



## News from the Somerset County Board of Chosen Freeholders

Patrick Scaglione, Freeholder Director • Brian D. Levine, Freeholder Deputy Director  
Patricia L. Walsh, Freeholder • Mark Caliguire, Freeholder • Brian G. Gallagher, Freeholder

October 30, 2018  
FOR IMMEDIATE RELEASE

# Somerset County Senior Centers Announce November Activities

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

**All centers will be closed on Election Day (Nov. 6), Veterans Day (Nov. 12), and Nov. 22 & 23 for Thanksgiving Day.**

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone age 60 and above. Menu choices include a **hot** meat-based or meatless entrée or a **cold** meat-based or meatless boxed lunch. Please make reservations prior to 10 a.m. on 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.**

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

### **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE**

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

**Open Monday – Friday, 9 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 to do.

**Dancercise** – Monday, 10:30 a.m. This is an innovative and fun way to exercise! To keep you moving, this class incorporates dance moves to well-known music. Start with a warm up to help you avoid injury; then you will 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 new session starts Nov. 26. Call (908) 204-3435 for more information.\*\***

**Yoga with Denise** – Open to all levels of practice and abilities. This class incorporates Hatha Yoga poses, to be done while either standing or sitting, that may increase bone density, and improve strength and balance. Students will learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect a lot of gentle stretching to help move your joints and muscles. This class is perfect for relieving stress and for gaining an overall sense of well-being. **\*\*Call (908) 204-3435 for more information.\*\***  
*(more)*

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

- Tuesday afternoon 1 p.m. **\*\*Next session will start in January 2019.\*\***
- Friday afternoon 1 p.m. **\*\*Next session will start in January 2019.\*\***

**Bridge Club** – Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps to 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. For more information, drop in on scheduled days.

**Tai Chi for Health** – Wednesday, 1 p.m. This preparatory course teaches the core of Tai Chi. The program is designed to help participants develop strength, balance and flexibility. In this program, participants will learn new vocabulary, different ways of moving and a sequence of movements that will take time to master. Participants will learn the basic form of this art, which will enable them to experience improvements in their physical ability, and learn postures that are the basis for learning the more advanced forms of Tai Chi. **\*\*Next session will start in January 2019. Call (908) 204-3435 for more information.\*\***

**Billiards Club** – Thursday, 10:30 a.m. The pool table is available daily at other times, and on a drop-in basis.

**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 performed standing or sitting. Learn how to strengthen key core muscles, improve flexibility and balance while boosting your stamina. This is an ongoing class. 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 Nov. 15. Join us for a discussion of the historical fiction novel “The Book Thief,” by Markus Zusak; then select the next book. New members are always welcome!

**Zumba Gold** – Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for people age 60 and above, beginners or others needing modification to 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. Sneakers are required. **\*\*Call (908) 204-3435 for more information.\*\***

- Wednesday Morning 9:30 a.m. **\*\*Next session will start in January 2019.\*\***
- Friday Morning 9:30 a.m. **\*\*\$40 for the 8-week program. The next session starts Oct 31.\*\***

**Computer Lab** – Available Monday – 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.\*\***

**Nov. 2 – Bingo**, 10:30 a.m. Bingo is more than an exciting activity. Researchers have found that playing Bingo has multiple health benefits such as promoting socialization, and strengthening hand-eye coordination that will improve listening and short-term memory skills. Try your luck at some great prizes today.

**Nov. 5 – Diwali Celebration**, 10:30 a.m. Diwali, the “Festival of Lights,” is the biggest and the brightest festival in India. The festival is a spiritual celebration that signifies the victory of light over darkness. Learn some interesting cultural and festival facts about India. During this event, watch a sari demonstration. A sari is a garment consisting of a length of cotton or silk that is elaborately draped around the body, and is traditionally worn by women from South Asia. A traditional Indian food tasting will be included.

**Nov. 6 – Center is closed.**

*(more)*

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



**Nov. 7, 14, 21 & 28 – Introduction to Greek Dancing Workshop, by Arts Horizons, 10:30 a.m.** Move with joy as participants explore movement that is inspired by traditional Greek folk dances, also known as Syrtos. This series of folk dances are very popular at Greek social events, weddings and religious gatherings. The workshops will begin with a gentle warm-up that can be done standing, or sitting in your chair. Fun facts about Greek culture and dance will be shared as participants prepare for the Syrtos. Participants' creativity will be stimulated as Greek rhythms are experienced through clapping, and singing, and using scarves; all typical of traditional Greek dance. Join us for exercise and fun! **\*\*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.\*\***

**Nov. 9 – “Women in the Military” by Helen Vasko, 10:30 a.m.** To celebrate Veterans Day, Helen will lead this discussion about notable women in the United States Military who have made an impact throughout history. All veterans are welcome to attend and contribute their stories or photos.

**Nov. 12 – Holiday – Center is closed.**

**Nov. 13 & 27 – Country Western Dancing with Vince & Diana, 10:30 a.m.** Learn line and partner dancing to popular and classic country music. Vince and Diana will adjust their teaching according to the ability of the class. All levels of ability are welcome including beginners, experienced, partners, or no partners.

**Nov. 14 – Thanksgiving Greeting Card Workshop with Jerry, 10:30 a.m.** Jerry will instruct participants on how to make a unique Thanksgiving greeting card for friends and loved ones. **\*\* All supplies are included. Please reserve by Nov. 9.\*\***

**Nov. 16 –  “Immigration to New Jersey” by Dakota Hotel, Morris Museum, 10:30 a.m.** This program highlights immigration in New Jersey beginning in the 1700s until the Great Depression. This is an educational program where attendees may hear about what their families 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.\*\***

**Nov. 19 – “Thanksgiving Tribute to Our Seniors” by Karen Muha, motivational speaker, 10:30 a.m.** Karen will present personal stories about her genuine gratitude for the “Greatest Generation.”

**Nov. 20 – Tony the Music Man: Old Fashioned Accordion Music by Tony Mantuano, 10:30 a.m.** Are you ready to have a good time? Tony will play accordion music that will get you up and dancing.

**Nov. 21 – Brain Games with Toni, 10:30 a.m.** Trivia, puzzles and mind games are scheduled for the session.

**Nov. 22 & 23 – Center is closed.**

**Nov. 26 – “Christmas Traditions” by Kevin Woyce, author & photographer, 10:30 a.m.** Kevin will use original photographs, vintage images, and live music to explore favorite Christmas Traditions including the “First Christmas,” “A Christmas Carol,” a “White Christmas,” and the Rockefeller Center’s Christmas Tree. He will also explain how historical figures such as Saint Nicholas, Martin Luther, Queen Victoria, Charles Dickens and Thomas Nast helped shape the way we celebrate the Christmas Season.

**Nov. 30 – “Enjoying Broadway Musicals” by Sam & Candy Caponegro, 10:30 a.m.** Do you love Broadway Musical Comedies? Wonder how they are made? Join the center as participants see clips from shows and learn about opening numbers, signature songs, blockbusters, supporting characters’ songs and the ten o’clock numbers from some famous and not-so-famous shows.

(more)

## **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 undue pressure or strain on your body. Learn movements that lubricate joints to improve flexibility, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and help participants' better accomplish their day-to-day physical activities. If desired, participants can use a chair for support.

**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 need fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. Lessons are being offered to experienced players on Thursdays from 12:30 – 3 p.m.

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

**Hatha Yoga** – Hatha Yoga incorporates body postures, controlled breathing and meditation. There are many different benefits of Hatha Yoga, including stretching to align the body, 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 the center's schedule.\***

- Wednesday morning 9:30 a.m. & 10:45 a.m.
- Friday morning 9:30 a.m.

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

**Scrabble Club** – Wednesday, 1 p.m. Enjoy a friendly game of scrabble; if there is enough interest, the center may plan opportunities for members to compete with other scrabble clubs located around the area.

**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 required prior to the first class and then once every year. **\*\*Currently, the class is full and 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 fiction novel: "Everything I Never Told You," by Celeste Ny.

**Tai Chi for Health (Beginner)** – This preparatory course is the core of any Tai Chi program, and is designed to help participants' develop their strength, balance and flexibility. In this course, participants will learn new vocabulary, different ways of moving, and a sequence of movements that will take time to learn. Learning the **basic form** of this art will help participants improve their physical ability and learn basic postures that can be used in more advanced Tai Chi classes.

- Thursday morning 10:45 a.m. **\*\*Next session will start in January 2019. Call (908) 203-6101 for more information.\*\***
- Thursday afternoon 2 p.m. **\*\*Next session will start in January 2019. Call (908) 203-6101 for more information.\*\***

**Tai Chi for Health (Intermediate)** – Thursday, 11 a.m. This peer-led Tai Chi course will be offered under the pavilion every Thursday. Participants will 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!

*(more)*

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

**Tai Chi for Health (Intermediate)** – Thursday, 1 p.m. This intermediate course will build on the basic forms learned in the Beginner class. Forms learned in both courses will improve specific strengths, such as the ability to shift weight without stumbling or falling; keep the body in alignment; enhance the ability to move slowly in a circular motion without hesitation or confusion; and help strengthen bones and muscles. **\*\*Next session will start in January 2019. 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, beginners or others needing modifications to their exercise routine. Zumba Gold uses dance moves to build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms. **\*\*Call (908) 203-6101 for more information.\*\***

- o Friday afternoon 1 – 1:45 p.m. **\*\*Next session will start in January 2019.\*\***

**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. Strike and Pocket table game, is of Eastern origin, and is similar to billiards and table shuffleboard. Try it you might like it!

**Games/Cards (Scrabble, Uno, Canasta, Cribbage, etc.)** – Available Monday – Friday. If you have a favorite game not listed that you would like to play, and/or if you are interested in starting a club featuring the game of your choice, please inform the staff.

**Ping Pong** – Available Monday – Friday. Call for availability.

**Pool Tables (two are 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.

**Nov. 1 – Car Fit Program, RideWise**, 10 a.m. – 12 p.m. & 1 – 3 p.m. At the Car Fit event, a trained volunteer will complete a 12-point checklist with each driver; that includes checking to see if the driver's seat is positioned correctly, if the driver has the ability to easily reach the pedals, and are the mirrors adjusted properly. **\*\*Call (908) 203-6101 for more information. Pre-registration is required.\*\***

**Nov. 1 – “Essence of Autumn” by Brien Szabo**, professional photographer, 10:45 a.m. Look at life from a different perspective. In this class, participants will learn five techniques that will help them create optimal scene compositions, and capture the essence of autumn by using a camera or a cell phone. This is a unique experience where participants will capture the brilliant colors of the changing foliage.

**Nov. 2, 16 & 27 – Entertainment with Ken Teckel**. Join our choir as we prepare for a holiday performance where everyone becomes a member of the band and makes music together. Join us for a revitalizing 45 minutes of music with Ken as he plays the guitar and participants sing along to holiday tunes.

**Nov. 5 & 27 – 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 their 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!

**Nov. 5, 19 & 26 –**  **Introduction to Indian Dance by Arts Horizons**, 10:45 a.m. After a 15 minute introduction and a ten minute gentle warm-up, the instructor will teach some of the older classic Bollywood/Indian songs and some of the newer, fun, energetic songs too. Learn popular and fun-to-learn songs.

**(more)**

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

**Nov. 6 – Center is closed.**

**Nov. 8 –**  **“New Jersey Inventors” by Dakota Hettel**, Morris Museum, 10:45 a.m. What innovations and inventions have the people of the great state of New Jersey contributed around the world? How have these creations had an impact on our world? Join us for an explanation of the inventions that rocked the globe. Learn about Thomas Edison’s electric light bulb invention and Samuel Morse’s Morse code invention. **\*\*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.\*\***

**Nov. 9 – Bingo.** 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 improving listening and short-term memory skills.

**Nov. 12 – Center is closed.**

**Nov. 13, 20 & 27 – 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.

**Nov. 13 – “Music for Wellness” by John Fitzpatrick**, musician, 10:45 a.m. Please join us for a participatory music-making program that offers participants direct and intimate experiences with live music. Participants will be challenged both mentally and physically by memorizing lyrics and dancing; they will practice decision-making by choosing songs to sing, and using safe risk-taking skills by singing for the group and using self-expression.

**Nov. 15 –**  **“A Day for the Birds” by Dakota Hettel**, Morris Museum, 10:45 a.m. Learn about New Jersey’s native birds. Participants will learn about birds’ migration patterns, habits, diet, and lifespan. Also, they will discuss how the environment with pollution and urban sprawl may affect the species. **\*\*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.\*\***

**Nov. 20 – Musical Performance by Mike Simone**, 10:45 a.m. Mike will provide an energetic and uplifting musical performance that will showcase the great songs of the 1940s to the 1970s including: Frank Sinatra, Dean Martin, Tony Bennett, Elvis, Bobby Darin and other great performers of that era.

**Nov. 22 & 23 – Center is closed.**

**Nov. 29 – “Deer Wrangling” by the Somerset County Park Commission**, 10:45 a.m. Deer are everywhere! Why so many? How can I keep them out of my garden? If I hit one with a car, whom do I call? Let’s sort out the brouhaha and learn the biology of deer. Participants will get to handle deer skulls, bones, antlers and more.

**Nov. 30 – “Staying Healthy through the Holidays” by Stacey Milak**, registered dietitian, Willow Creek Rehabilitation and Care Center. Participants will learn how to save calories without depriving themselves. Stacey will also bring a tasting of a healthy alternative dessert and healthy recipes.

*(more)*

## **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. 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 a new participant, the price is \$45; this includes ankle weights, a participant's 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. T'ai Chi Chih uses a series of 19 gentle, fluid movements and one pose that activates, circulates and balances the intrinsic energy of the body known as chi. This practice can be performed by individuals of any age, ability or condition while either 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 conversations, make new friends and enjoy assembling puzzles together. Participants can choose from a large variety of puzzles at the center.

**Nov. 1, 5 & 29 – Bingo Bonanza**, 10 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits; it promotes socialization, strengthens hand-eye coordination and helps improve listening and short-term memory skills.

**Nov. 2 – Octoberfest Celebration with Entertainment by Tony the accordion music man**, 10:15 a.m. Octoberfest originated in Germany and is celebrated around the world. We are kicking off the month with songs to get you in the mood for a traditional festival at the center. Center participants have been working hard to learn traditional German dances that they will perform. Lively decorations and activities will make this a wonderful celebration.

**Nov. 5, 19 & 26 – 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 located around the area.

**Nov. 5, 19 & 26 – Canasta Card Club**, 12:30 – 2:45 p.m. There are many variations of this game using two, three, five or six players; however, it is most commonly played by four players (paired) using 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. Learn more...Join us!

**Nov. 6 – Center is closed.**

**Nov. 7 – Craft: Create a Snowman Mason Jar with Janet and Tammy**, 10:45 a.m. Join us as we create a decorative centerpiece in honor of the winter season. Showcase your creation or give it as a gift.

**Nov. 7, 14, 21 & 28 – Mahjong Club**, 12:30 – 3 p.m. Have you always wanted to learn how to play mahjong, or are you familiar with the game but need team mates? Join us! Lessons and refreshers are available at the center. **\*\*Call (908) 369-8700 for more information.\*\***

**Nov. 7 – 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 by the New Jersey Department of Health and Senior Services. **\*\*Please call (908) 369-8700 to schedule an appointment.\*\***

**Nov. 8 – "Who am I?"** 10:30 a.m. In this game, participants will ask clever questions while exercising their mental abilities, while identifying famous historians, celebrities, authors and public figures.

**Nov. 9, 16 & 30 – The Week in Review**, 10 a.m. Join us in this weekly lively discussion of local and national events while we recap current headlines and discuss articles of interest. Bring an exciting event or topic to discuss, or give your opinion about current events.

**(more)**

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

**Nov. 9 – “Gluten Free for Me Please” by Daryl Minch, M.Ed, CFCS,** family & community health sciences educator, Rutgers Cooperative Extension. Participants will be able to identify common foods that are gluten-free. The gluten free diet is becoming popular, but it is necessary to live gluten free? Learn about Celiac disease, a genetic digestive disorder where gluten in the diet 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.

**Nov. 12 – Center is closed.**

**Nov. 13, 20 & 27 – 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.

**Nov. 14 – Autumn in New York by Gordon James, trumpeter & vocalist, 10:45 a.m.** Gordon will have you up and dancing as he gets you to enjoy the fall season.

**Nov. 15 – Name that Tune: A Musical Adventure, 10:30 a.m.** In this hilarious game, challenge your memory by guessing old favorite songs and new ones.

**Nov. 16 – Diwali Celebration with Harshi & Deepthi, senior center volunteers, 10:45 a.m.** Learn some interesting cultural and festival facts about India and Diwali and experience a typical Indian festival dance. Diwali, the Festival of Lights is the biggest and the brightest festival in India. The festival signifies the victory of light over darkness from a spiritual aspect. After watching the dance, attendees will have an opportunity to learn the dance. Enjoy Indian snacks during the program.

**Nov. 19 –  “Native American Cultures” by Dakota Hettel, Morris Museum, 10:30 a.m.** This program provides a broad overview of American Indian life before the 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.\*\***

**Nov. 21 – November Jeopardy, 10:30 a.m.** Challenge yourself in this mind-stimulating morning of Jeopardy and celebrate all things November.

**Nov. 22 & 23 – Center is closed.**

**Nov. 26 – “Essence of Autumn” by Brien Szabo, professional photographer, 10:45 a.m.** Attendees will learn five techniques for creating optimal scene compositions while using a camera or cell phone to photograph the special essence of autumn, and capture the brilliant colors of the changing foliage. This unique experience will have participants looking at life from a different perspective.

**Nov. 28 –  “A Day for the Birds” by Dakota Hettel, Morris Museum, 10:30 a.m.** Learn about New Jersey’s native birds. Attendees will learn about their migration patterns, habits, diet, lifespan and the environmental impact that pollution and urban sprawl may have on the species. **\*\*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.\*\***

**Nov. 30 – “Armchair Travelers Presents: The Beauty of Italy” by Anand Murug, 10:45 a.m.** Anand recently took a trip to Italy. Join Anand to hear about his adventure and view photos of his trip.

*(more)*

## **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 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.

**Silver Strength with Linda** – Monday, 10:15 a.m. This class will offer 45 minutes of exercise for older adults, 20 minutes of cardio (or movement) followed by 20 minutes of toning (with or without weights), then 5 minutes of relaxing stretches. This exercise is great for all levels and abilities. 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 on-site to give **FREE** individual blood pressure screenings. No appointments are necessary.

**Beginner Ukulele Lessons with Chris** – Tuesday, 10:30 a.m. Beginners will get started on the right note in this class where participants will learn the basics of playing the ukulele including how to hold it, tune, strum simple chords, and what to look for when buying a ukulele. 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 mastered the foundation of ukulele playing, these intermediate lessons will get you to play like a pro! Using a wide range of musical genres, the class will teach more challenging chord and melody playing, improvisation; and you will learn how to play multi-part arrangements together as 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 can be done while either standing or sitting. Hatha yoga poses 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 joints and muscles move. This class is perfect for stress relief. **\*\*Please check the monthly calendar for scheduled updates.\*\***

**Exercise for Arthritis with Elizabeth** – Tuesday, 10:30 a.m. & Thursday, 11 a.m. This is a recreational exercise program designed to address the following physical goals: pain reduction, fatigue and stiffness, flexibility, strength, balance and endurance in a safe and positive environment. **\*\*Please check monthly calendar for schedule updates.\*\***

**Tai Chi with Herb** – Wednesday, 11 a.m. Tai Chi is an art form that focuses 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. Tai chi can help people who are at-risk for falls improve their balance. This program can be done either while 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. 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's 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.\*\***

*(more)*

## **MONTGOMERY SENIOR CENTER – CONT'D**

**Afternoon Ukulele Jam** – Wednesday, 1:30 – 2:30 p.m. Join 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 need teammates? 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 schedule 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 will be available (weather permitting).

**Nov. 1 – Puzzle Club**, 10 a.m. Strike up conversations, make new friends and enjoy assembling puzzles together. Choose from a large variety of puzzles at the center.

**Nov. 2** –  **“ARTifacts” by Dakota Hettel, Morris Museum**, 10:30 a.m. This program is an audience and educator driven program where the participants will learn about New Jersey born artists whose works are showcased in the Morris Museum. Participants will learn how to critique artwork from an academic perspective, and gain a greater appreciation for various styles of artwork. **\*\*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.\*\***

**Nov. 5 – Diwali Celebration. Diwali, the “Festival of Lights.”** This big and bright festival is part of the Indian culture; it symbolizes the victory of light over darkness in a spiritual sense. Learn more about this interesting culture, and festival facts about India and Diwali. Experience a typical Indian festival dance, and after watching it learn the dance. Enjoy Indian snacks during the program.

**Nov. 6 – Center is closed.**

**Nov. 7 & 21 – 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 to improve posture and balance. Exercises can be done while standing or sitting.

**Nov. 8 – 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.

**Nov. – 9 & 16 – 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 all five functions of the brain (i.e. strategic planning, memory, recall, analytical thinking, creativity, imagination and kinesthetic thinking). The program is intended for participants of all abilities and can be performed while either standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

**Nov. 12 – Center is closed.**

**Nov. 14 – What Can Exercise Do For Me, by Caitlin Witucki**, Somerset County Office on Aging & Disability Services, 10:15 a.m. Combat the aging process by learning exercises that are safe and appropriate for older adults. During this 45-minute class, Caitlin will walk participants through four types of exercises that will help improve strength, balance, and flexibility. Participants will learn how to safely start an exercise program. No experience is necessary.

**(more)**

## **MONTGOMERY SENIOR CENTER – CONT'D**

**Nov. 15 – Boggle and Word within a Larger Word**, 10 a.m. This challenging game is played by using a grid of letters where participants search for words within larger words. Join other center participants as they try to find as many words as possible.

**Nov. 19 – Karaoke.** Take a turn trying out our karaoke machine! Go solo or join a group for this exciting activity.

**Nov. 22 & 23 – Center is closed.**

**Nov. 26 – Bingo.** Bingo is more than just a fun activity. Researchers have found that playing Bingo has multiple health benefits. Bingo is known to promote socialization, strengthen hand-eye coordination and improve listening and short-term memory skills.

**Nov. 28 – “Troubadour Tales” by Gordon James Ward**, author, 10:15 a.m. Everyone loves good stories, and when they're reinforced with music and song, it's even better! That's why audiences adore this captivating live performance of stirring tales told through music and spoken words. Entertaining anecdotes complement Ward's acoustic, contemporary folk songs with a multi-instrumental accompaniment, evocative vocals, and poetic lyrics. Listeners will embark upon a 90-minute, imaginative journey where participants will hear about a Revolutionary War soldier, a Rockabye Railroad engineer, Robert Frost, the ghost of the Headless Hessian of New Jersey's Great Swamp, and be transported to the historic Trail of Tears, the Civil War, the Trail of Lewis and Clark, and more! This presentation has been described by adults as “spellbinding.” Participants will find this program to be a real treat!

**Nov. 29 – Concentration Game**, 10 a.m. Concentration, also known as the match game, is a card game where the goal is to find as many pairs of matching cards as possible.

**Nov. 30 – “Christmas Traditions” by Kevin Woyce, author & photographer**, 10:30 a.m. Kevin will use original vintage images, and live music to explore favorite Christmas Traditions that include classics like the “First Christmas,” “A Christmas Carol,” “White Christmas” and the Rockefeller Center Christmas Tree. Kevin will also explain how historical figures, such as Saint Nicholas, Martin Luther, Queen Victoria, Charles Dickens and Thomas Nast have helped shape the way people celebrate the Christmas season.

## **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. Check the monthly calendar for the schedule.\*\***

**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 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's 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 breaking news and current events from around the world or locally. Take part in a stimulating Q&A session as fellow center members take turns researching and sharing the hot topics of the day.

**The Regime Exercise Class** – Monday, Tuesday, Wednesday & Friday, 1 p.m. This head-to-toe workout combines the use of weights, stretching and aerobic movements. Learn movements that will lubricate joints and keep them flexible, strengthen and stabilize individual muscles, increase blood circulation and with the proper diet, lose weight! 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,

**(more)**

## **QUAIL BROOK SENIOR CENTER – CONT'D**

**Wednesday** – Lower Body Routine, **Friday** – Total Routine. Comfortable, loose-fitting clothing and sneakers are required.

**Continuing Art Institute with Karen Haake** – Tuesday, 1 – 3 p.m. Cornucopia and Creations!

**Module 1** – Whimsy: Fun, Creative and Appealing Approach to Nature's Natural Designs (using metallic paints and markers on tiles; a great combination of textures). **Module 2** – Acrylic Paints/Painting: Innovative/Inspirational Techniques of Painting on Glass (glasses that can be given as unique holiday gifts). **Module 3** – Festive Cards: Individual Card Creations Utilizing Watercolor Paint, Artist Pencils and Cardstock Paper. **\*\*\$10.00 fee per class includes supplies.\*\***

**Circuit Training** – Thursday, 9:15 a.m. Have fun while exercising and toning. In this class, participants will raise their heart rate through cardiovascular exercises and tone muscles in the upper and lower body. This will help participants better perform their daily activities, and improve their balance, core, and overall agility and muscle strength. Sneakers are required. **\*\*\$30 for the 6-week program. The next session starts Nov. 1. Call (908) 204-3435 for more information.\*\***

**Bridge & Card Club with Hatim Hyderally & Andy Prokov** – Thursday & Friday, 10:30 a.m. This is a classic game of strategy that features two teams of two and countless bids and tricks. Here's an opportunity for people of all levels and ability to meet new friends for intellectual and social stimulation on a routine basis. Bridge is also a wonderful way to stimulate your brain by improving memory, and visualization and sequencing. In addition to Bridge, join the group for other card playing competitions, such as Texas Hold 'em Poker, Po-Ke-No, etc.

**Crochet & Knitting with Esther Folwkes** – Thursday, 10:30 or 11 a.m. Learn the difference between these 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 anyone wishing to brush up on their skills!

**Line Dancing** – Friday, 9:30 a.m. Line Dancing is so much fun that it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. This class is suitable for people with limited mobility; and may improve cardiovascular health, muscular strength, coordination and balance as you work through different movements.

**Card Sharks** – Friday, 10:30 a.m. Learn how to play various card games either 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. 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.

**Nov. 1, 8 & 15 – Zumba Gold with Laurie Fetcher**, 10:30 a.m. In this class, popular music will inspire a hearty workout that is accessible for people age 60 and above, beginners or others needing modifications to their exercise routine. Participants in Zumba Gold will build cardiovascular health by challenging the heart and working the muscles of their hips, legs and arms while practicing fun, energetic and rhythmic moves.

**Nov. 1 – “Young Picasso at the Met” by Dr. Michael Norris**, former museum educator, Metropolitan Museum, Brandeis University-Somerset, 1:15 – 3:30 p.m. Join Dr. Norris as he takes participants through an illustrated conversation about art and Pablo Ruiz Picasso's changing world, and his teenage years through his twenties; including the Blue and Rose periods, and early his experimentation with Cubism.

**Nov. 1, 8, 15 & 29 – A Matter of Balance with Olga Brahin, & Caitlin Witucki, MS, health promotion specialist, Somerset County Office on Aging & Disability Services.** This class is designed to help participants, who have a fear of falling, by providing them with exercises and resources to maintain their health and safety. Starting with session number three, participants will begin each subsequent class with a specific exercise. **\*\*Class will start at 10:30 a.m. on Nov. 29.\*\***

*(more)*

## QUAIL BROOK SENIOR CENTER – CONT'D

**Nov. 1 – 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) 563-4213 to schedule an appointment.\*\***

**Nov. 1, 8, 15 & 29 – Yoga with Dr. Prabha Srinivas (Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore India), 1 p.m.** Through the practice of yoga and meditation, learn to take control of your emotional and physical well-being while reducing stress. Please bring a mat and wear comfortable clothing that will allow for movement.

**Nov. 2 – “Musicals & Movies: 1980 to the Present” by Sam & Candy Caponegro, 10:30 a.m.**

Explore the history behind scene production, themes and scores from hit musicals and movies that were popular in the 1980s to the present. Watch original and memorable scenes from popular productions.

**Nov. 5 & 26 – Music for Wellness with John Fitzpatrick, musician, 10:30 a.m.** This four-part venue filled with music and singing is intended to exhilarate the spirit for a powerful and whole-body health experience!

**Nov. 6 – Center is closed.**

**Nov. 7 – Table Tennis Instructions with Christopher Lehman, USATT certified regional level coach, ITTF international coach & referee, 10:30 a.m.** Play this Olympic sport on Quail Brook's new ping-pong table where everyone participates! Be part of the team and show your team spirit. Try your hand at improving hand-eye coordination, and physical mobility.

**Nov. 9 – Veteran's Salute with the Residents at the Regency Jewish Heritage Rehabilitation Center, 10:30 a.m.** Quail Brook seniors will pay tribute to our veterans by singing their hearts out with well-known and well-deserved patriotic songs at the rehabilitation center.

**Nov. 12 – Center is closed.**

**Nov. 13 & 20 – 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, that's taught in a simple and easy-to-learn format. The basis for this practice is to focus on developing the body's core strength in order to improve physical, mental and spiritual health. This program can be done while either standing or sitting.

**Nov. 14, 21 & 28 – 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 (strategic planning, memory, recall, analytical thinking, creativity, imagination 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.



**Nov. 16 – Native American Dance (Session 4), 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, and a way to preserve fascinating and distinct cultures. Learn the unique quality of these dances and discover how each step represents a deeper purpose or significance and how powerful this medium can be 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.\*\***

**Nov. 19 – “Sugar in Your Diet: Bad or Good?” by Daryl Minch, M.Ed., CFCS, family & community health sciences educator, Rutgers Cooperative Extension, 10:30 a.m.** Get a handle on your love-handles before the holidays! Do you have a sweet tooth? Do you reach for a cookie or an apple? What's the difference? Learn about the negative effects of sugar on your health and how to reduce/eliminate sugar in your diet.

**(more)**

## QUAIL BROOK SENIOR CENTER – CONT'D

Nov. 22 & 23 – Center is closed.

Nov. 27 – **Blood Pressure, Blood Sugar and Cholesterol Screenings with Saint Peter's University Hospital**, 10:15 a.m. Knowing, monitoring, and controlling these three key components is critical for heart-care and living a healthier life.

Nov. 30 –  **"New Jersey Inventors" by Dakota Hettel, Morris Museum**, 10:30 a.m. What innovations and inventions have the people of the great state of New Jersey contributed to the rest of the country and around the world? How have these creations affected our world today? Join us for a hands-on exploration of the inventions that rocked the globe, including Thomas Edison's electric light bulb and Samuel Morse's improvements on the Telegraph and invention of 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.\*\***

## 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 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 an experienced artist to meet new people while watercoloring. **\*\*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 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 peer-led, 24-week exercise and education program is 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's 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 returned when finished reading.

**Nov. 1, 8, 15 & 29 – 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 improving listening and short-term memory skills.

**Nov. 1, 8, 15 & 29 – Line Dancing with Linda**, 1 – 3 p.m. Line dancing is so much fun that it doesn't seem like exercise! You don't need a partner, and it's an easy way to stay healthy both mentally and physically. It's suitable for people with limited mobility, and is known to improve cardiovascular health, muscular strength, coordination and balance as participants work through the different movements.

(more)

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

**Nov. 2 – “Three Different Ways to Eat Your Grains” by Michelle Sweeney, registered dietitian, ShopRite/Wakefern, 10:30 a.m.** Michelle will discuss the importance of eating whole grains! She will demo three different recipes that use whole grains. Be sure to come hungry so you can eat the delicious dishes that will be full of protein and fiber!

**Nov. 5 –  “Native American Cultures” by Dakota Hettel, Morris Museum, 10:30 a.m.** This program will cover all four regions of the United States. The first region to be discussed will be the Woodlawn in New Jersey where natural resources were available to the Lenape Indians, an indigenous New Jersey tribe. **\*\*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.\*\***

**Nov. 5 – Zumba Gold with Angie** – Zumba Gold makes the Latin-dance inspired workout of Zumba accessible to people age 60 and above; including, beginners or others needing modifications to their exercise routine. Zumba Gold uses dance moves to build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms.

- Monday morning: 10:45 – 11:30 a.m. **\*\*\$20 for a four-week session. Next session begins Dec. 3. Registration is required by Nov. 23. Please call (908) 753-9440 for more information.\*\***
- Monday afternoon: 1 – 1:45 p.m. **\*\*\$20 for a four-week session. Next session begins Dec. 3. Registration is required by Nov. 23. Please call (908) 753-9440 for more information\*\***

**Nov. 6 – Center is closed.**

**Nov. 7, 14, 21 & 28 – 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 either standing up or sitting down.

**Nov. 7 & 14 – Zumba Gold with Angie** – Zumba Gold makes the Latin-dance inspired workout of Zumba accessible to people age 60 and above including beginners or others needing modifications to their exercise routine. Zumba Gold uses dance moves to build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms.

- Wednesday morning: 11:30 a.m. – 12:15 p.m. **\*\*\$15 for a 3-week session. Next session begins Dec. 12. Registration is required by Nov. 23. Please call (908) 753-9440 for more information.\*\***

**Nov. 7, 14, 21 & 28 – 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 fit and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on one's overall flexibility, strength, endurance and one's emotional well-being. Join Art and Fe as they play a variety of Ballroom Dance music.

**Nov. 8 – “Basket Weaving 101,” Lois Macknik, basket weaver, 1 p.m.** – This is a lunch & learn opportunity. If you've ever wanted to make a basket, now is your chance. Together with Basket Weaver Lois Macknik, you will have a hands-on opportunity to make a round reed basket using basic-to-special weave patterns and color reeds. **\*\*Lunch is served at 11:45 a.m. There is a \$5.00 program fee to cover the cost of supplies (exact change is appreciated). Reservations are required by Nov. 2.\*\***

**Nov. 9 – Raritan Valley Community College Dance Ensemble Performance, 10:30 a.m.** Under the direction of Loretta DiBianca Fois, assistant professor, dance, Raritan Valley Community College, the group's dancing performance will display the communicative aspects of this form of art. It features dancers performing a variety of dances set to a wide range of music and sound accompaniment. The audience will have a chance to inspire movements that will be incorporated into dances.

**Nov. 12 – Center is closed.**

*(more)*

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

**Nov. 13 – Diwali Celebration**, 10:30 a.m. Diwali, the Festival of Lights is the biggest and the brightest festival in India. The festival signifies the victory of light over darkness from a spiritual aspect. Learn some interesting cultural and festival facts about India and Diwali and experience a typical Indian festival dance. After watching the dance, attendees will have an opportunity to learn the dance. Enjoy Indian snacks during the program.

**Nov. 13, 20 & 27 – Chair Yoga with Jillian**, 12:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha Yoga poses can be done either seated in a chair or standing. Hatha yoga poses have been known to improve 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 of joints and muscles. This class is perfect for stress relief and for gaining an overall sense of well-being. **\*\*\$15 for a 3-week session. Next session begins Dec. 4. Registration is required by Nov. 23. Please call (908) 753-9440 for more information.\*\***

**Nov. 13, 20 & 27 – Bridge Group with Ronnie**, 1 – 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly may stimulate your brain; keep your memory active and your brain alert. Join Ronnie and her group when they play bridge on a weekly basis. New members and beginners are welcome (lessons are available).

**Nov. 13, 20 & 27 – Mahjong for Experienced Players**, 1 – 4 p.m. Are you an experienced Mahjong player and looking for another opportunity to play this game of skill, strategy and calculation; then join the center on Tuesday afternoons.

**Nov. 13 – Warrenbrook Book Club, Second Tuesday of the Month**, 1:30 p.m. The featured book to be discussed is “The Burgess Boys,” by Elizabeth Strout. New members are welcome!

**Nov. 14 – FREE Blood Pressure Screenings with Jill Hockenbury, RN, Community Visiting Nurse Association**, 10 a.m. No appointments are necessary.

**Nov. 16 – Saved by the Bells**, 10:30 a.m. Add a serving of vegetables to your day by snacking on bell peppers. Join Gwen as she prepares some simple dips and/or fillings for bell peppers.

**Nov. 16 – Mind Your Mind Brain Workout with Gwen**, 11 a.m. The same as physical exercise tone up the muscles throughout your body, playing word games and puzzles will stimulate different parts of your brain. As a group, we will do several mind-stimulating exercise workouts.

**Nov. 19 – “Social Engagement as You Grow: The Importance of Staying Connected at Any Stage” by Anna Nowik-Valerio**, 10:30 a.m. Social engagement, connectivity, and support have shown to have a positive impact on a person’s physical and psychological health. Most of us experience periods when this vital resource has been eroded due to milestones or life-changing events, especially as we get older. This PowerPoint lecture discusses both the benefits and strategies to help you stay connected at any age and stage of life.

**Nov. 20 – Boggle and Word within a Larger Word**, 10:30 a.m. This is a challenging game played by using a grid of letters to look for words within larger words. Join us at the center as we try to find as many words as possible.

**Nov. 22 & 23 – Center is closed.**

**Nov. 26 – “Eating Healthy During the Holidays” by Jennifer Korneski, MPH, healthy living program coordinator, Rutgers Cooperative Extension**, 10:30 a.m. The holidays are a fun and festive time of year, but it can also be a time of over-indulging with sugar, fats, sodium and portion sizes. Learn some tips for finding balance in your diet to feel healthy this holiday season!

**Nov. 27 – Trivia Time with Gwen**, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new, mind-stretching exercises might stimulate your brain and enhance your critical thinking processes? Join the center for some mind-tingling brain stumpers and a fun-filled intellectual workout.

**Nov. 30 – Cards and Dice Games with Gwen**, 10:30 a.m. Join us to play some card and dice games.

*(more)*

**WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course) – *CONT'D***  
**Nov. 30 – State Health Insurance Program (SHIP).** A counselor will be available to provide **FREE** help for 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 advance appointment only, and will be available the last Friday of the month. To make an appointment call (908) 704-6319.\*\***

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

###