



News from the Somerset County Board of Chosen Freeholders

Brian D. Levine, Freeholder Director • Patricia L. Walsh, Freeholder Deputy Director
Brian G. Gallagher, Freeholder • Shanel Y. Robinson, Freeholder • Sara Sooy, Freeholder

September 23, 2019
FOR IMMEDIATE RELEASE

Somerset County Senior Centers Announce October Activities

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

All centers will be closed on Monday, Oct.14, due to Columbus Day.

Outreach Program at Senior Centers: Each month, the Office on Aging & Disability Services will have staff available at the centers to assess needs and make referrals for services and assistance, if appropriate. Check your senior center schedule for dates and times.

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 before **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!

Somerset County Senior Centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere intended to positively impact your overall health. Come join us for a variety of educational, health and wellness opportunities.

If you drive or have a 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 or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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.

OoADS Satellite Office – Laurie Roome, MS, community educator, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Laurie will be at the center on **Oct. 15**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering information, assistance and support as needed. Laurie will be available to meet one-on-one as requested.

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

State Health Insurance Program (SHIP) – 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 908-204-3435 to schedule an appointment.****

Computer Lab – Available **Monday – Friday**.

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

Take Control with Exercise – Tuesdays & Thursdays, 10:30 a.m. This is an ongoing exercise program for all skill levels and can be practiced while either standing or sitting. Strengthen core muscles, and improve flexibility and balance while boosting stamina. ****Call 908-204-3435 for more information. Check the monthly calendar for updates to the schedule.****

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 Oct. 28. Register by Oct. 18. Call 908-204-3435 for more information.****

Yoga with Jillian – Tuesday, 2:30 p.m. In this gentle-flow yoga class, participants will practice poses while being seated in a chair and standing. Practicing poses will help release tension in the neck and shoulders. Learn to stimulate six directions of the spine for optimal health. The class will end with a guided relaxation so that participants will leave feeling rested and refreshed. ****Cost is \$40 for the eight-week program; the next session begins on Oct. 8. Register by Sept. 27. Call 908-204-3435 for more information.****

Tai Chi for Health – Wednesday, 1 p.m. This beginner's class teaches the basics of Tai chi and is designed to help participants improve their strength, balance and flexibility. Learn new vocabulary, different ways of moving and develop posture and experience considerable improvement in your physical ability. This class will help participants master the more advanced forms of Tai chi. ****Suggested donation of \$16 for the eight-week program; the next session begins on Oct. 23. Register by Oct. 11. Call 908-204-3435 for more information.****

Zumba Gold – Zumba and makes it accessible for people age 60 and above, beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health using dance moves that challenge the heart and exercise the hips, leg and arm muscles. Sneakers are required. ****Cost is \$40 for the eight-week program. Next session begins in November. Call 908-204-3435 for more information.****

Knitting/Crocheting/Stitching Club – Monday, 9:30 – 11:30 a.m. All are welcome to join. Bring your own knitting/crocheting/stitching project to learn a new hobby, practice an old one and socialize while practicing something you love. Participants are encouraged to donate their blankets and other items to the Menlo Park Veterans Memorial Home. All items will be collected at the Senior Wellness Center and donated every month.

Bridge Club – Meets **Tuesday from 9:30 a.m. to 12 p.m.** and **Wednesdays from 12:30 to 3 p.m.** Bridge is a mentally challenging card game that when played regularly, provides intellectual and social stimulation and helps your memory stay active. New members and beginners are welcome (lessons are available). ****Call 908-204-3435 for more information.****

Mahjong Club – Tuesdays, Wednesdays, Fridays, 12:30 – 3 p.m. Mahjong is a great game to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have some fun. This is not a competitive club. All levels of experience are welcome.

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

Monthly Book Club – Every Third Thursday, 12:30 p.m. On Oct. 17, join us for a discussion of the current book, “The Readers of Broken Wheel Recommend” by Katarina Bivald, then select the next book to read. New members are always welcome!

Oct. 1 – FREE Blood Pressure Screenings by the Somerset Hills Visiting Nurse Association, 10:30 a.m. A registered nurse will be onsite to give blood pressure screenings. No appointment is necessary.

Oct. 2 – “A Brief History of the Crossword Puzzle” by Meg Wastie & Jerry Miccolis, 10:30 a.m. Learn about the origins of the crossword puzzle as Meg and Jerry take on a historical crossword puzzle journey.

Oct. 4 – “The Great Swamp: New Jersey’s Natural History” by Jim DelGiudice, photographer & educator, The Judson Lecture Series, **10:30 a.m.** Learn about the legacy of 7,000 preserved acres, home to 300 species of wildlife, and how the species face the future. ****This program has been made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 7 – “Choices...Chances” by Leonie Infantry, a volunteer at the Quail Brook Senior Center, **10:30 a.m.** Enjoy this one-woman play when Ms. Infantry will reveal her wellness journey and mission for gratitude during when she realizes that in a matter of seconds your life will be changed forever.

Oct. 9 – “Historic Haunts of Central Jersey” by Gordon Thomas Ward, 10:30 a.m. What ghosts roam the historic sites and buildings of Central New Jersey? How accurate are the traditional stories? From the shadowed woods of the Somerset Hills to the dappled banks of the Delaware River, Historic Haunts provides a rich mix of factual history and a sound investigation of ghostly phenomena through photos of investigation sites and audio clips of unexplained voices. This presentation will inform, entertain.

Oct. 11 – “Ancestry: What’s Your History or Herstory?” by Helen Vasko, 10:30 a.m. What are your ancestral roots? Do you know your family’s history? Join Helen to talk about you. We encourage participants to bring mementos and photos.

Oct. 11 & 25 – Country Western Dancing with Vince & Diana, 10:30 a.m. Learn line and partner dances to popular and classic country music songs. Vince and Diana will adjust the teaching to according to participants’ skill level including beginners, experienced, partners, singles – everyone is welcome.

Oct. 16 – Autumn 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. ****Reserve by Oct. 9.****

Oct. 18 – “LGBTQ Among Older Adults” by Bianca Chanel Mayes, health & wellness coordinator, Garden State Equality Organization, **10:30 a.m.** Join Bianca while she discusses what it means to be in the LGBTQ community as part of the older adult population.

Oct. 21 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination and improves listening and short-term memory skills.

Oct. 23 – Halloween Greeting Card Workshop with Jerry, 10:30 a.m. Make a unique greeting card for friends and loved ones using your creativity. ****All supplies are included. Reserve by Oct. 21.****

Oct. 25 – “Football and New Jersey: A Historical Celebration” by Alan Delozier, Seton Hall University, **10:30 a.m.** Learn about the origins of the sport – its Greek and British ties - to the development of the modern-day game. This is a fun and informative look into the sport with a focus on the memorable players, teams, and the overall spirit that makes football so appealing to millions. Specific milestones will be covered. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

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

Oct. 28 – “Plumes + Hotspots: Yellowstone National Park Experience” by Bruce & Sara Schundler, 10:30 a.m. Join Bruce and Sara, who worked as park rangers at various national parks, to find out what they learned about the dangerous “super volcano” that lies right underneath Yellowstone National Park. Listen to interesting facts and see photographs.

Oct. 30 – “Opioid Epidemic: What You Need to Know” by the Community Crisis Organization, 10:30 a.m. Learn about medication management, how to properly dispose of unwanted medication, and this country’s opioid problem.

Oct. 31 – Halloween Fun, 11:30 a.m. Come celebrate Halloween. Wear a costume. A special dessert will be served with lunch.

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.

OoADS Satellite Office – Christina Panarese, MS, care manager, Somerset County Office on Aging & Disability Services, **8:30 a.m. – 4:30 p.m.** Christina will be at the center **Wednesdays** on **Oct. 2, 9, 16, 23 and 30**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering anyone information, assistance and support as needed. Christina will be available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – Do you have questions 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.****

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

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

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

Carrom – Available Monday – Friday. The Strike and Pocket table game originates from the east and is similar to billiards and table shuffleboard.

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

Ping-Pong – Available Monday – Friday. Ping-pong (table tennis) has only been an Olympic sport since 1988. Go ahead and take a shot at this fun game. Play either singles or doubles games. It’s a great way to improve hand/eye coordination, concentration and agility. ****Call for availability.****

Table Shuffleboard/Air Hockey – Available Monday – Friday. **Call for availability.**

Qigong Practices with Michael – Monday, 10 a.m. Michael will teach the traditional practice of Qigong, which is a sitting-meditation that helps participants get acquainted with the mind, body and spirit. Beginners will learn breathing techniques that are coordinated with physical movements and then they will practice sets of exercise (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, 10:15 a.m. or 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 can help to decrease falls and make it easier to accomplish day-to-day activities. This program can be practiced while either standing or sitting and is open to all skill levels. ****Check the monthly calendar for updates to the schedule.****

Mahjong Club – Tuesday, 9:30 a.m. Mahjong is a great game to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. Join Sylvia and fellow center members to learn and play this interesting game. ****Experienced players can visit the center on Thursdays from 12:30 – 3 p.m. to play.****

Chair Yoga – Tuesday, 10:15 a.m. Practicing chair yoga can 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, can help participants gain an overall sense of well-being, is open to all skill levels and can be practiced while either standing or sitting. ****Check the monthly schedule for updates.****

Needlework Crafts Club – Tuesday, 1 p.m. Bring your crocheting/crafting project or learn a new craft and socialize. All are welcome to join. ****Call 908-203-6101 for more information.****

Hatha Yoga – Hatha yoga teaches participants how to obtain improved body postures, controlled breathing, and meditation. Practicing Hatha yoga helps to stretch and align the body, improves balance and flexibility, and provides a suppler spine and better 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 updates to the schedule.****

- **Wednesday at 9:30 a.m. & 10:45 a.m.**
- **Friday at 9:15 a.m.**

Scrabble Club – Wednesday, 1 p.m. Exercise your vocabulary and crossword skills. Enjoy a friendly game of Scrabble. With sufficient interest, we may plan for center members to compete with other Scrabble clubs in the area.

Pinochle Club – Friday, 12:30 – 3 p.m. Pinochle is a trick-taking card game, which can be played with two to four players. Whether you're new to pinochle, or you're just curious, you're invited to join our weekly pinochle games.

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 can improve balance, strength, flexibility, and posture. Advanced registration is required. A doctor's note is also required before the first class and then once every year. ****Class is currently full. For more information, or to hear of other opportunities call Caitlin Witucki at 908-704-6339.****

Monthly Book Club – Fourth Thursday of the Month, 10 a.m. On Oct. 24, join us for a discussion of the current book, "Gone So Long" by Andre DuBus, then select the next book to read. New members are always welcome!

Exercise with Sabina – Friday, 10:45 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, and improving metabolism, flexibility and stamina. This is an ongoing exercise program for all levels of skill. Exercises can be practiced while either standing or sitting. ****Check the monthly calendar for updates to the schedule.****

Social Dancing – Friday, 11 a.m. This is a peer-led, social dancing class. Social dancing is not only great exercise but it is an opportunity to make friends in a positive and fun environment. No experience is necessary.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Tai Chi for Health (Beginners) – This beginner’s class teaches the core of Tai chi and is designed to help participants improve their strength, balance and flexibility. Participants will learn new vocabulary, different ways of moving, and develop postures that will help them master the more advanced forms of tai chi. The basic form of this art will help enable participants to experience considerable improvement in their physical ability. ****Suggested donation of \$16 for the eight-week program. Register by Oct. 10. Call 908-203-6101 for more information.****

- o **Thursday at 10:45 a.m.** The next session begins on **Oct. 24.**
- o **Thursday at 2 p.m.** The next session begins on **Oct. 24.**

Tai Chi for Health (Intermediate) – Thursday, 1 p.m. Participants will develop the forms learned in the beginner’s class to help them master the more advanced forms. This class will help participants shift weight from one side of the body to the other, move one leg to the other without stumbling or falling, help better keep the body in alignment. It will also teach participants how 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. ****Suggested donation of \$16 for the eight-week program; the next session begins on Oct. 24. Register by Oct. 10. Call 908-203-6101 for more information.****

Zumba Gold – Friday, 1 p.m. Zumba Gold makes the Latin dance-inspired workout of Zumba accessible for people age 60 and above, and beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health using dance moves that challenge the heart and work the hips, legs and arm muscles. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins in November. Call 908-203-6101 for more information.****

Oct. 1 – “Feast for the Eyes” by Vanessa Young, 10:45 a.m. Take a journey from the ancient world to the present day as we explore the connection between food and art. Learn about elaborate classical mosaics, opulent Renaissance paintings, contemporary Japanese works, and how the artists’ depictions of food reflect their culture. Explore the symbolism of food imagery and discuss changes in the way food and feasting have been depicted throughout history.

Oct. 1, 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 to help them function more effectively in their daily lives.

Oct. 2 – “Alcohol Ink Art” by April Zay, Hummingbird Arts, LLC, **10:45 a.m.** Create beautiful abstract works of art by using sharpies and rubbing alcohol and experimenting with different techniques.

****Reserve by Sept. 27. Please call 908-203-6101 for more information. This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.****

Oct. 3 – “Simplify Your Clutter” with Jamie Novak, author and organizing humorist, **10:30 a.m.** How can de-cluttering be fun? Learn how to get rid of piles of paperwork and cramped closets in this laugh-out-loud, funny program that will help you unburden and de-stress.

Oct. 4, 11, 18 & 25 – A Matter of Balance, 10:30 – 11:45 a.m. The eight-week workshop that has been shown to have health benefits. The class emphasizes practical strategies to reduce the fear of falling and helps to increase participants’ activity levels. They will learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce the risk of falls, and learn an exercise to increase strength and balance. This program includes a small exercise component. **** Class is full. Please call 908-704-6339 to hear of other opportunities.****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Oct. 7 – CarFit Program, 10:30 a.m. CarFit is an educational program that offers older adults the opportunity to find out how well their vehicles “fit” them. A team of trained CarFit technicians and health professionals will work with each driver to ensure that their car is a good fit. The program also provides information and materials about community-specific resources that may enhance their safety. ****Reserve by Oct. 1. Please call 908-203-6101 for more information.****

Oct. 7 – “A Candle on the Table” with Somerville on Stage, 11 a.m. A candle on the table is a story about three women seated together for lunch on their first day at a senior living facility and how their friendship grows.

Oct. 8 – Bereavement Support Group, 10 a.m. When we grieve the death of a loved one is a universal experience. This support group will provide participants with a safe place to share their common feelings about their grief and renewal process while they learn interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, doctor of ministry, grief counselor, and pastoral psychotherapist will facilitate discussions. Everyone’s presence and participation are welcome.

Oct. 8 – Around the World in 80 Minutes, 10:45 a.m. Take advantage of traveling without ever leaving the Senior Wellness Center at Bridgewater. You will have an opportunity to visit India (Art Project), France (Crepe Tasting), China (Musical Theatre), Columbia (Mind Stimulation Activities) and Spain (Art Project).

Oct. 9 – “State of Emergency: Disasters, Catastrophes & Goof-Ups that Shaped New Jersey History” by Jim DelGiudice, photographer and educator, the Judson Lecture Series, 10:45 a.m. From the sabotage that got us into WWII to the superstorm that changed our coastline, New Jersey has learned to cope. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 10 – “Wegmans Pharmacy: Understanding and Preventing the Flu and Flu Clinic” by Wegmans, 10:30 a.m. Representatives from Wegmans Pharmacy will be on-site to give an educational presentation about the flu. Participants can get the flu shot after the presentation. To receive the flu shot, you must bring your insurance card(s) (Medicare and prescription card). ****Reserve by Oct. 3. Please call 908-203-6101 for more information.****

Oct. 14 – Center is closed.

Oct. 15 – “Reclaiming Our Voices: New Jersey’s Central Role in the Right for Women Suffrage” by Carol Simon Levin, storyteller, 10:30 a.m. Carol portrays Lillian Feickert, President of the New Jersey Woman Suffrage Association from 1912-1920 and her part in New Jersey women’s’ struggle for woman suffrage as they paved the way toward the 19th Amendment. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 16 – “Fall Migration” by Peter Axelrod, education and community outreach coordinator, Wild Birds Unlimited, Scotch Plains, 11 a.m. Learn why birds migrate and what the latest theories are about how birds migrate in Autumn when flying to warmer climates.

Oct. 17 – “Mixed Media Art Project” with Lisa Brown, Art as Therapy, 10:15 a.m. Using textured papers and glue participants will recreate images from magazines and embellish their work with metallic paints and beads.

Oct. 21 – “Radio Waves and New Jersey” by Alan Delozier, historian, 10:45 a.m. Join Alan as he guides us through the wonder, imagination, nostalgia and history of wireless communication in the annals of the Garden State. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 22 – Fall Painting Workshop with Lisa, 10:45 a.m. Get step-by-step instructions from Lisa and learn how to create a beautiful fall pumpkin painting. ****All supplies are included. Reserve by Oct. 16. Please call 908-203-6101 for more information.****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Oct. 23 – Volunteer Appreciation Ceremony, 10:30 a.m. – 12:30 p.m. Join us to take an opportunity to thank our volunteers for their dedication and service. This year's theme is "A Smiling Face Makes the World a Better Place."

Oct. 24 – "Portion Distortion" by Lori Morell, Parker, 11 a.m. Don't fall prey to portion distortion. According to the National Institute of Health, a "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package or in your kitchen. A "serving" size is a specific amount of food or drinks such as a cup of yogurt or a slice of bread. Literature will be provided.

Oct. 28 – Trivia, 11 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.

Oct. 29 – "Slips & Fall Prevention" by David Switay, clinical director, JAG-ONE Physical Therapy, 11 a.m. Get simple tips, exercises, techniques and advice to reduce your likelihood of falling.

Oct. 30 – Diwali Celebration, 11 a.m. Come celebrate Diwali with the Senior Wellness Center at Bridgewater. Diwali, the "Festival of Lights" is an ancient Hindu festival and is the biggest and the brightest festival in India. The festival is a spiritual celebration that signifies the victory of light over darkness. Join the festivities and make crafts, play games and enjoy exotic entertainment.

Oct. 31 – Halloween Spooktacular, 10:45 a.m. Join the Senior Wellness Center at Bridgewater for a costume contest and Monster Mash dance-off to the sounds of DJ Gio. Expect black cats, ghosts and everything else that puts the howl in Halloween!

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.

OoADS Satellite Office Opportunity – Eldercare Specialist, Somerset County Office on Aging & Disability Services, 8:30 a.m. – 4:30 p.m. An Eldercare Specialist will be at the center on **Oct. 10**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering anyone information, assistance and support as needed. The Eldercare Specialist will be available to meet one-on-one as requested.

State Health Insurance Program (SHIP). State Health Insurance Program (SHIP) – Do you have questions 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 908-369-8700 to schedule an appointment.****

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. Wide varieties of puzzles are available.

(NEW) Tai Chi with Alice – Monday, 9:30 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. ****Please call 908-369-8700 for more information.****

Word Games – Monday, 10 a.m. Exercise your mind with fun games such as boggle, word searches, crossword puzzles and other mind-stimulating games.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Chair Yoga with Manjula – Monday, 10 a.m. Increase bone density, improve strength, flexibility and balance while you 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, is open to all levels of skill and can be practiced while either standing or sitting.

Games/Cards (Cards Down, Kings in the Corner, etc.) – Tuesday, 10 a.m. If you have a favorite game that is not listed that you would like to play, and/or if you are interested in starting a club featuring your favorite game, please inform the staff.

Mahjong Club – Wednesdays and Fridays, 12:30 – 3 p.m. Playing mahjong will help keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. All levels of experience are welcome. ****Call 908-369-8700 for more information.****

Needlepoint Club – Friday, 10 a.m. Bring your own crocheting/crafting project or learn a new hobby and socialize. ****All supplies are provided. Call 908-369-8700 for more information.****

Fit & Flex with Rose – Tuesdays & Thursdays, 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. **** Space is limited. Check the monthly calendar for updates to the schedule.****

Tai Chi Chih with Janet O. – Wednesdays, 9:30 a.m. In tai chi chi participants will practice a series of gentle, fluid movements and one pose that will activate, circulate and balance the chi (the intrinsic energy of the body). Learn this practice at any age, ability or condition. This can be performed while either standing or sitting. ****Cost is \$25 for the ten-week program; the next session begins in November. Call 908-369-8700 for more information.****

Oct. 1 – Pumpkin Decorating Workshop with Jennie Truex, Home Instead Senior Care, 10 a.m. Join us for an hour of fun when we decorate pumpkins since fall is finally here and Halloween is right around the corner. ****All supplies will be provided. Call 908-369-8700 for more information.****

Oct. 2 – “Football and New Jersey: A Historical Celebration” by Alan Delozier, Seton Hall University, 10:30 a.m. Learn sport’s Greek and British ties and the development of the modern-day game. This fun and informative look at the sport focuses on the memorable players, teams, and the overall spirit that makes football so appealing to millions. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 4 – “Casino Day” with Caitlin Campbell, Foothill Acres, 10:30 a.m. Bring your lucky rabbit’s and engage in fun activities. Enjoy popular casino games, socialize, play cards, and roll dice – with dealers will be at the tables.

Oct. 7 – Craft: Creating Felt Flowers with Tammy, 10:30 a.m. Socialize with peers and stimulate your mind with a creative craft. Create a felt flower with Tammy. Take home your creation. ****All supplies will be provided. Call 908-369-8700 for more information.****

Oct. 9 – “Talking with your Doctor” by Chris Kellogg, MSW, LSW, Nightingale NJ, 10:30 a.m. Learn how to find the right doctor, what you need to know to have a successful doctor’s visit, and what you should do if tests, medications or specialists are needed.

Oct. 11 – Coffee Pod Pendant Workshop with Debbie Perez, local artist & designer, 10:30 a.m. Debbie is a local artist and designer who specializes in creating one of a kind, nature-inspired jewelry by using upcycled items. Learn how to upcycle used coffee pods to create a unique, beautiful, and wearable pendant. ****Reserve by Oct. 9. Please call 908-369-8700. This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.***

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Oct. 14 – Center is closed.

Oct. 16 – “Cool Critters” by the Somerset County Park Commission, 10:30 a.m. Enjoy a program that will highlight snakes, dragons and bugs! Let’s investigate things that slither, hiss and hop, meet both live and dead creatures.

Oct. 18 – “State of Emergency: Disasters, Catastrophes & Goof-Ups that Shaped New Jersey History” by Jim DelGiudice, photographer and educator, the Judson Lecture Series, 10:30 a.m. From the sabotage that got us into WWII to the superstorm that changed our coastline, New Jersey has learned to cope. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 21 – Love in Any Language, 10:45 a.m. Center participants will host their talk show about the universal theme of love, “Love Talks.”

Oct. 22 – “October in History” with Prashanti. Explore famous historical events throughout history that occurred during October.

Oct. 23 – “Boxing for Balance” with Barbara Kelly, CKO Kickboxing, 10:30 a.m. This is a boxing for brain health, non-contact activity that promotes balance. Learn to interact, laugh, get fit, relieve stress and build confidence.

Oct. 25 – “Bringing Vegetables to the Table: A Celebration of the Harvest” by Daryl Minch, M.Ed., family & community health sciences educator, Rutgers Cooperative Extension, 10:30 a.m. Autumn offers a bounty of healthy vegetables. Explore ways to prepare and enjoy a variety of New Jersey vegetables. Literature and recipes will be provided.

Oct. 28 – “Simplify Your Clutter” with Jamie Novak, author and organizing Humorist, 10:30 a.m. How can de-cluttering be fun? Join the center for a laugh-out-loud funny program that will help you lessen the load of life and de-stress when you learn how to get rid of piles of paperwork and cramped closets.

Oct. 29 – Diwali Celebration, 10 a.m. Come celebrate Diwali with the Senior Wellness Center at Hillsborough. Diwali, the “Festival of Lights” is an ancient Hindu festival and is the biggest and the brightest festival in India. Help usher in the Indian New Year with Rangoli art decorating and dancing.

Oct. 30 – “Dino: The King of Cool!” by Gordon James, 10:30 a.m. Learn about the career of Dean Martin beginning with his comedy, solo singing career, Rat Pack days, and his movies and TV show. Hear Dean Martin songs like “Sway,” “That’s Amore,” “Return to Me,” “Volare,” and “You’re Nobody Till Somebody Loves You.”

Oct. 31 – “Spooktacular Halloween Fun, 10:30 a.m. Join the center for a day full of fun to celebrate Halloween, Hillsborough style. Come dressed in costume for a chance to win a prize, play games, and dance the morning away to Halloween songs led by Tammy, Prashanti and Donna.

MONTGOMERY SENIOR CENTER

356 Skillman Road
Skillman, NJ 08558
609-466-0846

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

OoADS Satellite Office Opportunity –Joshua O’Neal, LSW, Case Manager, Somerset County Office on Aging & Disability Services, **Third Tuesday of the Month, 8:30 a.m. – 4:30 p.m.** Joshua will be at the center on **Oct. 15**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering anyone information, assistance and support as needed. Joshua will be available to meet one-on-one as requested.
available to meet one-on-one as requested.

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MONTGOMERY SENIOR CENTER – CONT'D

State Health Insurance Program (SHIP) – 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.****

Billiards Room – 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).

Games/Cards (Scrabble, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9 a.m. – 2 p.m.

If there is a favorite game that you would like to play and 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 practice 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 updates to the schedule.****

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

Montgomery Walkers – Tuesdays & Thursdays – 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. Get started on the right note and learn the foundation of playing the ukulele in this easy-to-follow lesson. Participants will learn how to hold, tune, and strum simple chords. ****Call 609-466-0846 for more information.****

Intermediate Ukulele Lessons with Chris – Tuesday, 9:30 a.m. & Thursday, 10 a.m. Now that participants know the basics of ukulele playing, they will be ready to take the intermediate lessons! Using a wide range of musical genres, participants will learn more about chords and melody playing, improvisation, and will play a multi-part arrangement in a band. ****Call 609-466-0846 for more information.****

Yoga with Elizabeth – Tuesday, 11 a.m. Practicing yoga can help to increase bone density, strength and balance. 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 relieving stress and to help gain an overall sense of well-being. This class is open to all skill levels and can be practiced while either standing or sitting. ****Check the monthly calendar for updates to the schedule.****

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 a.m. & Thursday, 11 a.m. Reduce pain, fatigue and stiffness and increase flexibility, strength, balance and endurance while practicing exercises in a safe and positive environment. ****Check the monthly calendar for updates to the schedule.****

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 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 updates to the schedule.****

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MONTGOMERY SENIOR CENTER – CONT'D

Healthy Bones Exercise Class – Wednesday, 10:15 a.m. This peer-led, 24-week exercise and education program is for individuals who either are at risk of having osteoporosis or have it. Exercises help improve balance, strength, flexibility, and posture. Advanced registration is required. A doctor's note is required before 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 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 – 2 p.m. This is an informal jam session. All skill levels are welcome! ****Call 609-466-0846 for more information.****

Mahjong Club – Thursday and Friday, 10 a.m. – 12 p.m. Keep your brain sharp and supercharged by playing mahjong! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. All levels of experience are welcome. ****Call 609-466-0846 for more information.****

Oct. 2 & 16 – Move Today with Elizabeth, 10:15 a.m. Improve flexibility, balance, strength, and stamina. This class focuses on improving posture and fall-prevention. Exercises can be practiced while either standing or sitting.

Oct. 4 – Rubber Stamping Card Workshop, 10 a.m. Create unique Halloween greeting cards you're your friends and loved ones. ****All supplies are included. Please call 609-466-0846 for more information.****

Oct. 4 & 25 – 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 and imagination and kinesthetic thinking). The program is intended for participants of all abilities who will be thoroughly engaged while seated in a chair.

Oct. 7 – Bingo, 11 a.m. Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination and improves listening and short-term memory skills.

Oct. 8 – Coffee Pod Pendant Workshop – Lunch & Learn Opportunity by Debbie Perez, local artist & designer, **1:30 p.m.** Debbie is a local artist and designer who specializes in creating one of a kind, nature-inspired jewelry by using upcycled items. Learn how to upcycle used coffee pods to create a unique, beautiful, and wearable pendant. **** This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.****

Oct. 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 with gestural, improvisational and world dance forms, sound therapy and creative play, along with a guided relaxation and meditation techniques, the class will promote calm, control, and meditative practices with imaginative, joyful and social interaction. Enhance positivity, reduce stress and create feelings of empowerment and well-being in this class, which is intended for people of all skill levels and can be practiced while either standing or sitting.

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MONTGOMERY SENIOR CENTER – CONT'D

Oct. 11 – “Football and New Jersey: A Historical Celebration” by Alan Delozier, Seton Hall University, 11 a.m. Learn about the origins of the sport – its Greek and British ties – to the development of the modern-day game. This is a fun and informative look into the sport with a focus on the memorable players, teams, and the overall spirit that makes football so appealing to millions. Specific milestones will be covered. ****This program is sponsored by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 11, 18 & 25 – “Stress-Busting Program for Family Caregivers” by Christina Panarese, MSW, care manager & Adalin Ball, MSW, eldercare educator, Somerset County Office on Aging & Disability Services, 1:30 – 3 p.m. This nine-week program is designed for family members who provide care to a person with dementia. Learn proven techniques to help patients manage their stress. This is NOT a support group, a class, or a counseling group; but will offer elements of support, education and advice. ****For more information, call Adalin Ball or Christina Panarese at the Somerset County Office on Aging & Disability Services at 908-704-6346. This is a closed group and members will not be able to join after Oct. 11.****

Oct. 14 – Center is closed.

Oct. 16, 23 & 30 – Nia/MELT Exercise Class, Alida D. Weisfeld, Certified NIA/MELT Instructor, 2:30 p.m. NIA/MELT is a class that combines NIA – which is a non-impact aerobics class taught to music with gentle movements and light weights – and MELT, which is a technique to help eliminate stress from the body by using small exercise balls on the hands and feet. The melding of both techniques has been proven to increase balance, agility and mobility. This is a FUN class ! ****Call 609-466-0846 for more information.****

Oct. 18 – “The Healing Power of Plants” by the Somerset County Parks Commission, 10:45 a.m. Discover which backyard plants were used as medicine 300 years ago. Today, scientists are making exciting discoveries about the medicinal power of plants and the part they play in traditional medicine and our health.

Oct. 21 – “Somerset Tech: Stories of Personalities and Technologies from Somerset County” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, 11 a.m. Join the center for an interesting presentation. Learn how the county has been home to technological innovation since the days of Lord Sterling’s astronomy. ****This program has been made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 28 – “O’Keefe Watercolor Class” with Debra Weiner, 11 a.m. Debra will provide participants with history and facts about Georgia O’Keefe and then demonstrate how to create Georgia O’Keefe style flowers using watercolor paints. No experience is necessary.

Oct. 29 – “The Beauty of Diversity” by the Saint Paul School’s 7th Graders, 10:30 a.m. Get a deeper understanding of what diversity and “difference” mean and how it guides our attitudes about others from students. Connecting with others who are more like ourselves and connecting less so with those who are different is a human trait, yet treating others with respect is paramount to a successful and inclusive lifestyle. Listen to students while they share their knowledge about diversity and hear the next generation’s perspective on diversity.

Oct. 31 – Annual Halloween Parade, 11 a.m. The Montgomery Kid Connection will visit the center dressed in their favorite Halloween costumes.

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QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd.

Somerset, NJ 08873

(908) 231-7312

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

OOA&DS Satellite Office Opportunity – Adalin Ball, MSW, Eldercare Educator, Somerset County Office on Aging & Disability Services, Third Wednesday of the Month, **8:30 a.m. – 4:30 p.m.** Adalin will be at the center on **Oct. 16**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering anyone information, assistance and support as needed. Adalin will be available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – 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 732-563-4213 to schedule an appointment.****

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

Bridge, Cards & Board Game Lessons with Quail Brook Seniors & Volunteers – Thursday & Friday, 10:30 a.m. Classic games of strategy are a great opportunity for people of all skill levels to meet and socialize. Join the Quail Brook Seniors and volunteers for mind-stimulating and competitive games of Bridge, Texas Hold ‘Em,’ Monopoly, dominoes and more! If you would like to play a 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 – Available Monday – Friday.

Table Tennis (Ping-Pong) – Available Monday – Friday. Ping-Pong (table tennis) has only been an Olympic sport since 1988. Go ahead and take a shot at this fun game. Play either singles or doubles games. It’s a great way to improve hand/eye coordination, concentration and agility.

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. This either is a peer-led, 24-week exercise and education program for individuals who are at risk of having osteoporosis or have it. Exercises help improve balance, strength, flexibility, and posture. Advanced registration is required. A doctor’s note is also required before 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.****

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 hot topics of the day.

The Regime Exercise Class – Monday, Thursday & Friday, 1 p.m. Get a head-to-toe workout that uses weights, stretching and aerobic movements. Learn movements that will lubricate joints for flexibility to strengthen and stabilize muscles, increase blood circulation – and with the 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; **Thursday** – Mid Section Routine and **Friday** – Lower Body Routine. ****Wear comfortable and loose-fitting clothing; sneakers are required.****

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QUAIL BROOK SENIOR CENTER – CONT'D

Continuing Art Institute with Karen Haake – Tuesday, 1 – 3 p.m. The Study of Moods Through Light and Dark (learn how art can create and alter its association impression (moods); **Module 1** – Still Life Objects & Vibrant Watercolors; **Module 2** – Objective Study, Watercolors & Diffused Light (modulating the level of watercolors); **Module 3** – An Artist's Study of Light Techniques (part 1 – creating luminosity); **Module 4** – An Artist's Study of Light Techniques (part 2 – creating luminosity emphasizing self-expression) and **Module 5** – Night Scenes & Moonlight (juxtaposing warm colors (reds) with cool colors (blues)). ****\$10.00 fee per class; supplies are included.****

Functional Fitness – Thursday, 9:15 a.m. Have fun while performing cardiovascular exercises that raise your heart rate, tone muscles in the upper and lower body and strengthen your core. Improve your balance, overall agility and increase your ability to move more easily while performing everyday activities. Sneakers are required. ****Cost is \$40 for the eight-week program; the next session begins in November. Call 732-563-4213 for more information.****

Yoga with Jade Ko – Friday, 2 p.m. Yoga is considered by many as a holistic approach to health and wellness. Practice physical poses, breathwork and meditation to improve alignment and relaxation. Please bring a mat and wear comfortable clothing that will allow for movement. ****Cost is \$35 for the seven-week program; the next session begins in November. Call 732-563-4213 for more information.****

Crochet & Knitting with Esther Fowlkes – Thursday & Friday, 10:30 a.m. Learn the difference between two methods of creating artistic patterns using fabric and yarn, a single hook or two needles. Crocheting or knitting? 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 updates to the schedule.****

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 while participants work through different moves.

Oct. 1, 8, 15 & 22 – Body and Brain Yoga with Lucy Pagnetti, certified yoga instructor, **10:30 a.m.** Learn a mind-body practice that combines stretching, flowing movement, deep-breathing exercises and meditation in a simple and easy-to-learn format that helps develop the body's core strength and is the basis of physical, mental and spiritual health.

Oct. 2 & 16 – Ageless Grace Fitness Program with Roz Gerken, certified ageless grace educator, **10:30 a.m.** Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. This program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for participants of all abilities who will be thoroughly engaged while seated in a chair.

Oct. 2, 9, 16, 23 & 30 – Yoga for Mental & Physical Wellness with Dr. Prabha Srinivas, council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore, India, **2 p.m.** Take control of your emotional and physical well-being through the practice of yoga and meditation while reducing stress in your life. Please bring a mat and wear comfortable clothing that will allow for movement.

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QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 3, 10, 17 & 24 – Zumba Gold with Laurie Fetcher, 10:30 a.m. With popular music designed to inspire a hearty workout, Zumba Gold 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 exercising the muscles of the hips, legs, and arms with fun, energetic and rhythmic moves. This fun and energetic session can be done seated in a chair or standing up. Please wear comfortable clothing that allows for dynamic movement.

Oct. 4 – “Salsa Dance Party: The Flavor and Style” with Donnamarie McCarthy, 10:30 a.m. Learn three parts of the salsa that creates such a vibrant and colorful experience when you hear and feel the music, clap your hands in syncopation to an eight-count beat and move your feet! Salsa dance originates from the Afro-Cuban dances, which is a combination of the Cha-cha-cha, Mambo, Rumba, Bomba, Danzon and French/Haitian dance styles.

Oct. 7 – “Balance: A Motor Skill to Maintain” by Robert Wood Johnson University Hospital, 10:30 a.m. Join this **FREE** clinic and screening where you will learn evidence-based practices that can help reduce your risk of falls and fall-related injuries among. Gaining balance will allow you to walk without problems and negotiate uneven ground.

Oct. 9 – Gentle Joints Yoga Demonstration with Pratibha Jani, certified yoga therapist (IAYT) and registered yoga teacher, **10:30 a.m.** This demonstration is a modified version of traditional yoga where participants will learn poses to help improve flexibility, balance and muscle soreness. The class will focus on improving the health of the structural and functional joints. Breathing techniques will be introduced to promote relaxation.

Oct. 10 & 17 – Step It Up! Line Dance Lessons with Deborah Gibson and Karen Jessie, Quail Brook Seniors, **11 a.m.** For fitness and fun, learn and practice these fun line dances to snappy tunes. Line dancing incorporates exercise and music and is the best way to get your toes tapping and people out on the dance floor.

Oct. 11 – “The Science of Vitamins and Supplements” by Dr. Somsuvra Shatak, director of research, USPharma Lab, **10:30 a.m.** Delve into why vitamins are an important part of our diet. Learn about the chemical structure of vitamins such as A and E. Understand the difference between fat-soluble and water-soluble, natural and synthetic, vitamins and supplements and FDA approved vs. non-approved.

Oct. 14 – Center is closed.

Oct. 18, 23 & 30 – Chair Yoga with Jade Ko, certified yoga instructor, **10:30 a.m.** Participants will practice a series of specific poses adapted from regular yoga poses when seated in a chair. This gentle form of yoga can be an effective way to improve one’s overall health by increasing strength, flexibility, mental clarity and proprioception, and it can help reduce stress when practiced regularly.

Oct. 21 – “What’s Cooking: Winter Squash” by Aliz Holmann, registered dietitian, ShopRite/Wakefern, **10:30 a.m.** Learn the six different varieties of squash along with tips on how to cook squash, such as baking, roasting, boiling and even microwaving. A tasting demonstration of this nutritious, savory fruit will be provided.

Oct. 24 – “Copper Ore and Jewelry Making” by Consuela Alberg, Quail Brook Senior and jewelry designer, **11 a.m.** Consuela will give you step by step instructions for creating bracelets with innovative jewelry designs using copper that can be worn by men and women or given as a unique gift.

Oct. 25 – “Scary-Fun Musicals” by Sam and Candy Caponegro, 10:30 a.m. Are you thrilled by musicals? Travel with Sam and Candy on a creepy-crawly journey, exploring musicals such as the “Rocky Horror Show,” The Addams Family,” “Sweeney Todd, The Demon Barber of Fleet Street,” and more. They dare you not to enjoy it!

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QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 28 – “Somerset Tech: Stories of Personalities and Technologies from Somerset County” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, **10:30 a.m.** Join the center for an interesting presentation. Learn how the county has been home to technological innovation since the days of Lord Sterling’s astronomy. ****This program has been made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 29 – “Cultural Diversity: Embracing the Art of Co-Existing” by the Quail Brook Seniors, 10:30 a.m. Visit a cultural fair. Learn where our center’s friends originated from and their culture. Find out about their unique style, flavor, holidays, music and language. Being exposed to a variety of cultures provides an opportunity to bring new tastes, traditions, experiences and new friendships. What a great way to promote mutual understanding and respect.

Oct. 31 – Halloween Spooktacular, 10:45 a.m. Today we will take a trip to the Senior Wellness Center at Bridgewater for a “Halloween Spooktacular.” Where they will host a costume contest and a Monster Mash dance-off to the sounds of DJ Gio. Expect black cats, ghosts and everything that puts the howl in Halloween!

WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)

500 Warrentville Rd.

Warren, NJ 07059

908-753-9440

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

OoADS Satellite Office Opportunity – Gabrielle Stander, LSW, MAS, Care Manager, Somerset County Office on Aging & Disability Services, **second Wednesday of the Month, 9 a.m. – 4 p.m.** Gabrielle will be at the center on **Oct. 9**, to answer any questions that you may have about the services that the Office on Aging & Disability Services provides, as well as offering anyone information, assistance and support as needed. Adalin will be available to meet one-on-one as requested.

State Health Insurance Program (SHIP) – Do you have questions 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. ****Services are available by advanced appointment only and are available the last Friday of the month. To make an appointment, call 908-704-6319.****

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

Computer Lab – Available on **Tuesday’s** after **1 p.m.**, **Wednesdays** after **1:30 p.m.**, and **Thursdays** and **Fridays** from **9 – 4 p.m.**

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

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

Monthly Book Club – **Every Second Tuesday, 1:30 p.m.** On **Oct. 8**, join us for a discussion of the current book and then select the next book to read. New Members are always welcome!

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email, play solitaire or do a web search on the computer? By the end of this eight-week, one-on-one class, you will understand what your grandkids have been trying to explain to you for the past few years.

****Please call 908-753-9440 for more information.****

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

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 experienced oil painters. ****Advanced registration is required. Please call 908-753-9440 for more information.****

Healthy Bones Exercise Class – Wednesday & Friday, 10 a.m. This is a peer-led, 24-week exercise and education program for individuals who are either at-risk for osteoporosis or have it. Exercises will help improve balance, strength, flexibility and posture. Advanced registration is required. A doctor's note is also required before 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.****

Zumba Gold – Zumba Gold makes the popular Latin dance-inspired workout of Zumba accessible for people age 60 and above, beginners or others needing modifications to their exercise routine. This fun exercise builds cardiovascular health with dance moves that challenge the heart and work the hips, legs and arm muscles. Sneakers are required. **Cost is \$40 for the eight-week program. Call 908-753-9440 for more information.******

- **Monday at 11 a.m.** The next session begins in **January 2020.**
- **Wednesday at 11:45 a.m.** The next session begins in **January 2020.**
- **Friday at 11:45 a.m.** The next session begins in **January 2020.**

Chair Yoga with Jillian – Tuesday, 12:45 p.m. This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. Hatha yoga will help increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helps to gain an overall sense of well-being. ****Cost is \$25 for the five-week program; the next session begins on Nov. 19. Register by Nov. 8. Call 908-753-9440 for more information.****

Oct. 1, 8 & 15 “Learn How to use Your iPhone and iPad Workshop” with Maureen Greenbaum, 10 to 11:30 a.m. Get your questions answered and explore the benefits of using iPhone apps like Find My Friend, Google/Apple Maps, Podcasts, Email, Health, Camera, Calendar, Stocks and more! This class is for beginners and those who are interested in learning how to use their iPhone more effectively while having fun! ****This is a hands-on workshop that requires each participant to bring an iPhone or iPad. Advanced registration is required. Space is limited. THIS CLASS IS NOT FOR ANDROID PHONES.****

Oct. 1 & 8 – Boggle with some “Folk Dancercise,” with 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, we will do some Folk Dancercise, the gaiety of folk dancing used as an exercise. Join us as we stimulate the body and the mind.

Oct. 1, 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, keeps it alert, and helps keep your memory active. New members and beginners are welcome (lessons are available).

Oct. 1, 8, 15, 22 & 29 –Mahjong for Experienced Players Only, 1 – 4 p.m. If you are an experienced mahjong player who is looking for an opportunity to play this game of skill, strategy and calculation, then join the center on **Tuesday** afternoons.

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

Oct. 2, 9, 16, 23 & 30 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class, which is suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body with exercises that use resistance bands, exercise balls and dance moves. Exercises can be practiced while either standing or sitting.

Oct. 2, 9, 16, 23 & 30 – Ballroom Dancing with Art & Fe, 1 – 3 p.m. Dance to a variety of ballroom dance music. Meet new people and make friends while exercising! Dancing is a great way for people to get healthy and stay in shape. Besides being fun, dancing has many health benefits such as improving overall flexibility, strength, endurance and one's emotional well-being. ****Save the date for the special Fall Harvest Dance on Oct. 9 with DJ Giovanni from 1:30 to 2:30 p.m.****

Oct. 3, 10, 17, 24 & 31 – Bingo, 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing bingo promotes socialization, strengthens hand-eye coordination and improves listening and short-term memory skills.

Oct. 3, 10, 17, 24 & 31 – Line Dancing with Linda, 1 – 3 p.m. Line Dancing is so much fun, it doesn't even seem like exercise! This form of dance can help participants stay healthy both mentally and physically, and is suitable for people with limited mobility, can improve cardiovascular and muscular strength, and can increase coordination and balance.

Oct. 4, 18 & 25 – Fun with Brain Games and Trivia with Adrienne Graubard, 10:30 a.m. Did you know that solving puzzles or challenging yourself with new mind-activities can enhance your creative and critical thinking processes? Join Adrienne for a mind-tingling, brain-stumping workout.

Oct. 7 – “Building by the Book: Pattern Book Architecture in New Jersey” by Jim DelGiudice, photographer and educator, The Judson Lecture Series, **10:30 a.m.** Here a historical explanation of why that old house next door looks a bit like the one at the other end of the state. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 11 – “Diversity 101” by Arge Mardakis, human resources supervisor, Somerset County, **10:30 a.m.** Join this program to gain a deeper understanding of what diversity and difference mean and how it guides other's attitudes about people. An interactive diversity activity will be part of the program. Somerset County Senior Centers believe that treating others with respect is paramount to a successful and inclusive lifestyle.

Oct. 14 – Center is closed.

Oct. 15 – “Wegman's Pharmacy: Understanding and Preventing Flu and Flu Clinic” by Wegmans, 10:30 a.m. Representatives from Wegmans Pharmacy will be on-site to give an educational presentation about understanding and preventing the flu. Flu shots will be available **after** the presentation. **To receive the flu shot, you must bring your insurance card(s) (Medicare and Prescription card).**

(More)

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

Oct. 21 – Volunteer Appreciation Ceremony and High Tea Party Luncheon. This year's theme is "A Smiling Face Makes the World a Better Place." and we have over 25 volunteers who help prepare food and implement activities. This is an opportunity for you to thank the more than 25 volunteers who help prepare food and implement activities for their dedicated service. Join us as we show our appreciation to those that generously give of their time and talents.

- **"A Tea Seminar: Drink to Your Health" by Jennifer Korneski, MPH, healthy living program coordinator, Rutgers Cooperative Extension, 10:30 a.m.** Learn about the history, culture and health benefits of tea.
- **Volunteer Appreciation Ceremony, 11:30 a.m.**
- **"High Tea Party Luncheon" sponsored by Foothill Acres Rehab and Nursing Center, Caitlin Campbell, community outreach and education, Foothill Acres, 12 p.m.** Indulge your senses with fabulous finger sandwiches, delectable desserts and a tantalizing tea selection.
****Advanced reservations are required by Wednesday, Oct. 16.****

Oct. 22 – Diwali Celebration, 11 a.m. Come celebrate Diwali the "Festival of Lights" is an ancient Hindu festival and is the biggest and the brightest festival in India. The festival is a spiritual celebration that signifies the victory of light over darkness. Join the festivities and learn some Indian dance. Enjoy Indian snacks during the program.

Oct. 25 – Quilting Bee for Experienced Quilters, 1 p.m. Need other quilters who want to get together once a month to socialize and discuss their quilting projects? If yes, this is the perfect group for you. Each experienced quilter is responsible for her or his patterns, fabrics and notions. Meet on the **last Friday of the month.** Call the center for more information.

Oct. 28 – "Scary-Fun Musicals" by Sam and Candy Caponegro, 10:30 a.m. Are you thrilled by musicals? Yes, musicals can be thrilling, filled with wonder and whimsy, and occasionally filled with a touch of horror or a bit of the macabre. Travel with Sam and Candy on a creepy-crawly journey, exploring musicals such as "Rocky Horror Show," "The Addams Family," "Sweeney Todd, The Demon Barber of Fleet Street," and others. They dare you not to enjoy it!

Oct. 29 – "Simplify Your Clutter" with Jamie Novak, author and organizing humorist, 10:30 a.m. How can de-cluttering be fun? Join the center for a laugh-out-loud funny program that will help you lessen the load of life and de-stress by learning how to get rid of piles of paperwork and cramped closets.

Oct. 31 – Spooktacular Bingo, 10:30 a.m. Ready to scream BINGO! Join us for Halloween Bingo where instead of numbers, funny creatures will be called. Strengthen the standard health benefits of socialization and hand-eye coordination by requiring participants to look for a picture instead of a number. Who knows, there may even be a few Halloween treats available.

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

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