



## 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

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November 26, 2018  
FOR IMMEDIATE RELEASE

## Somerset County Senior Centers Announce December Activities

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

**All centers will be closed on Staff In-Service Day (Dec. 13), Christmas Eve (Dec. 24), and Christmas Day (Dec. 25).**

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. Invite a friend or neighbor to join you for lunch! 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 to join. Bring your own knitting/crocheting/stitching project or come learn something new and meet wonderful friends while doing something you love.

**Dancercise** – Monday, 10:30 a.m. This low-impact aerobics class is great for the heart and an innovative and fun way to exercise! It will keep you moving while dancing to well-known music. Start with a warm up to help prevent injury, then dance to the beat of the music and finish with a cool down. Sneakers are required. **\*\*The next session will start in January 2019. Call (908) 204-3435 for more information.\*\***

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

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

- o Tuesday Afternoon 1 p.m. **\*\*Next session will start in January 2019.\*\***
- o 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 keep your memory active and alert. New members and beginners are welcome (lessons are available). **\*\*Please call (908) 204-3435 for more information.\*\***

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

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

**Tai chi for Health** – Wednesday, 1 p.m. This preparatory course is the core of tai chi, and is designed develop participants' strength, balance and flexibility. In this class, participants will learn new vocabulary, and a sequence of movements that will take time to learn. Participants will learn the basic form of this art **and postures** that are the basis for more advanced tai chi. **\*\*Next session will start in January 2019. 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 is for all levels of ability, and can be done while either standing or sitting. Strengthen key core muscles, improve flexibility and balance while boosting your stamina. This is an ongoing class. You must be registered with the center to attend. **\*\*Please call (908) 204-3435 for more information. Check the monthly calendar for a schedule.\*\***

**Monthly Book Club** – Every Third Thursday, 12:30 p.m. On Dec. 20, join us for a discussion of the current mystery novel, "And Then There Were None" by Agatha Christie and help select the next book to read. New members are always welcome!

**Zumba Gold** – Zumba Gold is a Latin dance inspired work out that is designed for people age 60 and above, beginners or others needing modifications in their exercise routine. Zumba Gold uses dance moves to build cardiovascular health by challenging the heart, the muscles, hips, legs, and arms. Sneakers are required. **\*\*Call (908) 204-3435 for more information.\*\***

- o Wednesday Morning 9:30 a.m. **\*\*Next session will start in January 2019.\*\***
- o Friday Morning 9:30 a.m. **\*\*Next session will start in January 2019.\*\***

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

**Individual Computer Instruction** – Meet with an expert computer instructor (by appointment only).

**Please call (908) 204-3435 for more information.**

**Dec. 3 – Winter Mason Jar Craft with Brenda**, 10:30 a.m. Using a few simple items, Brenda will show participants how to create a winter scene with a mason jar. Take it home to show off. **\*\*Reserve a spot by November 28.\*\***

**Dec. 4 – "Social Animals from Ants to Elephants" by Helen Vasko**, 10:30 a.m. Helen will lead this discussion about animals communicate with the same species and other species too.

**Dec. 4 – FREE Blood Pressure Screenings by the Somerset Hills Visiting Nurse Association**, 10:30 a.m. A registered nurse from the Somerset Hills Visiting Nurse Association will be onsite to give individual blood pressure screenings. No appointment is necessary.

**Dec. 5 – "Spiralized Vegetable Demonstration & Tasting" by Daryl Minch, M.Ed., CFCS**, family & community health sciences educator, Rutgers Cooperative Extension, 10:30 a.m. Daryl demonstrate to participants how easy it is to spiralize vegetables, create a recipe and offer tastings.

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

**Dec. 7 – Annual Holiday Party Featuring Entertainment by James Barba**, 10:30 a.m. Get into the holiday spirit and celebrate with good friends. A delicious lunch will be provided, along with live entertainment by singer James Barba. Wear your dancing shoes! **\*\*Reserve a spot by Dec. 4.\*\***

**Dec. 9 – “Hearing Loss & Related Devices” by the New Jersey Division of the Deaf & Hard of Hearing**, 10:30 a.m. A representative from the New Jersey Division of the Deaf & Hard of Hearing will explain the different levels of hearing loss and devices that can help if you are hearing impaired.

**Dec. 11 –  “A Day for the Birds” by Dakota Hettel**, Morris Museum, 10:30 a.m. Learn about New Jersey’s native birds; their migration patterns, habits, diets, lifespan and the environmental impact, that pollution and urban sprawl can have on their survival. **\*\*This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission.\*\***

**Dec. 12 – Holiday Greeting Card Workshop with Jerry**, 10:30 a.m. Jerry will instruct us on how to make our own unique holiday greeting card for friends and loved ones. **\*\*All supplies are included. Please reserve by Dec. 7.\*\***

**Dec. 13 – In-Service Day – Center is closed.**

**Dec. 17 – Holiday Bingo & Visit from Santa**, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits; it promotes socialization, strengthens hand-eye coordination, improves listening skills and short-term. Be on the lookout for a brief visit from Santa!

**Dec. 18 – “All About Maple Sugaring” by the Somerset County Park Commission**, 10:30 a.m. Maple sugaring is a tradition in the Northeast that began centuries ago with the Native Americans and Colonists. A Naturalist will show how trees are tapped and will describe sap-collecting methods past and present.

**Dec. 19 – Stay Healthy During the Holidays” by Allie Sanderson**, registered dietitian, ShopRite/Wakefern, 10:30 a.m. Allie will present the various healthy options that can keep your diet on track during the holidays.

**Dec. 21 – Holiday Music Performance by Sal DiBianca**, 10:30 a.m. Held at the Somerset Hills Visiting Nurse Association/Adult Day Center, we will walk next door to enjoy a live singing performance of your favorite holiday songs.

**Dec. 24 & 25 – Center is closed.**

**Dec. 26 – Total Brain Workout with Kristen**, 10:30 a.m. Trivia, puzzles and mind games are scheduled for this session.

**Dec. 28 – New Jersey Young Artists Association Exhibit**, 10:30 a.m. Join us for an art exhibit and short hands on project by these talented young artists. **\*\*Reserve by Dec. 26.\*\***

**Dec. 31 – New Year’s Eve Celebration Featuring Entertainment by Michael Andrew**, 10:30 a.m. Celebrate New Year’s Eve in style with this talented singer and festive lunch.

## **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 increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day physical activities. If desired, this program can be done using a chair for support.

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

**Mah-jongg Lessons** – Tuesday, 9:30 a.m. Have you always wanted to learn how to play mah-jongg, or do you know how to play the game but just need fellow players? Join Sylvia and fellow center members to learn and enjoy this interesting game. Experienced players can join us on Thursday's from 12:30 – 3 p.m.

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

**Hatha Yoga** – Hatha Yoga teaches body postures, controlled breathing, and meditation. There are many different benefits of Hatha Yoga, such as stretching and aligning the body, improved balance and flexibility, a more 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 schedule.\***

- o Wednesday Morning 9:30 a.m. & 10:45 a.m.

- o Friday Morning 9:30 a.m.

**Scrabble Club** – Wednesday, 1 p.m. Enjoy a friendly game of scrabble. If there is interest, we may plan 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 at-risk or who 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, and there are no available openings. Call Caitlin Witucki at (908) 704-6339 for more information or to hear of other opportunities.\*\***

**Book Club** – Fourth Thursday of the Month, 10 a.m. New members are welcome. Join us to discuss the current fiction novel: "The Good House" by Ann Leary.

**Tai chi for Health (Beginner)** – In this preparatory course, participants will learn the basic form of this art new vocabulary and postures that will prepare them for more advanced tai chi classes. Participants should experience improvements in their strength, balance, and flexibility.

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

- o 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. A 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!

**Tai chi for Health (Intermediate)** – Thursday, 1 p.m. This intermediate course will build upon the basic form learned in the beginner's class, and will improve specific strengths, such as: the ability to shift weight from one side of the body to the other without stumbling or falling; increase ability to align the body; better able to move slowly and in a circular motion without hesitation or confusion; and improve specific movements to 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 it's 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 plus, beginners or others needing modifications in 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 appointment.\*\***

**Carrom** – Available Monday – Friday. Learn Strike and Pocket; a table game that is of Eastern origin and is similar to billiards and table shuffleboard.

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

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

**Ping Pong** – Available Monday – Friday, call for availability.

**Pool Tables** – Available Monday – Friday, there are two pool tables. 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.



**Dec. 3** – **“Introduction to Indian Dance” by Arts Horizons**, 10:45 a.m. After a 15 minute introduction and 10 minute gentle warm-up, the instructor will teach the older classic Bollywood/Indian songs and some newer fun and energetic songs too. **\*\*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.\*\***

**Dec. 4 & 18 – 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. We welcome your presence and participation.

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

**Dec. 4, 18 & 26 – Bingo**. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits; it promotes socialization, strengthens hand-eye coordination, and improves listening skills and short-term.

**Dec. 5 – Snowflake Party by Christa Wood**, naturalist, Somerset County Park Commission, 10:45 a.m. Christa will show us how to create a one-of-a-kind 3-dimensional snowflake.

**Dec. 6** -  **“Native American Cultures” by Dakota Hettel**, Morris Museum, 10:45 a.m. This program will provide an overview of American Indian life before Europeans settled 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.\*\***

**Dec. 7 – New Jersey Intergenerational Orchestra Performance and Program**, 10:45 a.m. The New Jersey Intergenerational Orchestra (NJIO) has been educating, entertaining, inspiring and sharing the joy of music with members and audiences for over 20 years.

**Dec. 10 – “Music for Wellness” by John Fitzpatrick**, musician, 10:45 a.m. Please join us for a participatory music-making program of live music. Participants will be challenged mentally and physically by memorizing lyrics and dancing, practice decision-making by choosing songs to sing, use safe risk-taking skills by singing for the group, and showing self-expression.

**Dec. 11 – Dance Performance by the Hillsborough Rockers and Rockettes**, 10:45 a.m. The Rockers and Rockettes are a dance group that performs at various locations throughout the year. They will provide a themed show for participants enjoyment.

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

**Dec. 12 – Holiday Choir Concert with Ken Tekel**, 10:45 a.m. Join us for a revitalizing hour of music as Ken plays the guitar while everyone sings along for our Holiday concert. At this event, everyone becomes a member of the band as they make music together.

**Dec. 13 – In-Service Day – Center is closed.**

**Dec. 14 – Musical Performance by the Bridgewater Senior Wellness Center volunteers**, 10:45 a.m. Join us for a special performance as volunteers from the Senior Wellness Center at Bridgewater entertain us with classic rock songs from the 1960s and 1970s.

**Dec. 17 – Annual Holiday Party with Entertainment by Gary Morton, DJ**, 10:45 a.m. Get into the holiday spirit. Celebrate with good friends and live entertainment by Gary Morton. He will play and sing popular holiday songs as he joins the audience for dancing and sing-a-longs. His goal is to make sure that everyone has a good time.

**Dec. 19 – “Eating Healthy for the Holidays and Your Life” by Daryl Minch, M.Ed., CFCS**, family & community health sciences educator, Rutgers Cooperative Extension. Holidays can be a challenge especially when it comes to practicing smart eating for optimal health. Learn how to implement strategic tips for appetite control, and portion sizes, and find satisfying substitutions so that you can enjoy the holiday.

**Dec. 20 – Performance by the Somerville High School Choir.** Get into the holiday spirit with the Somerville High School Choir who will entertain us with uplifting music.

**Dec. 21 – “Healthy Outlooks” by Jerri Collevecchio, CPS, CTTS**, prevention resources. Jerri will discuss alternative ways to manage pain, and how to dispose of unused and expired medication.

**Dec. 24 & 25 – Center is closed.**

**Dec. 27 – Musical Performance by Don Anthony**, 10:45 a.m. Don Anthony will join us to perform for the first time at the Senior Wellness Center at Bridgewater. He has entertained for over 50 years in the tristate area. His entertainment will be sure to get everyone up and dancing with his dance music.

**Dec. 28 – Dance Performance by the Elite Dancers**, 10:45 a.m. Students from the ages of 15 through 17 will be onsite to perform a variety of different dance routines.

**Dec. 31 – Craft: Snowman Painting with Lisa.** Learn how to make a one-of-a-kind beautiful snowman creation to take home. **\*\*Preregistration is required. Please call (908) 203-6101 for more information.\*\***

## **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 at-risk or who have osteoporosis. Exercises focus on balance, strength, flexibility, and posture. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. **\*\*For new participants, the price is \$45; this includes ankle weights, a participant manual and a class fee. If ankle weights are not needed, the price is \$15.\*\***

**Tai chi chih with Janet O.** – Wednesday, 9:15 a.m. Tai chi chih the art of practicing a series of 19 gentle, fluid movements and one pose that will 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, while either standing or sitting. **\*\*Next session will start in January 2019. Call (908) 369-8700 for more information.\*\***

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

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

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

**Dec. 3, 10 & 17 – 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 area scrabble clubs.

**Dec. 3 – “Gotcha! Snapshots that Made History” by Jim DelGuidice**, photographer, 10:30 a.m. Jim has used his eyes and voice to document the New Jersey scene for more than half of his 56 years. His architectural photography included in books published by Rutgers University Press, twice won him the state’s Historic Preservation Award, and his plays have been produced by venues such as the Bickford Theatre and Kean University. His first visit with us will feature the candid photographs of great events that became famous. As an educator, photographer and lecturer, Jim DelGuidice is not to be missed!

**Dec. 3, 10 & 17 – Canasta Card Club**, 12:30 – 2:45 p.m. Although many variations of the game exist, when playing for two, three, five or six players, it’s most commonly played by four players in two partnerships.

**Dec. 4, 11 & 18 – 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. **Dec. 4** – December History Trivia Time; **Dec., 11** – December Holidays Trivia Time; **Dec. 18** – Winter Trivia Time.

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

**\*\*Please call (908) 369-8700 to schedule an appointment.\*\***

**Dec. 5 – Annual Holiday Party and Volunteer Recognition Celebration**, 10:45 a.m. Entertainer Randi Accardi will have us dancing the morning away to holiday favorites and upbeat party tunes. We will also take the time to celebrate our amazing volunteers. A special lunch will complete the day.

**Dec. 5, 7, 12, 14, 19, 21, 26 & 28 – Mah-jongg Club**, 12:30 p.m. Have you always wanted to learn how to play mah-jongg, or are you familiar with the game but need fellow players? Join us! Lessons and refreshers are available at the center. **\*\*Call (908) 369-8700 for more information.\*\***

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

**Dec. 7 – Pearl Harbor Remembrance Day**, 10:30 a.m. On the anniversary of Pearl Harbor, we will remember the day and hear from veterans who attend the center.

**Dec. 10 – Craft and Service Project: Creating Winter Ornaments with Janet and Tammy**, 10:45 a.m. Join us as we create decorative ornaments using cedar wood slices. We will apply winter themed stencils to the wood slices and hang them using twine. The ornaments will be sent to our Meals on Wheels clients and to a local nursing home. Participants will be able to make one to keep!

**Dec. 12** –  **“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 that people travel from around the world to visit. Learn how the museum acquired automata and its history. **\*\*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.\*\***

**Dec. 13 – In-Service Day – Center is closed.**

**Dec. 14 – “Healthier Holiday Favorites” by Samantha Nunzio**, registered dietitian, ShopRite/Wakefern. Just in time for the holidays, Sam will visit us to discuss some healthier dietary options. She will bring a healthy dessert for the group to sample and provide the recipe too. As always, questions and discussion are welcome and encouraged.

**Dec. 17 & 26 – Bingo Bonanza**, 10:45 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits; it promotes socialization, strengthens hand-eye coordination, helps improve listening skills and short-term.

**(more)**

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

**Dec. 19 – Holiday Singalong and History: Guitar with Gloria**, 10:30 a.m. Gloria, a new entertainer is sure to get everyone at the center into the holiday spirit. She will join us with a holiday singalong and song history, and will sing classic and modern favorites to get everyone into the holiday spirit.

**Dec. 21 – “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 journey.

**Dec. 24 & 25 – Center is closed.**

**Dec. 28 – December Jeopardy**, 10:45 a.m. Our December Jeopardy game will feature educational and entertaining topics that will have us thinking on our toes.

**Dec. 31 – Happy New Year’s at Noon Celebration with Entertainment by Chris Raymond**, 10:30 a.m. Today we will visit the Quail Brook Senior Center and celebrate New Year’s Eve. Let’s embrace the promise of another new and spectacular year for living, laughing and loving. This is an opportunity to meet and greet friends at the center. As an entertainer and singer, Chris will make his guitar speak to us in the language of music as he reprises music icons such as George Strait and Elvis Presley.

## **MONTGOMERY SENIOR CENTER**

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

**Open Monday – Friday, 9 a.m. – 4 p.m.**

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

**Silver Strength with Linda** – Monday, 10:15 a.m. This class offers 45 minutes of exercise for older adults, 20 minutes of cardio (or movement), then 20 minutes of toning (with or without weights), lastly a five minute relaxing stretch. This exercise is great for all levels and abilities. Sneakers are required.

**\*\*Please check 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 do **FREE** individual blood pressure screenings. No appointment is necessary.

**Beginner Ukulele Lessons with Chris** – Tuesday, 10:30 a.m. Learn the foundation of playing the ukulele and get started on the right note. In this beginner's class, participants will learn how to hold, tune, strum, play simple chords, and buy a ukulele. This class provides easy- to-follow lessons for beginners and other levels too. **\*\*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 ukulele playing, you are ready for intermediate lessons. The intermediate class aims to get you playing like a pro! Participants will learn chords and melodies that are more difficult, as well as improvisation, and how to play multi-part arrangements in a band using a wide-range of musical genres. **\*\*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 either standing or sitting. Participants will learn techniques to help gain flexibility, increase bone density, strength and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Gain an overall sense of well-being in this class that 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 program is a recreational exercise program designed to address pain reduction, fatigue and stiffness while increasing flexibility, strength, balance and endurance in a safe and positive environment. **\*\*Please check the monthly calendar for schedule updates.\*\***

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

**Tai chi with Herb** – Wednesday, 11 a.m. Tai chi is a practice based on the shifting of 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 participants reduce their risk of falls, especially for those with balance problems. This program can be done while either standing or sitting. **\*\*Please check monthly calendar for schedule updates.\*\***

**Healthy Bones Exercise Class** – Wednesday, 10:15 a.m. This is a peer-led, 24-week exercise and education program for at-risk individuals or for those who 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.\*\***

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

**Mah-jongg Lessons** – Thursday, 10 a.m. – 12 p.m. Have you always wanted to learn how to play mah-jongg, or do you know how to play the game but need fellow players? Join us on Thursday for mah-jongg 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 monthly the calendar for schedule updates.\*\***

**Pool Table** – Available Monday – Friday

**Computer Lab** – Available Monday – Friday

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

**Dec. 3** –  **"Mammals" by Dakota Hettel**, Morris Museum. Explore the natural world up-close! Examine mounted specimens from the Morris Museum's collection of local wildlife, and learn about their habits and habitats. Find out about opossums – not the ugly and boring creatures that you thought – opossums have some incredible skills and adaptations. Learn how urban sprawl has both positively and negatively affected gray squirrels, raccoons, bats, red tail deer and black bears. **\*\*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.\*\***

**Dec. 5 & 19** – **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. The class focuses on improving posture and balance. Exercises can be done while either standing or sitting.

**Dec. 6** – **Annual Holiday Party with Entertainment by DJ Gary Morton**, 10:45 a.m. Get ready to celebrate the holiday spirit with good friends and live entertainment by Gary Morton. Gary will play and sing the holiday songs you want to hear. Gary joins the audience with dancing and sing-a-longs. His goal is to engage everyone so that all participants have a good time.

**Dec. 7, 14, 21 & 28** – **Mah-jongg Lessons**, 10 a.m. Have you always wanted to learn how to play mah-jongg, or are you familiar with the game but in need of fellow players? Friday mornings are mah-jongg mornings. Lessons and refreshers are available. **\*\*Please call (609) 466-0846 for more information.\*\***

**Dec. 7** – **State Health Insurance Program (SHIP)**. A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. **\*\*Please call (609) 466-0846 to schedule an appointment.\*\***

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

**Dec. 7 – “Christmas Jams” by Kim Osterhoutdt**, 10:30 a.m. In this session, participants will create a new, all natural Christmas jam using gluten-free and natural ingredients. This is a hands-on culinary session that you don't want to miss!

**Dec. 10 – Holiday Card Rubber Stamping Workshop**, 10 a.m. Create your own unique greeting cards for friend and loved ones. **\*\*All supplies are included.\*\***

**Dec. 13 – In-Service Day – Center is closed.**

**Dec. 14 & 21 – Ageless Grace Fitness Program with Roz Gerken**, certified ageless grace educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory, recall, analytical thinking, creativity, and kinesthetic thinking). The program is intended for people of all abilities and can be performed while either standing or sitting. Participants are encouraged to wear comfortable clothing and sneakers.

**Dec. 17 – Montgomery Senior Center Volunteer Recognition Celebration**, 10:30 a.m. As a special treat, the Montgomery Senior Center staff and center members will pay tribute to our wonderfully talented and dedicated cadre of volunteers who are so instrumental in the success of the Montgomery Senior Center!

**Dec. 21 – “Essence of Autumn” by Brien Szabo**, professional photographer. **For a unique experience, in this class participants will** look at life from a different perspective. Learn five techniques to create optimal scene compositions using a camera or cell phone. Learn how to photograph the special essence of autumn and capture the brilliant colors of the changing foliage.

**Dec. 24 & 25 – Center is closed.**

**Dec. 28 – Performance by Randi Accardi**, 10:45 a.m. Randi is an accomplished performer, director, and choreographer who has worked in musical theatre nationwide for over the past 25 years. He sparks memories by combining music from the 1920s to the present with trivia and dance.

**Dec. 31 – New Year's Eve Celebration at Noon**, 10:30 a.m. Join us to ring-in the New Year at the Montgomery Senior Center.

## **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 a schedule.\*\***

**Healthy Bones Exercise Class with Joan Ackerman** – Monday, 9:15 a.m. This peer-led, 24-week exercise and education program for at-risk individuals or for those who 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 discussing breaking news around the world or current events in a stimulating question and answer session. Fellow center members will take turns researching and sharing hot topics of the day.

**(more)**

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

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

**Continuing Art Institute with Karen Haake** – Tuesday, 1 – 3 p.m. A study about painting in warm acrylic colors! **Modules 1 & 2** – A Journey into Still Life, Antiques, and Textures. **Module 3** – Patterns through Dimensional Perspective **\*\*\$10.00 fee per class includes supplies.\*\***

**Bridge, Card Club & Card Sharks with Hatim, Andy & Jaye** – Thursday & Friday, 10:30 a.m. This classic game of strategy is an ideal opportunity for participants of all levels of ability to meet new friends and have intellectual and social stimulation on a regular basis. Bridge stimulates your brain, areas of memory, visualization, and sequencing. In addition to Bridge, join the group for other card playing competition such as Texas Hold 'em', Poker, Po-Ke-No, etc. for group play and/or tournament participation.

**Crochet & Knitting Esther Folwkes** – Thursday, 10:30 or 11 a.m. Learn the differences between crocheting and knitting, using fabric and yarn, a single hook or two needles. Which method do you think is easier? For beginners, experts and those who would like to brush up on their skills!

**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 both mentally and physically healthy. This dancing is suitable for participants with limited mobility and is known to improve cardiovascular systems, muscular strength, coordination and balance as participants work through the different movements.

**A Variety of Board & Card Games (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) –** Available Monday – Friday. If you have a favorite game not listed and you would like to play, and/or if you are interested in starting a club that features the game of your choice, please inform the staff.

**Indoor Shuffleboard** – Monday – Friday.

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

**Dec. 3 & 17 – “Music for Wellness” by John Fitzpatrick**, musician, 10:30 a.m. This is a four-part event filled with music and singing and is intended to exhilarate the spirit for a powerful and whole-body health experience.

**Dec. 4 – “Diwali: The ‘Victory of Light over Darkness’ Festival” with Rajul Shah**, 10:30 a.m. Diwali is one of the most popular festivals of Hinduism at the Quail Brook Senior Center will provide insight into the history, traditions, symbolisms, and rituals culminating in a special taste of culture.

**Dec. 5, 12 & 19 – 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, analytical thinking, creativity 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.

**Dec. 5 – “My Journey, Your Immunizations” by Dr. Shah**, retired pediatrician, 11:15 a.m. Dr. Shah will share her medical journey and self-fulfilling drive to heal and help others. Dr. Shah will talk about how immunizations have a global impact on health.

**Dec. 6 – State Health Insurance Program (SHIP)**, 10 a.m. – 12 p.m. 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 (732) 563-4213 to schedule an appointment.\*\***

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## QUAIL BROOK SENIOR CENTER – CONT'D

**Dec. 6** –  **“George Washington Remembers New Jersey” by David Emerson**, History on the Hoof, 10:30 a.m. Follow George Washington (portrayed by David Emerson) as he marches from Trenton to Princeton, Morristown to Monmouth, Middlebrook and more. Learn about his brightest and darkest moments during the battles and encampments in the “Cockpit of the Revolution.” **\*\*This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission.\*\***

**Dec. 6, 13 & 20** – **Circuit Training with Lisa Leonard**, 9:15 a.m. Have fun while performing exercises that tone your muscles. In this class, you will increase your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. Working on improving your balance, core, agility and muscle strength will help you perform everyday activities. This is the last session of 2018, so make the most of it! Sneakers are required. **\*\*Next session will start in January 2019. Call (732) 563-4213 for more information.\*\***

**Dec. 6, 13, 20 & 27** – **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 through the practice of yoga and meditation while reducing stress in your life. Please bring a mat and wear comfortable clothing that allows for movement.

**Dec. 7** – **Annual Holiday Party**, 10:30 a.m. Santa and music by DJ Gio will fill the center with international nostalgia. Baby its cold out there, but dancing is sure to provide a warm and cozy Christmas celebration! The Quail Brook Senior Center members are collecting new and useful clothing and toiletries for our veterans who call the Lyons VA home. So let's all be Santa for the moment and bring in items for the men and women who proudly served our country (soap, shirts, combs, toothpaste, shampoo, hats, gloves and socks. Please spread the message that we are collecting gifts now through **December 17.**

**Dec. 10** – **“Eating Healthy for the Holidays and Your Life” by Daryl Minch, M.Ed., CFCS**, family & community health sciences educator, Rutgers Cooperative Extension. Holidays can be stressful especially if you are trying to maintain smart eating for optimal health. Learn to how to implement strategic tips to find healthy substitutions and control portions so that you can enjoy the holidays.

**Dec. 11** –  **“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, as well a way to preserve fascinating and distinct cultures. See the unique quality of these dances and learn how each step can symbolize a deep purpose and significance 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.\*\***

**Dec. 12** – **Dashing Through the Snow: A Holiday Concert Directed by Jackie Wiegert and the Canal Walk Choral Group**, 11:15 a.m. Listen to the beautiful voices of the Canal Walk Choral Group as they take us through our favorite holiday songs that warm are hearts.

**Dec. 13** – **In-Service Day – Center is closed.**

**Dec. 14** –  **“Marvelous Musical Machines” by Dakota Hettel**, Morris Museum, 10:30 a.m. This program highlights 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. Learn how the museum came to acquire automata and its history. **\*\*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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## **QUAIL BROOK SENIOR CENTER – CONT'D**

**Dec. 17 – Quail Brook Senior Center Volunteer Recognition Celebration, 10:30 a.m.** As a special treat, the Quail Brook Senior Center staff and center members will pay tribute to our wonderfully talented and dedicated cadre of volunteers who are so instrumental in the success of the Quail Brook Senior Center!

**Dec. 20 – Zumba Gold with Laurie Fetcher, 10:30 a.m.** Zumba Gold takes uses Latin music as exercise and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with fun, energetic and rhythmic moves.

**Dec. 20, 18 & 27 – A Matter of Balance with Caitlin Witucki, MS, health promotion specialist, Somerset County Office on Aging & Disability Services and Olga Brahın.** The class is designed to help participants who have a fear of falling by teaching exercises and providing them with resources that will help 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 Dec. 18 and Dec. 27.\*\***

**Dec. 24 & 25 – Center is closed.**

**Dec. 26 – Table Tennis Instructions with Christopher Lehman, USATT certified regional level coach, ITTF international coach & referee, 10:30 a.m.** The Olympic sport will be played as a fun game using Quail Brook's new ping-pong table where everyone participates! Be part of the team rallying around rotating players and try your hand at improving hand-eye coordination, physical mobility, and team spirit.

**Dec. 28 – “Fabulous Mocktail Party” with Aliz Holzman, registered dietitian, ShopRite/Wakefern, 10:30 a.m.** Using the tastes of the season, we will be concocting delicious beverages that are non-alcoholic and sure to invoke images of celebrations and fun.

**Dec. 31 – Happy New Year's at Noon Celebration with Entertainment by Chris Raymond, 10:30 a.m.** Let's embrace the promise of another new and spectacular year for living, laughing and loving the opportunity to meet and greet friends at the Quail Brook Senior Center. As an entertainer and singer, Chris will make his guitar speak to through the language of music as he reprises music icons such as George Strait and Elvis Presley. Our special guests, the Hillsborough Senior Center members, will help this party rock!

## **WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)**

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

**Open Monday – Friday, 9 a.m. – 4 p.m.**

**Individual Computer Instruction** – Are you intimidated by computers? Do you know how to email and/or play solitaire on the computer? Do you know how to do a web search? By the end of an 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 water coloring. **\*\*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 at-risk individuals or for those who 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. Call Caitlin Witucki at (908) 704-6339 for more information. No class will be held on Dec. 26 and 28.\*\***

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

**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.

**Dec. 3 – Performance by Randi Accardi**, 10:30 a.m. This interactive song and dance program combines music, trivia, and dance. This program features holiday music and music from the 40s, 50s, and 60s.

**Dec. 3, 10, 17 & 31 – Zumba Gold with Angie**. Zumba Gold makes the Latin-dance inspired workout of Zumba accessible to people age 60 and above and is for beginners or others needing modifications in their exercise routine. This class builds cardiovascular health using dance moves to build cardiovascular strength and working the muscles of the hips, legs, and arms.

- Monday Morning: 10:45 – 11:30 a.m. **\*\*Next session will start in January 2019. Call (908) 753-9440 for more information.\*\***
- Monday Afternoon: 10:45 – 11:30 a.m. **\*\*Next session will start in January 2019. Call (908) 753-9440 for more information.\*\***

**Dec. 4 – “Tinsel Glass Painting” with Barbara Gerson, Art 4 All**, 10:30 a.m. The technique of tinsel glass painting (painting décor on gilded or enameled glass) was popular during the Victorian period and used for ancient Oriental and Egyptian art. Participants will be using framed glass and can choose from a variety of seven different paint colors. **\*\*Advanced registration is required by November 28.\*\***

**Dec. 4, 11 & 18 – Chair Yoga with Jillian**, 12:45 p.m. Open to all levels of practice and abilities, this class incorporates Hatha yoga poses that can be done while either seated in a chair or standing. Poses may help improve bone density, strength, and balance. Participants will learn techniques to help gain flexibility and improve strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and for gaining an overall sense well-being. **\*\*Next session will start in January 2019. Call (908) 753-9440 for more information.\*\***

**Dec. 4, 11 & 18 – 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).

**Dec. 5 – Holiday Music and Dance Party**, 10:30 a.m. Come and celebrate the holidays at Warrenbrook. **\*\*Advanced reservations are required by Friday, Nov. 30.\*\***

- **Performance by Clifford Seay**, Seay Entertainment, 10:30 a.m. Join Clifford during the most wonderful time of year and be dazzled and delighted with a performance of holiday and vintage music. This interactive program encourages audience participation.
- **Special Holiday Luncheon**, 11:30 a.m. Enjoy a special holiday luncheon, with your choice of roast beef or eggplant rollatini.
- **Dance Music with Art and Fe**, 12:45 p.m. Join the center for a holiday extravaganza when Art and Fe will keep you dancing.

**Dec. 6, 20 & 27 – 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, improving listening skills and short-term memory.

**Dec. 6, 20 & 27 – Line Dancing with Linda**, 1 – 3 p.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 and is suitable for participants with limited mobility. Line dancing is known to improve cardiovascular and muscular strength, coordination and balance.

**Dec. 7 – Family Team Feud with Gwen**, 10:30 a.m. Enjoy playing a team version of the popular television game show where answers to survey questions are based on popular responses.

**(more)**

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

**Dec. 10** –  **“Marvelous Musical Machines”** by Dakota Hettel, Morris Museum, 10:30 a.m. This program highlights 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. Learn how the museum acquired automata and its history. **\*\*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.\*\***

**Dec. 11** – **Boggle and Word within a Larger Word**, 10:30 a.m. This challenging game is played using a grid of letters when participants search for words within larger words. Join us as we try to find as many words as possible.

**Dec. 11 & 18** – **Mah-jongg for Experienced Players**, 1 – 4 p.m. If you are an experienced mah-jongg player and would like to play this game of skill, strategy and calculation, then join us on Tuesday afternoons.

**Dec. 11** – **Warrenbrook Book Club, Second Tuesday of the Month**, 1:30 p.m. Featured book to be discussed: “The Cat’s Table” by Michael Ondaatje. New members are welcome!

**Dec. 12** – **FREE Blood Pressure Screenings with Jill Hockenbury**, RN, Community Visiting Nurse Association, 10 a.m. No appointment is necessary.

**Dec. 12, 19 & 26** – **Tone and Flexibility Exercise Class with Sabina**, 10:45 a.m. Enjoy an energizing class suitable for beginners and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls, and dance moves. Exercises can be done standing while either standing up or sitting down.

**Dec. 12, 19 & 26** – **Zumba Gold with Angie**. Zumba Gold makes the Latin-dance inspired workout of Zumba accessible to people age 60 and above, beginners and others needing modifications in their exercise routine. Zumba Gold uses dance moves to build cardiovascular strength, and the muscles of the hips, legs, and arms.

- Wednesday Morning: 11:30 a.m. **\*\*Next session will start in January 2019. Call (908) 753-9440 for more information.\*\***

**Dec. 12, 19 & 26** – **Ballroom Dancing with Art & Fe**, 1 – 3 p.m. Join Art and Fe as they play a variety of ballroom dance music. Meet new people and make some friends while exercising! Dancing is a great way for participants of all ages to get fit and stay in shape. Besides being fun, dancing has many health benefits such as improving flexibility, strength, endurance and emotional well-being.

**Dec. 13** – **In-Service Day – Center is closed.**

**Dec. 14** – **Pictionary with Gwen**, 10:30 a.m. Pictionary is a charades-inspired word game where you sketch clues instead of acting them out. You don’t have to be an artist to play; you just need a quick imagination and sense of humor.

**Dec. 17** – **Mind Your Mind Brain Workout**, 10:30 a.m. Try several mind-stimulating exercise workouts with our group. Similar to physical exercises that tone muscles in the body – playing word games and puzzles can stimulate your brain.

**Dec. 18** – **“Healthy Holiday Cooking”** by Michelle Sweeney, registered dietitian, ShopRite/Wakefern, 10:30 a.m. Participants will learn how to cook healthier for the holidays! Michelle will be discussing healthier swaps for appetizers, main dishes, and even baking! She will demo a healthy holiday dish that will be perfect for your upcoming holiday parties and will wow your guests.

**Dec. 21** – **Game Day with Gwen**, 10:30 a.m. Join us as we have fun playing Concentration and Food J-I-N-G-O. Match a pairs of words in Concentration. J-I-N-G-O is as fun as Bingo, but pictures replace numbers on the player cards and winning is easy. **Dec. 24 & 25** – **Center is closed.**

**Dec. 28** – **Cards and Dice Games with Gwen**, 10:30 a.m. Join us to play card and dice games!

(more)

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

**Dec. 28 – State Health Insurance Program (SHIP).** A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems or questions about their health benefits. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services.

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

**Dec. 31 – Word within a Larger Word,** 10:30 a.m. Using holiday sayings and New Year's resolutions, in this fun word game participants try to find as many words as possible.

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](#).

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