



## 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

December 21, 2018  
FOR IMMEDIATE RELEASE

### Somerset County Senior Centers Announce January Activities

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

**All centers will be closed on New Year's Day (Jan. 1), and Martin Luther King Day (Jan. 21).**

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. to 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 learn something new while meeting wonderful friends and practicing a hobby you love.

**Dancercise** – Monday, 10:30 a.m. Here's an innovative and fun way to exercise! This low-impact aerobics class is great for the heart! Dance to popular music that will keep you moving. Start with a warm up to help you avoid injury – then dance to the beat of the music and finish with a cool-down. Sneakers are required. **\*\*Cost is \$40 for the eight-week program; the next session begins Monday, Jan. 7. Register by Jan. 2. Call (908) 204-3435 for more information.\*\***

**Yoga with Denise** – This class is open to all skill levels, and can be practiced while either standing or sitting. Performing hatha yoga poses helps increase bone density, and improves strength, balance and flexibility while participants are 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 of well-being. **\*\*Cost is \$40 for the eight-week program. Register by Jan. 2. Call (908) 204-3435 for more information.\*\***

- Tuesday afternoon at 1 p.m. The next session begins **Tuesday, Jan. 8.**
- Friday afternoon at 1 p.m. The next session begins **Friday, Jan. 11.**

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

**Bridge Club** – Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain to keep it alert and helps your memory stay active. New members and beginners are welcome (lessons are available). **\*\*Call (908) 204-3435 for more information.\*\***

- Tuesday morning – 9:30 a.m. – 12 p.m.
- Wednesday & Thursday afternoons – 12:30 – 3 p.m.

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

**Tai Chi for Health (Beginners)** – Wednesday, 1 p.m. This class teaches the core of tai chi, and is designed to help participants improve their strength, balance and flexibility. Participants will learn new vocabulary and different ways of moving that will take time to learn. The basic form of this art will help enable participants to experience considerable improvement in their physical ability. Participants will learn postures that will help them master more advanced forms of tai chi. **\*\*Suggested donation of \$16 for the eight-week program; the next session begins Jan. 9. Register by Jan. 2. Call (908) 204-3435 for more information.\*\***

**Billiards Club** – Thursday, 10:30 a.m. Otherwise times 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 is an ongoing exercise program for all levels of skill and ability and can be done while either standing or sitting. Strengthen key core muscles, improve flexibility and balance while boosting stamina. Participants must register to attend. **\*\*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 Jan. 17, join us for a discussion of the current mystery novel, “To Kill a Mockingbird” by Harper Lee then select the next book to read. New members are always welcome!

**Zumba Gold** – Zumba Gold takes the popular Latin dance-inspired workout of Zumba and makes it accessible for people age 60 and above, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health using dance moves that challenge the heart by working the muscles of the hips, legs, and arms. Sneakers are required. **\*\*Cost is \$40 for the eight-week program. Register by Jan. 7. Call (908) 204-3435 for more information.\*\***

- Wednesday 9:30 a.m. The next session begins **Wednesday, Jan. 16.**
- Friday 9:30 a.m. The next session begins **Friday, Jan. 18.**

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

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

**Jan. 1 – Center is closed.**

**Jan. 2 & 25 – Bingo**, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving listening and short-term memory skills.

**Jan. 4 – Bobby Emmons Show: Top Hits of the 50s, 60s & 70s**, 10:30 a.m. Sing along with Bobby Emmons to various favorites from three decades.

**Jan. 7 – “Kick Start the Year with Good Nutrition” by Laura Vetter**, registered dietitian, Saint Peter’s University Hospital, 10:30 a.m. Laura will present healthy eating ideas and suggestions for a fresh start to the New Year.

**Jan. 8 – “Challenges to Success” by Helen Vasko**, 10:30 a.m. Helen leads this discussion on people who have achieved great success in various fields despite all of their struggles and challenges along the way.

**Jan. 8 – FREE Blood Pressure Screenings by the Somerset Hills Visiting Nurse Association**, 11 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.

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

**Jan. 9 & 30 – Country Western Dancing with Vince & Diana**, 10:30 a.m. Learn line and partner dances to popular and classic country music. Vince and Diana will adjust the teaching to the participants' level; whether it's a mix of beginners, experienced, partners, or singles. Everyone is welcome!

**Jan. 9 – Valentine Greeting Card Workshop with Jerry**, 10:30 a.m. Jerry will instruct participants on how to make a unique greeting card for friends and loved ones. **\*\*All supplies are included; register by Jan. 7.\*\***

**Jan. 11 – “Armchair Travelers Presents Morocco” by Dorothy & Irwin Vogel**, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired. Together they have visited 89 countries! In each country, they have collected artifacts, and have taken extensive photographs recorded all of this on a DVD complete with music and narration of their experiences. This class will feature their visit to Morocco.

**Jan. 14 – Create a Birthday Card Workshop with Sue**, 10:30 a.m. Sue will instruct participants on how to make a unique birthday card for friends and loved ones. **\*\*All supplies are included; register by Jan. 11.\*\***

**Jan. 15 – Winter Mandal Art Workshop**, 10:30 a.m. What's a mandala? Mandalas are created with intricate geometric patterns that are thought to represent the universe. As an art form, they are exquisitely beautiful, especially when color is added. No art experience is necessary.

**Jan. 16 – “Human Space Travel Program” by Paul Cirillo**, 10:30 a.m. Learn about the future of human space programs planned by the United States, China, and Russia; as well as, four United States commercial companies – Space X, Boeing, Blue Origin, and Virgin Galactic. Participants will also learn about space tourism, space stations, moon bases and Mars!

**Jan. 18 – Total Brain Workout with Kristen**, 10:30 a.m. Trivia, puzzles and mind-games are scheduled for this session.

**Jan. 21 – Center is closed.**

**Jan. 22 – “Johnny & June Cash Tribute Show” by Lori Woodward & James Hummel**, 10:30 a.m. Lori Woodward and James Hummel will have you singing along to your favorite Johnny Cash and June Carter songs.

**Jan. 23 – Winter Floral Arranging Workshop**, 10:30 a.m. Members of the Bernardsville Garden Club will conduct an informative and interactive floral arranging workshop. All participants will take home a lovely live flower basket. **\*\*All supplies are included. Register by Jan. 16.\*\***

**Jan. 28 – 3-D Paper Snowflake Workshop**, 10:30 a.m. Back by popular demand, this year we are offering two workshops to learn how to make these 3-D paper snowflakes. Make your own beautiful snowflake to take home. **\*\*All supplies are included. Register by Jan. 23.\*\***

**Jan. 29 – “Early Detection: Learn the Facts” by Nicolette Vasco**, Alzheimer's Association of New Jersey, 10:30 a.m. Nicolette will discuss important information regarding this disease including ten warning signs; how to become prepared if the warning signs occur; the risk factors of Alzheimer's and how a healthy lifestyle affects brain health.

**SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER**

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

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

**(NEW) Qigong Practices with Michael** – Monday, 10 a.m. Michael will teach the traditional practice of Qigong (a sitting meditation that focuses on getting acquainted with the mind, body and spirit). Beginners will learn breathing techniques coordinated with physical movements and then practice sets of exercises (similar to Tai Chi) until each movement or posture is perfected.

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

**Gentle Aerobics** – Monday & Thursday, 10:30 a.m. Exercise and move without putting undue pressure or strain on your body. Learn movements that will increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. These exercises may help to decrease falls and make it easier to accomplish day-to-day physical activities. This program can be done while either sitting or standing.

**Mah-jongg Lessons** – Tuesday, 9:30 a.m. Have you always wanted to learn how to play mah-jongg, or are you familiar with the game, but need other players? Join Sylvia and fellow center-members to learn and this interesting game. Experienced players can come to the center on Thursdays from 12:30 – 3 p.m. to play.

**Needlework Crafts Club** – Tuesday, 1 p.m. New members are welcome!

**Hatha Yoga** – Hatha Yoga incorporates body postures, controlled breathing, and meditation. Practicing Hatha Yoga has many benefits, including stretching and aligning the body, improved balance and flexibility, a more supple spine and better circulation. Please bring a personal mat; some mats are available on a first-come, first served basis. Space is limited. **\*\*Check the monthly calendar for a schedule.\*\***

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

**Scrabble Club** – Wednesday, 1 p.m. Enjoy a friendly game of scrabble. If there is sufficient interest, we may plan for center members to compete with other area scrabble clubs.

**Healthy Bones Exercise Class** – Wednesday, 10 a.m. This peer-led, 24-week exercise and education program is for individuals who either are at risk for osteoporosis or have it. 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 – 4<sup>th</sup> 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.

**(NEW) Exercise with Sabina** – Thursday, 10 a.m. Aerobic chair exercises provide many health benefits, such as improving heart health; reducing stress; lowering the risk of depression; reducing the risk of diabetes and osteoporosis; increasing body stamina; improving metabolism, flexibility and coordination.

**Tai Chi for Health (Beginners)** – This class teaches the basics of tai chi, and is designed to help participants improve their strength, balance and flexibility. Participants will learn new vocabulary and different ways of moving that will take time to learn. The basic form of this art will help enable participants to experience considerable improvement in their physical ability. Participants will learn postures to help them master the more advanced forms of tai chi. **\*\*A donation of \$16 is suggested for the eight-week program. Register by Jan. 2. Call (908) 203-6101 for more information.\*\***

- Thursday morning – 10:45 a.m. The next session begins **Thursday, Jan. 10.**
- Thursday afternoon – 2 p.m. The next session begins **Thursday, Jan. 10.**

**Tai Chi for Health (Intermediate)** – Thursday, 11 a.m. This peer-led tai chi course will be offered under the pavilion every Thursday. Students will follow an advanced instructor and must have prior experience. **\*\*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 class builds on the basic forms of tai chi that are learned in the beginner's class. Forms learned in this class will improve specific strengths, such as the ability to shift weight from one side of the body to the other; move one leg to the other without stumbling or falling; increase the ability to keep the body in alignment; enhance the ability to move slowly and in a circular motion without hesitation or confusion; and improve the practice of specific movements to help strengthen bones and develop muscles. **\*\*Cost is \$16 for the eight-week program; the next session begins Thursday, Jan. 10. Register by Jan. 2. Call (908) 203-6101 for more information.\*\***

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

**Social Dancing** – Friday, 11 a.m. This is a peer-led social dancing class. Social dancing is not only great exercise but is an opportunity to make friends in a positive and fun environment.

**Zumba Gold** – Friday, 1 p.m. Zumba Gold uses the popular Latin dance-inspired workout of Zumba and makes it accessible to people age 60 and above, and 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. Sneakers are required. **\*\*Cost is \$40 for the eight-week program; the next session begins Friday, Jan. 4. Register by Dec. 28. Call (908) 203-6101 for more information.\*\***

**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 is a table game of Eastern origin and similar to billiards and table shuffleboard.

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

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

**Pool Tables (two)** – Available Monday – Friday, call for availability.

**Table Shuffleboard/Air Hockey** – Available Monday – Friday.

**State Health Insurance Program (SHIP)** – Do you have questions about or problems with your health insurance? 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. **\*\*Call (908) 203-6101 to schedule an appointment.\*\***

**Jan. 1 – Center is closed.**

**Jan. 2 – “Be Aware of Cyber Scams” by Jay Reyes**, home care consultant, Home Instead Senior Care. Jay will discuss and make you aware of the five hottest senior cyber scams. The scams that will be discussed include tech support scams, tax scams, ransomware, false debt collectors and sweepstakes scams. Literature will be provided.

**Jan. 3 – A New Year A New You Celebration with Entertainment by Russ Martone**, 10:45 a.m. Let's bring the New Year in with style. Wear fancy attire. The center will provide the atmosphere and party hats. A musical performance by Russ Martone will start at 10:45 a.m. The entertainment is coordinated by Joni Lauyer, director of community relations, Hunterdon Care Center.

**Jan. 4 – “The Importance of Hydration” by Lori Morell**, director of health and wellness of Parker. Lori will discuss the importance of staying hydrated. Drinking fluids are crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles.

**Jan. 7 – The Challenge of Jeopardy with Jennifer Furman**, director of community relations, Avalon Assisted Living. Jennifer will present her version of Jeopardy.

**Jan. 8 & 29 – Bereavement Support Group**, 10 a.m. Grieving 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 share common feelings about their grief and renewal process with others. 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.

**Jan. 8, 15, 22 & 29 – 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. LVSC provides student-centered tutoring and literacy programs for adults, so that they may function more effectively in their daily lives.

**Jan. 8 – “The Industry” by Cindy Blumenkrantz**. Cindy Blumenkrantz moved to Somerville, New Jersey in 2010, but still works in Los Angeles on television and internet commercials. Cindy will share stories, photos, and her experiences in what people call, the industry.

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

**Jan. 9, 23 & 31 – 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.

**Jan. 10 – “Welcome to Somerset Hills History” by Gordon Thomas Ward,** author, 10:45 a.m. Immerse yourself in this entertaining and informative session with tales, songs, poetry, and ghost stories about the local history of Somerset Hills in Somerset County. This presentation celebrates the history in our landscapes, where the past is very much alive and entwined with the present. In brilliant detail, Mr. Ward both entertains and illustrates our history.

**Jan. 11 – “New Year’s Around the World” by Nan Peterson,** Somerset County Library System. Nan will discuss diverse global celebrations and the fun ways other countries celebrate the New Year.

**Jan. 14 – “Find Your Inner Artist” by Karen Haake,** local artist, 10:45 a.m. Karen will show us how to create a one of a kind beautiful watercolor winter tree theme. She will introduce a salt technique to add to the overall effect of your picture. **\*\*All supplies are included. Reserve by Jan. 9.\*\***

**Jan. 15 – “18 Minutes to Vitality” by Dr. Perry Wolk-Weiss,** chiropractor, the Get Well Center. Did you know that you can have more energy in just eighteen minutes? Sounds incredible right? Learn the powerful steps to gaining more energy and stamina, help slow the aging process and learn to be healthier in less than an hour. Lasting only eighteen minutes, this workshop is both entertaining and educational. It will leave you with a whole new perspective on life.

**Jan. 16 – “Photography Journey” by David Ward,** C.L.P. David will take you on a photographic journey when he shares pictures of the Canyons of Southern Utah, and Zion and Bryce National Parks.

**Jan. 17 – “Personal Protection and Safety Training” Seminar with Joe Camisa.** It’s never too late to learn to be safe. Joe Camisa received his First Degree Black Belt in Ryukyu Kempo at the age of 83! Joe will discuss how to avoid dangerous situations, ways to defend yourself, best ways to disable your attacker, and what to do to protect yourself using self-defense strategies, tactics, and techniques before an attack happens.

**Jan. 18 – “Rainforests” by Gloria Hoffner,** Science for Seniors, 10:45 a.m. Rainforests cover less than ten percent of the earth but are home to more than 50 percent of the planet’s terrestrial species. Many species in danger of disappearing due to over-harvesting of logs, clearing for pasture and water runoff.

**Jan. 22 – “The Joy of Backyard Birding” by Pete Axelrod,** Birds Unlimited. Pete will discuss the types of feed and feeders that are best for attracting birds.

**Jan. 24 – “Habitat for Humanity” by Susan Harkins,** director of community resource development of Raritan Valley Habitat for Humanity. Susan will highlight the mission of Raritan Valley Habitat for Humanity. She will also dispel some of the common myths about Habitat for Humanity and will describe some of their ongoing volunteer opportunities for older adults.

**Jan. 25 – Musical Performance by Caitlyn Campbell.** Back by popular demand, Caitlyn Campbell of Foothill Acres, will play her guitar and share her love of music.

**Jan. 28 – January Birthday and Word Picture Trivia.** Take the opportunity to stretch your imagination and challenge your memory with this general trivia game.

**Jan. 29 – “Veteran’s Benefits” by Peter Niemic,** director, Veteran’s Services. Peter will discuss the how application process when applying for benefits from the Veteran’s Administration and other federal and state agencies; the issuance of interment memorial markers and grave flags; maintaining a close relationship with county veterans’ organizations; and how to get assistance for a memorial and patriotic ceremonies.

**Jan. 30 – Oatmeal Tasting.** Did you know that oats are one of the healthiest grains on earth? Oats are gluten-free, whole grain, and a great source of vitamins, minerals, fiber, and antioxidants. Studies have shown that eating oats and oatmeal have many health benefits including weight loss, lowering blood sugar levels, and reducing the risk of heart disease. You can taste-test oatmeal in this class.

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## **SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH**

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

**Open Monday – Friday, 9 a.m. to 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 skill levels. Included in the class are stretching, strength training, laughter-yoga, breathing exercises and more. **\*\*Check the monthly calendar for schedule updates.\*\***

**Healthy Bones Exercise Class** – Tuesday, 12:45 – 2:15 p.m. This peer-led, 24-week exercise and education program is for individuals who are at risk of having osteoporosis or have it. Exercises focus on improving balance, strength, flexibility, and posture. Advanced registration is required. A doctor's note is required prior to the first class and then once every year. **\*\*For 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.\*\***

**Tai Chi Chih with Janet O.** – Wednesday, 9:15 a.m. Tai chi chih uses a series of gentle, fluid movements and one pose that activates, circulates and balances chi (the intrinsic energy of the body). Tai chi chih can be practiced by participants of any age, ability or condition and can be performed while either standing or sitting. **\*\*Cost is \$25 for the ten-week program; the next session begins Wednesday, Jan. 16. Register by Jan. 6. Call (908) 369-8700 for more information.\*\***

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

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

**Jan. 1 – Center is closed.**

**Jan. 2 & 28 – Bingo Bonanza**, 10:45 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, which improves listening and short-term memory skills.

**Jan. 2 – 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. **\*\*Call (908) 369-8700 to schedule an appointment.\*\***

**Jan. 2, 9, 16, 23 & 30 – 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? Lessons and refreshers are available at the center. **\*\*Call (908) 369-8700 for more information.\*\***

**Jan. 4, 11, 18 & 25 – Needlepoint Club**, 10 a.m. Join Tammy and Romela to learn how to needlepoint. **\*\*All supplies will be provided. Call (908) 369-8700 for more information.\*\***

**Jan. 4 – “New Jersey Originals” by Linda Barth**, author & teacher, 10:30 a.m. Join Linda to learn what makes New Jersey so special. In addition to culture, wonderful suburban towns, a high standard of living, strong public schools, a mild climate, mountains, and beaches, New Jersey is a state of innovations. Linda's discussion will cover some of these technological marvels, old inventions and trailblazing characters.

**Jan. 7, 14 & 28 – 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.

**Jan. 7 – Craft: Creating Paperweight Snow Figurines with Tammy**, 10:45 a.m. Join Tammy as she teaches us to create winter paperweights using simple household items.

**Jan. 8, 15, 22 & 29 – 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.

(**Jan. 8** – All About Winter), (**Jan. 15** – January Holidays), (**Jan. 22** – Movies) and (**Jan. 29** – Frank Sinatra)

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

**Jan. 9 - “Phone, Mail & People Scams” by Jay Reyes**, home care consultant, Home Instead Senior Care. Fraud has many faces, but targeting and preying on seniors by unscrupulous people is a known fact. This program will touch upon some of the scams such as health care, finance, police activity, and grand/great grandchildren scenarios for better awareness and protection.

**Jan. 11, 18 & 25 – 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 give your opinion in our lively weekly discussion of local and national events.

**Jan. 11 – Winter Wonderland Performance with Caitlyn Campbell**, Foothill Acres, 10:45 a.m. Caitlyn will sing a medley of songs including gospel and country and all will be encouraged to join in the fun.

**Jan. 14 – January in History**. Learn about the many historical events that occurred in January as we travel back in time with our monthly history program.

**Jan. 16 – Jeopardy**. Challenge yourself and your team to a fun game of jeopardy. Our monthly game will have you thinking on your toes to “question” the “answer.”

**Jan. 18 – “Adventures in Art: The Works of Georgia O’Keefe” by Debra Weiner**, TuroCare, 10:30 a.m. For the first part of the day, we will have a presentation about the works of an artist, Georgia O’Keefe. Following the presentation, we will complete an art project inspired by her works. **\*\*Call (908) 369-8700 to register.\*\***

**Jan. 21 – Center is closed.**

**Jan. 23 – “Heart Health Lecture and Blood Pressure Screening” by Saint Peter’s University Hospital**, 10:30 a.m. The nursing staff at Saint Peter’s University Hospital will present a lecture on heart-health and afterward give blood pressure screenings to any participants that are interested.

**Jan. 25 – “Top 5 Tips for Incorporating Vegetables in Your Diet” by Samantha Nunzio**, registered dietitian, ShopRite/Wakefern. Sam is stopping by to share her very best tips for adding more vegetables into your diet. As always, she will bring a sample and a recipe to share with the group.

**Jan. 30 – “All About Maple Sugaring” by the Somerset County Park Commission**, 10:45 a.m. Maple sugaring is a tradition in the Northeast that began with the Native Americans and Colonists centuries ago. A Naturalist will show how trees are tapped and will describe sap-collecting methods used in the past and present. Bring your own pancakes or waffles!

## **MONTGOMERY SENIOR CENTER**

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

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

**Games/Cards (Scrabble, Uno, Rummikub, etc.)** – Tuesday, Wednesday & Friday, 9 a.m. – 2 p.m. If there’s a favorite game that you would like to play and it isn’t listed, 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 45-minute exercise class is great for older adults of all skill levels. Participants will have 20 minutes of cardio (or movement); followed by 20 minutes of toning (with or without weights), then a five-minute relaxing stretch. Sneakers are required.

**\*\*Check the monthly calendar for a schedule of 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** blood pressure screenings. No appointment is necessary.

**Montgomery Walkers** – Monday & Wednesday, 12:30 p.m. Tired of walking alone? Looking for a new way to get motivated? Join the Montgomery Walkers every Monday and Wednesday to get moving and have fun! **\*\*Call (609) 466-0846 for more information.\*\***

**Beginner Ukulele Lessons with Chris** – Tuesday, 10:30 a.m. This class will get beginners started on the right note to learn the foundation of playing the ukulele in easy-to-follow lessons. Participants will learn how to hold, tune, and strum simple chords, as well as how to buy a ukulele. **\*\*Call (609) 466-0846 for more information.\*\***

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

**Intermediate Ukulele Lessons with Chris** – Tuesday, 9:30 a.m. and Thursday, 10 a.m. Now that you know the basics of ukulele playing, you are ready to take the intermediate lessons so that you can play like a pro! Using a wide range of musical genres, participants will learn more about chords and melody playing, improvisation, and will start playing multi-part arrangements in a band. **\*\*Call (609) 466-0846 for more information.\*\***

**Yoga with Elizabeth** – Tuesday, 11 a.m. The class is open to all levels of skill. This class practices yoga poses that can be done while either standing or sitting. Practicing yoga may help to increase 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 of well-being. **\*\*Check the monthly calendar for scheduled updates.\*\***

**Exercise for Arthritis with Elizabeth** – Tuesday, 10:30 a.m. & Thursday, 11 a.m. This exercise program is designed to help reduce pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance while practicing in a safe and positive environment.

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

**Tai Chi with Herb** – Wednesday, 11 a.m. Tai chi participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants have experienced a reduction in pain, fatigue, and stiffness and have gained a greater sense of well-being. Regular tai chi can help reduce falls, especially for those with balance problems. This program can be practiced while either standing or sitting. **\*\*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 of for osteoporosis or who have it. 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. All are welcome to join. Bring your own crocheting/crafting project or come learn something new and meet wonderful friends while practicing your favorite hobby. **\*\*Call (609) 466-0846 for more information.\*\***

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

**Mah-jongg Lessons** – Thursday and Friday, 10 a.m. – 12 p.m. Have you always wanted to learn how to play mah-jongg, or are you familiar with the game but needing other players? Thursday mornings are mah-jongg mornings! Lessons and refreshers are available. **\*\*Call (609) 466-0846 for more information.\*\***

**Card Game: "3-13"** – Friday, 10 a.m. or 11 a.m. **\*\*Check the monthly 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! Great for all skill levels. Instruction is available (weather permitting).

**Jan. 1 – Center is closed.**

**Jan. 2 & 16 – Move Today with Elizabeth**, 10:15 a.m. Move Today is an exercise class designed to improve flexibility, balance, strength, and stamina. The class focuses on improving posture and fall prevention. Exercises can be practiced while either standing or sitting.

**(more)**

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

**Jan. 4 & 18 – Ageless Grace Fitness Program with Roz Gerken**, certified ageless grace educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for people of all abilities and can be practiced while either standing or sitting.

**Jan. 4 – 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. **\*\*Call (609) 466-0846 to schedule an appointment.\*\***

**Jan. 7 – Bingo**, 11 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 honing listening and short-term memory skills.

**Jan. 7 – “Healthy Outlooks” by Jerri Collevchio**, CPS, CTTS, prevention resources. Jerri will discuss alternative ways to manage pain and properly dispose of unused and/or expired medication.

**Jan. 9 & 23 – Creative Wellness with Shirin Stave-Matais**, former professional dancer, 10:15 a.m. Creative Wellness strives to create a unique combination of wellness exercises for participants. By merging aspects of Hatha and chair yoga; gestural; improvisational and world dance forms; sound therapy and creative play; together with guided relaxation and meditation techniques, the class will promote calm, control, and meditative practices with imaginative, joyful and social interaction. This class can enhance positivity, reduce stress and create feelings of empowerment and well-being. This class is intended for people of all skill levels and can be practiced while either standing or sitting.

**Jan. 10, 24 & 31 – Laughter Class with Denise Crowley**, 10:30 a.m. Laughing is an excellent way to reduce stress, and can help you cope with a stressful lifestyle. Did you know laughter provides a full-scale workout for your muscles and unleashes a rush of stress-busting endorphins? Since our bodies cannot distinguish between real and fake laughter, anything that makes you giggle will have a positive impact.

**Jan. 11 – Rubber Stamping Card Workshop**, 10 a.m. Create your own unique greeting cards for friends and loved ones. **\*\*Supplies are included.\*\***

**Jan. 14 – “Walk with Ease Introduction” by Caitlin Witucki**, MS, health promotion specialist, Somerset County Office on Aging & Disability Services. Walk with Ease is a beneficial, evidence-based program that was developed by the Arthritis Foundation and has been proven to reduce the pain of arthritis and improve health among adults with osteoarthritis who have been inactive. This program is also appropriate for individuals who have been inactive for a period and are looking for a safe way to reintroduce them to exercise. Walk with Ease is a six-week program designed to be delivered in two formats, as either an instructor-led-group or self-directed individual. Both formats use a step-by-step workbook.

**Jan. 21 – Center is closed.**

**Jan. 25 – Bingo**, 10:30 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits such as promoting socialization, strengthening hand-eye coordination, and improving listening and short-term memory skills.

**Jan. 28 – “Starting 2019 Healthy” by Samantha Nunzio**, registered dietitian, ShopRite/Wakefern. The program will focus on a variety of ways adults can make changes to their diets and lifestyles to maintain health or become even healthier in the coming year.

**Jan. 30 – Ageless Grace Fitness Program with Denise Crowley**, certified ageless grace educator, 10:30 a.m. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity, and kinesthetic thinking). The program is intended for people of all levels and can be practiced while either standing or sitting.

**(more)**

## **QUAIL BROOK SENIOR CENTER**

625 New Brunswick Rd., Somerset, NJ 08873

(732) 563-4213

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

**Individual Computer & PED (Personal Electronic Devices) Instruction with Mike Dias** – Tuesday, 9 a.m. – 12 p.m. **\*\*Call (732) 563-4213 to schedule an appointment. Check the monthly calendar for schedule updates.\*\***

**Circuit Training** – Thursday, 9:15 a.m. Have fun while performing cardiovascular exercises that raise your heart rate, tone your muscles in the upper and lower body and strengthen your core. In addition, help improve your balance, agility and increase your ability to perform everyday activities. **\*\*Sneakers are required. Cost is \$40 for the eight-week program; the next session begins Thursday, Jan. 10. Register by Jan. 2. Call (732) 563-4213 for more information.\*\***

**Healthy Bones Exercise Class with Joan Ackerman** – Monday, 9:15 a.m. This is a peer-led, 24-week exercise and education program for individuals who are at risk of having osteoporosis or have it. 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 a.m. Enjoy discussing global breaking news and current events in a stimulating Q & A session. Fellow center members will take turns researching and sharing the hot topics of the day.

**The Regime Exercise Class** – Monday, Tuesday, Wednesday & Friday, 1 p.m. A head-to-toe workout that also uses intervals of weights, stretching and aerobic movements. Learn movements that lubricate joints for flexibility strengthen and stabilize muscles, increase blood circulation and with proper diet, you may lose weight! These exercises can help decrease falls and increase the ability to better accomplish day-to-day activities. This program can be practiced 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. **\*\*Wear comfortable and loose-fitting clothing; sneakers are required.\*\***

**Continuing Art Institute with Karen Haake** – Tuesday, 1 – 3 p.m. Portrait Studies in Different Mediums. **Module 1** – Pencil (Pencil drawing is for beginners; explores form and shape) **Module 2** – Watercolors (An unpredictable medium; the visual possibilities for creative self-expression are amazing) **Module 3** – Pastels (A strong and vibrant medium heralded by da Vinci) **Module 4** – Acrylic (Versatility that lends itself to creating different styles by layering for dimensional art). **\*\*\$10.00 fee per class; includes supplies.\*\***

**Bridge, Card Club & Card Sharks with Hatim, Andy & Jaye** – Thursday & Friday, 10:30 a.m. Bridge is a classic game of strategy. This is an ideal opportunity for people of all skill levels to have social and intellectual stimulation on a routine basis. Card games are a wonderful way to stimulate areas of the brain, such as memory, visualization, and sequencing. Also, join the group for other card-playing competitions, such as 'Texas Hold 'em', Poker, Po-Ke-No, etc. Games can be for group play and/or tournament participation.

**Crochet & Knitting Esther Fowlkes** – Thursday, 10:30 or 11 a.m. Learn the difference between the two methods of creating artistic patterns using fabric and yarn, a single hook or two needles. Which method do you think is easier? This class is for beginners, experts and those wishing to brush up on their skills! **\*\*Check the monthly calendar for schedule updates.\*\***

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

**(more)**

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

**A Variety of Board & Card Games** (Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday – Friday. If you have a favorite game that is not listed and/or if you are interested in starting 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. An Olympic sport since 1988, table tennis is a great way to maintain and improve hand/eye coordination, concentration, and agility.

**Jan. 1 – Center is closed.**

**Jan. 2, 9, 16 & 23 – 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 and recall, analytical thinking, creativity, imagination and kinesthetic thinking). The program is intended for participants of all abilities and can be practiced while either standing or sitting.

**Jan. 3 – “Enviroscape” by Von Scully**, Americorp’s watershed ambassador, New Jersey Water Supply Authority, 10:30 a.m. Learn about what constitutes a watershed area (a region draining into a river, river system, or other bodies of water). Find out about New Jersey’s watershed through this interactive display model of how water flows from various topographical points with increasing amounts of ever-present pollutants.

**Jan. 7, 14, 21 & 28 – Chinese Language Lessons with Lillian Liuling**, center volunteer, 10:30 a.m. Learn what key components form the beautiful Chinese language. Participants will learn, pronunciation, tones, pinyin (a system of romanized spelling to translate Chinese) and characters/symbols. The goal is to be able to pronounce (and write) everyday pleasantries, numerals and simple phrases by the end of the session.

**Jan. 8 & 15 – Body and Brain Yoga with Lucy Pagnetti**, 10:30 a.m. Body and Brain Yoga is a dynamic mind-body practice that combines stretching, flowing movement deep-breathing exercises and meditation in a simple and easy-to-learn format, which focuses on the development of the body’s core strength as the basis of physical, mental and spiritual health. **\*\*Mats are not required as this program can be practiced standing and sitting.\*\***

**Jan. 10, 17, 24 & 31 – Zumba Gold with Laurie Fetcher**, 10:30 a.m. Popular music will inspire a cardio workout in this class. Zumba Gold makes working out accessible for people age 60 and above, beginners or others that need modifications in their exercise routine. Using fun, energetic, and rhythmic movements participants will build their cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms.

**Jan. 11 – “Healthy Aging: Tips for the Body & Brain” by Marion Ross**, Alzheimer’s Association of New Jersey, 10:30 a.m. Over the past several decades, researchers have explored how our lifestyle may affect our physical and cognitive health. Diet, exercise, stress, sleep problems, and other factors may influence age-related physical and cognitive decline. Learn the latest research on lifestyle changes and how to incorporate healthy habits into your daily routine.

**Jan. 17 – “Addiction, Awareness & Avoidance” by 1-800 Gamblers**, 11 a.m. The state of being addicted to a habit or practice can negatively affect you or a loved one. This program will provide hope and awareness by providing information about how to access support, as well as the various tools and treatment advances that are available to anyone who may be dealing with addiction.

**Jan. 18 – “Reducing Stress in 2019” by Lori Morell**, director of health & wellness, Parker, 10:30 a.m. Get a new mindset in 2019. Having mindfulness, (the awareness of what’s transpiring within) is a way to decrease the gap between our stressed-out inner person and the outer person we present to the world. This program will help us learn to function at our optimum level as we learn how to reduce stress and anxiety by understanding and embracing different approaches to our life.

**Jan. 21 – Center is closed.**

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

**Jan. 22 – Indoor Herb Gardening with a Rutgers Master Gardener**, Rutgers Cooperative Extension, 10:30 a.m. Fresh herbs in the winter! Absolutely! Herbs add a texture and feel that is unlike any other plant. There is nothing like cooking with fresh herbs. From start to finish (seeds to cultivating), this program will help the center reap the benefits of having a fresh harvest of basil, cilantro, parsley, oregano, and more!

**Jan. 24 – “Phone, Mail & People Scams” by Jay Reyes home care consultant**, Home Instead Senior Care, 11:15 a.m. Fraud has many faces, and targeting and preying on seniors through unscrupulous methods is happening everywhere. This program will bring awareness about common scams that involve health care, finance, police activity, and grand/great grandchildren, so that you and your family can be better protected.

**Jan. 25 – “Crossover: New Orleans Jazz, Rhythm and Black History” with Dave Miller and Dana McCurdy**, hand drumming facilitators, Earthmovers Drum Collective, 10:30 a.m. This program will highlight the New Orleans Jazz/African crossover as a tribute to Black History Month. Participants will be introduced to hand-drumming techniques, with syncopated musical styles that were influenced by African-American traditions, such as cakewalks and minstrel tunes.

**Jan. 29 – “The Health of Your Bones: Bone Density Screening” with Saint Peter’s University Hospital**, 10:30 a.m. Find out if you are at risk of osteoporosis – a condition where bone strength weakens and bones are susceptible to fracture. There are about three million cases per year in the U.S. Be proactive and take the test; then learn about the next step for maintaining bone health.

**Jan. 30 – “Probating a Will and the Basics of Estate Planning/Administration” by Frank G. Bruno**, surrogate, Somerset County, 10:30 a.m. This program provides an interactive introduction and general overview of information about wills and the probate process, which will be valuable for you and your family.

**Jan. 31 – Pilates Demonstration with Laurie Fetcher**, 11 a.m. Pilates is a great workout for adults without mobility because it can be practiced in a chair. This exercise targets the neck, shoulders, hips, and feet to help improve your strength and overall wellness.

**Jan. 31 – 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 well-being through the practice of yoga and meditation and help reduce the stress in your life. **\*\*Please bring a mat and wear comfortable clothing that allows for movement.\*\***

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

500 Warrentown Rd., Warren, NJ 07059

(908) 753-9440

**Open Monday – Friday, 9 a.m. to 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 8-week, one-on-one class, you will finally understand what your grandkids have been trying to explain to you.

**\*\*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. 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 experience oil painting. **\*\*Advanced registration is required. Call (908) 753-9440 for more information.\*\***

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

**Zumba Gold** – Zumba Gold uses the popular Latin dance-inspired workout of Zumba and makes it accessible for people age 60 and above, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by using dance moves that challenge the heart and work the muscles of the hips, legs, and arms. Sneakers are required. **\*\*Cost is \$40 for the eight-week program. Register by Jan. 2. Call (908) 753-9440 for more information.\*\***

- Monday morning –10:45 a.m. The next session begins **Monday, Jan. 7**
- Monday afternoon –1 p.m. The next session begins **Monday, Jan. 7**
- Wednesday morning –11:30 a.m. The next session begins **Wednesday, Jan. 2.**

**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 help improve balance, strength, flexibility, and posture. **\*\*Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. Class is full. There are no available openings. Call Caitlin Witucki at (908) 704-6339 for more information, or to hear of other opportunities.\*\*No class on Dec. 26 and 28.\*\***

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

**Computer Lab** – Call for availability.

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

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

**Chair Yoga with Jillian** – Tuesday, 12:45 p.m. This class is open to all skill levels. Hatha yoga poses can be practiced while either sitting or standing. Practicing the techniques of hatha yoga will help increase bone density, improve strength, flexibility and balance while participants are immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and to help gain an overall sense of well-being. **\*\*Cost is \$40 for the eight-week program; the next session begins Tuesday, Jan. 8. Register by Jan. 2. Call (908) 753-9440 for more information.\*\***

**Jan. 1 – Center is closed.**

**Jan. 2, 9, 16, 23 & 30 – Tone and Flexibility Exercise Class with Sabina**, 10:45 a.m. Enjoy an energizing class that is 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 practiced while either standing up or sitting down.

**Jan. 2, 9, 16, 23 & 30 – Ballroom Dancing with Art & Fe**, 1 – 3 p.m. 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 overall flexibility, strength, endurance, and emotional well-being. Join Art and Fe as they play a variety of ballroom dance tunes.

**Jan. 3, 10, 17, 24 & 31 – Bingo**, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving listening and short-term memory skills.

**Jan. 3, 10, 17, 24 & 31 – Line Dancing with Linda**, 1– 3 p.m. Line dancing is so much fun, that 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. This class is suitable for participants with limited mobility, and is known to increase cardiovascular and muscular strength, and improve coordination and balance as participants work through moves.

**Jan. 4 – Card and Dice Games with Gwen**, 10:30 a.m. Join us as we play some card and dice games.

**Jan. 7 – “1950s: The Golden Age of Original Musicals” by Sam and Candace Caponegro**, 10:30 a.m. More great original movies were made during the 1950s than any other period. Join us at the center and hear Judy Garland, Fred Astaire, and Gene Kelly. You will leave with a song in your heart and your toes tapping.

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

**Jan. 8 & 15** – Boggle and Folk Exercise by Rekha Srinivasan, Bharat Nritya Academy, 10:30 a.m.

Before playing Boggle, which is a challenging game that is played using a grid of letters, participants will practice some folk dance. Join us at the center as we stimulate the body and the mind.

**Jan. 8, 15, 22 & 29** – **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).

**Jan. 8, 15, 22 & 29** – **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.

**Jan. 8** – **Warrenbrook Book Club**, Second Tuesday of the Month, 1:30 p.m. The featured book to be discussed is “The Book Thief” by Markus Zusak. New members are welcome!

**Jan. 11** – **Mind Your Mind Brain Workout**, 10:30 a.m. Just as you do physical exercise to tone up the muscles throughout your body, playing word games and puzzles will stimulate different parts of your brain. As a group, we will do several mind-stimulating exercise workouts.

**Jan. 14** – **“An Astronomy Adventure” by Paul Cirillo**, 10:30 a.m. Learn about the latest discoveries in our solar system and beyond! See breathtaking pictures of all the planets, including Pluto and the moons of Jupiter and Saturn. Get a real feel for our place in the universe. Discover what we have learned about planets around other stars and the search for another Earth. Paul is a member of the New Jersey Astronomical Association and former leader for the Somerset County 4-H’s Space and Astronomy Club.

**Jan. 18** – **Family “Team” Feud with Gwen**, 10:30 a.m. Enjoy playing a team version of this popular television game show where players provide answers to survey questions that are based on popular responses.

**Jan. 21** – **Center is closed.**

**Jan. 22** – **“Flow and Flair” by Michael “Mykel” Dicus**, Eec Productions, 10:30 a.m. This is a one-hour movement class that uses flags. Participants will create and express movements through creativity, fun, and music. The class is set to music and syncopated counting with the result of a series of sequential patterns that are invigorating and fun for the mind, body and spirit. It takes the participants on an amazing journey that turns “I can’t” into I can.”

**Jan. 25** – **Pictionary with Gwen**, 10:30 a.m. Pictionary is a charades-inspired word game that instead of acting out clues, you sketch them. You don’t have to be an artist to play – all you need is a quick imagination. Join us for some fun and laughter.

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

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

**Jan. 28** – **“Sodium and Your Health” by Jennifer Korneski**, MPH, healthy living program coordinator, Rutgers Cooperative Extension, 10:30 a.m. Too much sodium can play a negative role in health issues. Understanding food labels and the recommended daily values can help you control your sodium intake. To help you identify foods with hidden salt Play BINGO; and also learn ways to add flavor without using sodium.

**Jan. 29** – **“Back and Neck Pain Relief for Those over 60” by Dr. Perry Wolk-Weiss**, chiropractor, the Get Well Center, 10:30 a.m. Aging certainly has challenges, but back and neck pains should not have to be on the list of challenges. This program will highlight how to prevent and manage back or neck pain. During this informative and entertaining program, Dr. Wolk-Weiss will share the causes of back pain and how to prevent it; how to manage osteoarthritis; exercises that can reduce pain; steps that you can take to have a healthier spine; and nutritional options to help manage your pain and inflammation.

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