiday – Center is closed.

Oct. 11 – Shoo the Flu Clinic with Mili Gami, Pharmacist, Somerset Park Pharmacy. Seasonal allergies are back. Learn about the the benefits of vitamin supplements, find out tips about allergies and the flu, and get a flu shot to help protect against a respiratory illness.

Oct. 12 –  **ARTS Native American Dance (Session 3)**, 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 a way to preserve fascinating and distinct aspects of culture. See the unique quality of these dances and learn how each step poses a deep meaning that exemplifies how powerful this medium is for expressing an idea. ****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.****

Oct. 15 & 29 – National Pharmacy Week: Consumer Education & How to be a Health Advocate by Your Pharmacist” Donna Lisi, PharmD, BCPS, BCPP, BCGP, Clinical Pharmacist, 10:30 a.m. In this session you will learn about vitamin supplements, what questions to ask your pharmacist, how to check labels, how to identify possible drug interactions, how to understand directions/instructions, when to consult with your doctor.

Oct. 18 – “Vegetable Delight: Fall & Winter Vegetable + Witches & Slaw Halloween Treat” by Marisa Wagner, Registered Dietitian, ShopRite/Wakefern. The end of the summer doesn't mean an end to wonderfully nutritious and fresh vegetables! Learn how to select in-season vegetables such as apples, squash and root vegetables for optimal taste – it's all delicious! Find out how to create recipes for your family and guests as the holidays approach. Make and taste a seasonal side dish that healthy too. A short exercise session will commence at the end of the program.

Oct. 18 – 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 (732) 563-4231 to schedule an appointment.****

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 19 –  **“Native American Cultures” by Dakota Hettel, Morris Museum, 10:45 a.m.** This program will provide a broad overview of American Indian life before European settlement in the Eastern Woodlands region of New Jersey. Dakota will discuss the natural resources that were available to the Lenape Indians, an indigenous New Jersey Tribe, and how it influenced the development of their culture. ****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.****

Oct. 22 –  **“Immigration: Coming to New Jersey” by Debra Esposito, Morris Museum.** This program highlights the history of immigration in New Jersey from the 1700s until the Great Depression. In this educational program, participants may also begin to understand what their relatives may have experienced immigrating to the United States. ****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.****

Oct. 23 – Flow and Flair with Mike Dicus, EEC! Productions, 10:30 a.m. This program is a unique and creative extension of dance for the mind, body and spirit. Participants will use their spatial and cognitive memory by incorporating progressive physical movement of the entire body while using hand flags. The dance is set to music and syncopated counting resulting in a series of sequential patterns of movement that are invigorating and fun. This is a real physical workout!

Oct. 23 & 30 – “AARP Defensive Driving Seminar’ by Lorraine Soltis, 1 – 4 p.m. This driver safety refresher course is for drivers age 50 and above. The course will help participants sharpen their skills and drive more safely on today’s roads. ****\$15.00 for AARP Members; \$20.00 for Non-AARP Members. Please call (732) 563-4213 for more information.****

Oct. 25 – “Essence of Autumn” by Brien Szabo, professional photographer, 10:30 a.m. See autumn from a different perspective. Find out how to capture the essence of autumn. In this class, participants will learn five techniques for creating optimal scene compositions with a camera or cell phone.

Oct. 26 – “The Art of Reducing Food Waste: Planning, Prepping & Storing Food” by Chante Glenn, MA, Program Coordinator, Family & Community Health Sciences, Rutgers Cooperative Extension, 10:30 a.m. Learn smart and easy tips for saving money by reducing food waste at home!

Oct. 30 – Interfaith Discourse Program with Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist, 10:30 a.m. Travel with others through the journey of life. Explore, share and get group support while you are going through your unique process.

Oct. 31 – Halloween Spooktacular by DJ Giovanni, 10:45 a.m. Join us when we visit the Senior Wellness Center at Bridgewater for “Halloween Spooktacular.” Back by popular demand, DJ Giovanni will be the entertainment for a fun-filled event. Dress in costume! Prizes will be award to participants who have the most creative costumes.

(more)

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

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

Open Monday – Friday, 9 a.m. – 4 p.m.

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email, play solitaire or search the web? By the end of this 8-week, one-on-one class you will understand what your grandkids have been trying to explain to you the whole time. ****Please call (908) 753-9440 for more information.****

Zumba Gold with Angie – Zumba Gold makes the Latin-dance inspired workout of Zumba accessible for anyone age 60 and above, who are beginners or need modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the hip, leg and arm muscles with dance moves. ****A new session starts in**

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

- o Monday Morning 10:45 – 11:30 a.m.
- o Monday Afternoon 1 – 1:45 p.m.
- o Wednesday Morning 11:30 a.m. – 12:15 p.m.

Watercolor Paint Class – Monday & Thursday, 9 – 11:30 a.m. This is a great opportunity for artists to meet new people while water coloring. This class is for experienced painters.

****Advanced registration is 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 other artists who have oil painting experience. ****Advanced registration 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 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 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. 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. Strike up conversations, make new friends and enjoy assembling puzzles together.

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

Oct. 1 –  **“Mammals” by Dakota Hettel, Morris Museum, 10:30 a.m.** Learn about mammals native to New Jersey, and their migration patterns, habits, diets, lifespan and how pollution and urban sprawl have an impact on their survival. Dakota's presentation will include taxidermy mammals. ****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.****

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WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – CONT'D

Oct. 1, 15, 22 & 29 – Matter of Balance Workshop, 1 – 3 p.m. **This workshop is full! There are no available openings. Call Caitlin Witucki at (908) 704-6339 for more information or to hear of other opportunities.**

Oct. 2, 9 & 23 – Boggle and Word Within a Larger Word, 10:30 a.m. Do you like crosswords? Join us in a challenging game that is played using a grid of letters, in which participants search for words within larger words.

Oct. 2, 9, 16, 23 & 30 – Chair Yoga with Jillian, 12:45 p.m. This class is perfect relieving stress and helping to gain an overall sense of well-being. The class is open to all levels of practice and abilities. Participants will perform Hatha yoga poses while seated in a chair, or standing poses. Hatha has been shown to improve bone density, strength and balance. Participants will learn techniques to help improve flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. ****\$40 for the 8-week program. A new session starts in December. Call (908) 753-9440 for more information.****

Oct. 2, 9, 16, 23 & 30 – 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 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 are welcome (lessons are available).

Oct. 2, 9, 16, 23 & 30 – Mahjong for Experienced Players, 1 – 4 p.m. If you are an experienced

Mahjong player and are looking for an opportunity to play this game of skill, strategy and calculation, then join us on Tuesday afternoons.

Oct. 3, 10, 17, 24 & 31 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done while standing or sitting.

Oct. 3, 10, 17, 24 & 31 – Ballroom Dancing with Art & Fe, 1 – 3 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 Art and Fe as they play a variety of Ballroom Dance music.

Oct. 4, 11, 18 & 25 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as; it promotes socialization, and strengthens hand-eye coordination, which improves listening and short-term memory skills.

Oct. 4, 11, 18 & 25 – Line Dancing with Linda, 1 – 3 p.m. Line dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and even feel like exercise. This dance is suitable for participants with limited mobility, and is known to improve cardiovascular, muscular strength, coordination and balance as you work through the different movements.

Oct. 5 – Tony, the “Accordion” Music Man, Anthony Mantuano, 10:30 a.m. Join us for an hour of old-time accordion music.

Oct. 8 – Center is closed – Columbus Day Holiday.

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WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – CONT'D

Oct. 9, 16, 23 & 30 – Four Part iPhone/iPad Workshop: Get the Most from this Powerful Tool in Your Pocket, with Maureen Greenbaum, 10 – 11:30 a.m. At this workshop you will get answers to 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 guide the class's direction. This tutorial is good for beginners and those with some proficiency who are interested in using the iPhone more effectively! ****Be sure to bring your iPhone or iPad. Advanced registration is required.****



Oct. 9, 16, 23 & 30 – ARTS Tarantella Italian Dance Series with Amy Hargroves, 10:30 a.m. Learn the history behind Italian dance and how it evolved from Baroque to modern times. Learn fun facts, basic Italian phrases and most importantly, the Tarantella! Learn the history behind the Tarentella and experience why it is still a popular celebratory dance for both Italians and Italian-Americans and everyone else! ****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.****

Oct. 9 – Warrenbrook Book Club, Second Tuesday of the Month, 1:30 p.m. Featured book to be discussed: *"The Glass Castle"* by Jeannette Walls. New members are welcome!

Oct. 12 – Cards and Dice Games with Gwen, 10:30 a.m. Join us as we play some card and dice games.

Oct. 15 – Apple Festival Special Event with the Cracked Walnuts, 10:30 a.m. Let's sing down memory lane with the musical duo of Jan and Jeff Ausfahl as they sing everyone's favorite songs from "Shine on Harvest Moon" to "Yankee Doodle Dandy." Jeff plays the guitar while Jan plays the washboard, concertina and plenty of rattles and shakers. It's pure Americana, just like apple pie!

Oct. 15 – Volunteer Appreciation, 11:30 a.m. Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Warrenbrook Senior Center. This year's theme is "Hands That Share, Hearts That Care." This is an opportunity for you to thank our volunteers for their dedication and making a positive in our lives. Join us as we show our appreciation to those that generously donate their time and talent.

Oct. 16 – "Festive Apple Foods" by Michelle Sweeney, Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. Learn some creative ways to prepare apples. Find out how to use apples in salads, appetizers, side dishes, etc. Tastings will be available.

Oct. 17 – FREE Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association, 10:30 a.m. No appointment is necessary.

Oct. 19 – Mind Your Mind Brain Workout, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain. As a group, participants will engage in several "mind-stimulating" exercise workouts.

Oct. 22 – "Gluten Free For Me Please" by Jennifer Korneski, MPH, healthy living program coordinator, Rutgers Cooperative Extension, 10:30 a.m. Is it really necessary to live gluten free? Participants will be able to identify common foods that are gluten free. Learn about Celiac disease; a genetic digestive disorder where gluten causes the immune system to attack the cells of those who have a gluten allergy. Participants will learn how to avoid cross contamination and protect their loved ones who are living gluten-free.

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WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – CONT'D

Oct. 26 – “Essence of Autumn” by Brien Szabo, professional photographer, 10:30 a.m.

Do you want to look at life from a unique perspective? In this session, participants will learn five techniques to create optimal scene compositions using a camera or cell phone to photograph the essence of autumn. ****Weather permitting, those with cameras will have the opportunity to practice what they have learned while walking the golf course.****

Oct. 26 – Mind Your Mind Brain workout with Gwen. Just as you do physical exercise to tone up the muscles throughout your body, playing word games and puzzles will stimulate different parts of your brain. As a group, participants will engage in several “mind-stimulating” exercise workouts.

Oct. 26 – 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. ****Services are available by advanced appointment only and will be available the last Friday of the month. To make an appointment, call (908) 704-6319.****

Oct. 29 – “How to Live Independently in Your Home” by Paulann Pierson, disability services coordinator, Somerset County Office on Aging & Disability Services, 10:30 a.m. What assistive technology devices and daily living aids are available to people who want to live independently? Come find out as Paulann provides information about free and/or affordable items that will help enable safe and independent living at any age.

Oct. 30 – “Arthritis in the Hand” by Jennifer Penn, Physical Therapist, AmeriCare Physical Therapy, 10:30 a.m. AmeriCare will be hosting an educational and informative workshop on hand therapy. The discussion will explain the causes, symptoms, and treatments for arthritis in the hand.

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