



News from the Somerset County Board of Chosen Freeholders

Patricia L. Walsh, Freeholder Director • Peter S. Palmer, Freeholder Deputy Director
Patrick Scaglione, Freeholder • Mark Caliguire, Freeholder • Brian D. Levine, Freeholder

February 25, 2016

Somerset County-Operated Senior Centers Announce March Program Schedule

The Senior Centers operated by the Somerset County Office on Aging & Disability Services have announced the new monthly program schedule for its locations in Basking Ridge, (New) Bridgewater, Hillsborough, Montgomery, Quail Brook and Warrenbrook. Programs begin at 11:00 a.m. unless otherwise indicated.

You can help identify the types of clubs that you'd like our senior centers to offer. Throughout March, all centers will have activity signup sheets available. Sign up for the clubs that interest you the most and talk to the Senior Center Manager if you have other suggestions.

The Somerset County Board of Freeholders is pleased to announce that the **new Senior Wellness Center at Bridgewater** has opened. Clientele from our former Manville and Raritan locations are invited to join one of the other centers.

County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Lunch reservations are usually requested by 10 a.m. on the business day before you wish to attend, unless a specific registration date is listed. A suggested lunch donation for those over age 60 is \$2.50; the cost of lunch for those under age 60 is \$7.34. Invite a friend to join you for lunch or come early and enjoy one of the center's many programs. For more information, contact the appropriate senior center.

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. – 3 p.m.

Bridge – Tuesday, 9 a.m.-12 p.m. (Drop in on Tuesdays for more information.)

Computer Lab – Available Daily, Monday-Friday, 9 a.m. - 3 p.m.

Individual Computer Lessons – Friday mornings, 9 a.m. – 12 p.m. Please call for information.

Mahjong – Tuesday & Friday, 11 a.m.-3 p.m. (Drop in on Tuesdays and Fridays for more information.)

Pool Sharks – Pool Table Available Daily, Monday-Friday (Call for Availability)

Stretch & Flex Class – Upper & Lower Body Chair Exercise, Every Monday & Thursday, 10:45 a.m. (Please check monthly calendar for schedule updates)

Zumba Gold – Wednesday & Friday, 9:30 a.m. (The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.)

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BERNARDS – CONT'D

March 1 – “Rosie the Riveter & The Women of World War II” by Trish Chambers, Trish Chambers Productions, 10:30 a.m. (Rosie and her sisters changed America forever, not only by their work during the war but also by expanding the presence of women in the workplace, the arts and professions. The presentation explores how they proved their capabilities by stepping into the places of the men who went to war, what they accomplished in jobs and situations that were considered outside the role of women, and how they paved the way for the feminist revolution of the 60’s. Program is presented in period costume. **Please reserve your seat by February 29).**

March 1 – **Free** Blood Pressure Screenings by the Visiting Nurse Association (VNA) of Somerset Hills, 10:00 a.m. (A registered nurse from the VNA of Somerset Hills will be on-site to do individual blood pressure screenings. No appointment is necessary).

March 2 – **Free** Balance Screenings by Kessler Rehabilitation Center, 10:00-12:00 p.m. (Individual, private screenings will be conducted by physical therapists from Kessler Rehabilitation Center. Results and information will be available immediately. First come, first served basis, no appointment necessary).

March 4 – Healthy Food Tasting: Avocado Hummus Demonstration, 10:30 a.m. (We will introduce an easy recipe that incorporates heart-healthy ingredients and afterwards offer tastings. **Please reserve your seat by March 1).**

March 4 – Mandala Design Workshop (Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic Mandala is a square with four “gates” containing a circle. As an art form they are exquisitely beautiful when color is added. **Reserve your seat by March 1).**

March 8 – “Hot Topic Trivia” by Helen Vasko, 10:30 a.m. (Helen leads this round table discussion that includes many hot topics including the election, technology and others).

March 9 – Unique Saint Patrick’s Day Card Workshop with Jerry, 10:30 a.m. (Jerry will instruct us on how to create a Saint Patrick’s Day Card using intricate rubber stamps and other craft material).

March 11 – “Kidney Health Prevention & Treatments” Dr. Wu, Robert Wood Johnson University Hospital, Somerset, 10:30 a.m. (Dr. Wu will discuss how to keep your kidneys healthy and what the symptoms and treatments are for kidney-related issues).

March 15 – Music of Ireland featuring Celtic Instruments, 10:30 a.m. (Kick off a week of Saint Patrick’s Day festivities with this exciting performance by *Cracked Walnuts!* This program features songs played on the penny whistle, concertina, bodhran and guitar and also stories and humor about Ireland and Scotland. **Reserve your seat by March 11).**

March 16 – “Vitamin Heroes: Antioxidants A, C & E” by Cheryl Komline, Registered Dietitian, Bernards Township Health Department, 10:30 a.m. (Cheryl will share information about the benefits of incorporating antioxidants in your meals and snacks).

March 18 – Matt Theil on Bag Pipes, 10:30 a.m. (Saint Patrick’s Day excitement begins a bit early with a live performance of the bagpipes. Our featured artist, Matt, started playing in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes, he joined the St. Ann’s of Hampton Pipes and Drums Band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College. As part of Matt’s performance, he will talk about the history of the bagpipes which are among the world’s oldest instruments, and his experiences while learning to play).

March 22 – “Your Favorite Tunes” with soprano, Josie Mescallado, 10:30 a.m. (Josie is back to entertain us with her lovely singing rendition of all your favorite tunes).

March 23 – “Arm Chair Travelers: A Visual & Verbal Tour of Cuba” by Irwin & Dorothy Vogel, 10:30 a.m. (Irwin and Dorothy Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have taken extensive photos and put them together on a DVD complete with music and narration of their experience. Today’s featured tour will be of Cuba. Don’t miss this very special program. **Reserve your seat by March 18).**

March 23 – Lunch & Learn: “Senior Relocation” by Anne Bangs & Doreen Hall, Realtors, 12:00 - 2:00 p.m. (Anne and Doreen will provide a comprehensive review of the relocation and downsizing process for people age 60 plus. There is a \$10.00 fee for the program. Boxed lunches are available for a \$2.50 donation for those age 60 and above and a cost of \$7.34 for those under 60. **Reservations must be made in advance and no later than March 18).**

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

March 25 – Holiday – Center Closed

March 29 – Total Brain Workout, 10:30 a.m. (Join Kristen for another round of mind games and brain stumpers).

March 29 – **Free** Blood Sugar Screenings with Saint Peter's University Hospital, 10:30-11:45 a.m. (A nurse will be on-site to conduct non-fasting blood sugar screenings. Results and recommendations will be immediately available. No appointment is necessary).

March 30 – “The Life & Work of Louis Comfort Tiffany” – Lecture & Wire Jewelry Workshop, Art of the Master's Workshop by Creative Notions, 10:30 a.m. (After a 15 minute presentation about the artist, which is open to all, sixteen participants will take part in a hands-on project that will be in the likeness of the featured artist. Please call (908) 204-3435 to reserve your seat).

March 30 – Birthday Celebration, 12:15 p.m.

(NEW!)

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street, Bridgewater, NJ 08807

(908) 203-6101

Open Monday-Friday 9:30 a.m. - 4:00 p.m.

Computer Lab- (Monday - Friday 9:30 a.m. - 3:30 p.m.) One-on-One instruction by appointment and upcoming classes (to be announced)

Caram – Monday - Friday (East Indian Game Similar to Billiards)

Games/Cards (Scrabble, Backgammon, Chess, Rummikub, Uno, Canasta, etc.) Monday – Friday

Knitting Club – Every Wednesday, 10:00-11:00 a.m.; new members welcome!

Ping Pong - Monday –Tuesday; Thursday-Friday 9:30 a.m. – 12 noon

Pool Tables (2) – Monday – Friday; call for availability

Table Shuffleboard/Air Hockey – Monday – Friday

Zumba Gold – Monday 1:00 – 1:45 p.m. **(\$40 for 8-week session begins March 14 through May 2; Register by March 8)** (The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and *makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine.* Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves).

Mind Your Mind – Monday – 2:00 – 3:00 p.m.; (Our brains function in nine cognitive areas; metacognition, memory, flexible thinking, perception, using language, reasoning, using numbers, special relationships and communication. This series will provide hands on activities that exercise each of these areas.

Dancercise- Tuesday 1:00 – 2:00 p.m. **(\$35 for an 8 week session beginning March 1) Register by February 23)** (An innovative and fun way to exercise! This class incorporates dance moves to well – known music that will keep you moving. Starting with a “warm up” which helps avoid injury, you will dance to the beat of the music and finish with a “warm down.” Great for the heart! Low aerobic and low impact. Sneakers recommended).

News & Views – Tuesday – 2:00 - 3:30 p.m.; Casual get – together to discuss current events and share opinions).

Hatha Yoga with Bharati Trivedi – Wednesday, 10:45 a.m. (Hatha Yoga incorporates body postures, controlled breathing and meditation. There are many different benefits of Hatha Yoga, including stretching and aligning the body, improved balance and flexibility, a supple spine and improved circulation. Please bring a personal mat).

Gentle Yoga - Wednesday – 1:00 – 2:00 p.m. **(\$40 for 8 week session beginning March 2) (Register by February 24)** (This style of yoga is ideal for those who are new to the practice, new to exercise, those who need to improve flexibility or for those looking for a more relaxed workout. Mats will be provided).

Functional Fitness - Wednesday 1:30 – 2:30 p.m. **(\$40 for an 8 week session beginning**
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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Wednesday, March 2)(Register by February 24) (Learn exercises designed to train and develop your muscles to make it easier and safer to perform everyday activities such as carrying groceries, gardening, bending to do household chores, etc. While using various muscles in the upper and lower body at the same time, these exercises emphasize core stability, overall agility and develop muscle strength while also improving balance to reduce the risk of falls).

Scrabble – Wednesday 2 – 4; (Enjoy a friendly game of scrabble; with sufficient interest, we may plan a club whose members can compete with other area scrabble clubs).

Jazz Dance – Thursday 1:00 – 2:00 p.m. (\$35 for an 8-week session beginning Thursday, March 3) Enjoy a fun way to move to a mix of popular music. Learn basic stretches, jazz moves and steps that when combined provide an aerobic workout that tones your body while helping to improve flexibility. Did you know that learning and memorizing dance steps also helps stimulate the brain to improve your memory? Be sure to sign up for this body and brain workout!)

Tai Chi for Health (Formerly Tai Chi for Arthritis) - Thursday 2:00 – 3:00 p.m. (\$40 for an 8 – week session, beginning Thursday, March 3.) Tai chi, aptly called “moving meditation,” consists of slow, repetitive movements that improve balance, flexibility, control and stability while promoting relaxation.

Backgammon/Chess/Sudoku/Rummikub – Thursday 2:00 – 4:00 p.m.; (Do you enjoy games of strategy or mentally challenging activities? If so, visit the center for Backgammon, Chess, Sudoku or Rummikub; if you are an experienced player and are willing to be a volunteer coach or teacher, let us know!).

Zumba Gold – Friday 1:00 – 1:45 p.m. (\$40 for 8 week session begins March 18 through May 13 – Note: No class on March 25). (The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves).

Board Games/Cards/Dominos – Friday 2:30 – 4:00 p.m. (Do you enjoy games like, Boggle, Cribbage, Rummikub, dominos or cards, etc.? If so, visit the center for a friendly game or two. Please note: We cannot guarantee players as we are just opening. Bring your friends! Please identify your game of choice when you make your reservation so we can ensure adequate game supplies).

March 1 – “Beating Winter Boredom” by the Magic Mirror Players, Robert Wood Johnson University Hospital, Somerset (Players improvise, using role-playing techniques to offer “Slices of Life” to provide an opportunity to focus on important life issues. The interactive skits help the audience become more self-aware of their reactions and opinions in similar situations).

March 3 – “Where Does the Money Go?” by the New Jersey Lottery Commission (Have you ever wondered how lottery money is used? Find out the ways in which lottery ticket purchases support many community-based services and programs).

March 3 & 11 – Gentle Aerobics (Exercise and move without putting undo pressure or strain on your body. Learn movements that lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercises and movements can help decrease falls and increase the ability to better accomplish day-to-day physical activities. This program can be done using a chair for support if desired).

March 4 – Performance by the Raritan Valley Community College Dance Ensemble (Enjoy interpretive dance by these talented students in an interactive presentation).

March 7 – Practice Session for the *Broadway in Bridgewater* Special Event (Do you like to sing? This is your chance to showcase your talent. Join in on this practice session as we prepare for the upcoming “*Broadway in Bridgewater*” event on March 15).

March 7 – State Health Insurance program (SHIP) (A counselor will be available to provide **Free** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. **Call (908) 203-6101 to schedule an appointment).**

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

March 8 – “American Folk Songs: A Musical Tribute” by Spook Handy (Enjoy this performance of songs inspired by the Dust Bowl, Great Depression, Civil Rights Movement and the 60’s and 70’s peace movement which are interwoven with new songs about the world we live in today. The passion, purpose and spirit of American folk music are alive and well in this uplifting concert using a uniquely contemporary sound that honors the great traditions of American roots music).

March 9 – Meet and Greet (Join us to meet and greet fellow participants and staff at our beautiful new facility! Tell us a little about yourself and begin making new friends).

March 10 & 24 – Senior Single Women’s Meeting, 9:30-12:30 p.m. (Women 60 years and above are invited to join the Somerset County Single Senior Women’s Group, which holds its meetings on the second and fourth Thursday of each month. The organization’s intent is to provide moral support and social activities for independent women. Featured speaker on March 10: Veronica Mizeraki, PharmD, from Walgreens, Whitehouse, will discuss Vitamins and Supplements.

March 10 – “Savor the Flavor of Eating Well” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern (Samantha will discuss how to use seasonings to enhance our foods. Recipe samples will provide a new spin on pasta).

March 11 - Bagpipes Performance by Matt Theil (Saint Patrick’s Day excitement begins a bit early with a live performance of the bagpipes. Our featured artist, Matt, started playing in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes, he joined the St. Ann’s of Hampton Pipes and Drums Band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College. As part of Matt’s performance, he will talk about the history of the bagpipes which are among the world’s oldest instruments, and his experiences while learning to play).

March 11 - State Health Insurance program (SHIP), 12:00 - 2:00 p.m. (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) 203-6101 to schedule an appointment).

March 14 – “A Story of Hope: Making Lemons into Lemonade” by Brad Levine, Ridge High School Student (Brad will tell his personal story of hope within his family and how a positive outlook helped guide them through his grandmother’s illness).

March 15 – “Broadway at Bridgewater” with soprano Josie Mescallado (Josie will entertain us with beautiful songs from Broadway. Join in the singing! Solo or duet performances welcome!)

March 16 – National Agriculture Day Event (In partnership with the Somerset County Cultural and Heritage Commission, Park Commission and Recycling Divisions, participate in a public art project to create unique flower planters made from recycled tires. Our works of art will be proudly displayed in Somerset County’s parks).

March 16 – “Affording Medicare and Medications” by Laurie Roome, Eldercare Educator, Somerset County Office on Aging & Disability Services, 10:00 a.m. (Are you finding it difficult to pay for your prescriptions, healthcare insurance premiums and co-pays? If so, this program is for you! Learn the basics of Medicare and how you can get the most out of your Medicare dollars. Discover the best options for you and cost-saving programs for which you may be eligible. **Please call (908) 203-6101 to register by March 14**).

March 17 – Saint Patrick’s Day Trivia, Irish Facts and Fiction (Test your knowledge of *all things Irish* and enjoy learning lesser known facts about this popular holiday).

March 18 – “Family Dynamics” by Amy Kaelin, MSW, Eldercare Educator, Somerset County Office on Aging & Disability Services (Can’t we just all get along? This is an age-old question that we have all asked ourselves at one time or another. The way that family members interact or get along with each other can be influenced by many different things. Understanding why certain family members do the things that they do can help you better understand why your family may function the way it does).

March 21 – Part I - HealthEASE – “Serving Up Good Nutrition,” by Caitlin Witucki, Health Promotion Specialist, Office on Aging & Disability Services – Learn to identify ways to make meals healthier and reinforce your knowledge through discussion and activities).

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

March 22 – “A Touch of Sinatra” by Joe Gilligan (Join us for this tribute to commemorate Frank’s 100th birthday. Enjoy hearing the story of his life, the songs that made him one of the most renowned singers of the 20th century along with narrated funny stories and jokes that together will provide a thoroughly entertaining experience).

March 23 – “Transitioning Life’s Natural Changes” by Rabbi Ronald Kaplan, Doctor of Ministry, Pastoral Counselor & Psychotherapist (Rabbi Kaplan will explore some of the most commonly experienced transitions that many of us encounter during our senior years. He will also identify effective coping mechanisms to help us confront and control these areas of our natural aging and growing process).

March 24 – “The Handyman Program” by Bill Crosby, Somerset County Office of Volunteer Services (Learn about the Handyman Program which uses volunteers to complete minor household repairs for people age 60 and above and disabled citizens to help them live safely and independently in their own homes. The Handyman Program is also available to Somerset County military families with loved ones serving in or being deployed to *Operation Enduring Freedom* or *Operation Iraqi Freedom*).

March 25 – Holiday – Center Closed

March 28 – “Make Time For Mammography” by Alison Lambo, Robert Wood Johnson Community Health (This program will cover various aspects of breast health, different types of breast cancer and how it is diagnosed, the importance of getting a mammogram, and what determines a treatment protocol).

March 29 – “Heads Up Seniors” by Joanna Boyd, Brain Injury Alliance in New Jersey (Through a Jeopardy game-show format, develop an awareness to potential fall hazards in the home. Leave with a check-list to further examine the safety of your own home and lifestyle).

March 29 – Lunch & Learn: “Medicare Fraud & Abuse” by Charles Clarkson, Esq., Project Director, Senior Medicare Patrol of New Jersey, 12:30 -1:30 p.m. (Fraud and abuse of the system costs all of us money. Learn what to look for and how to report what you suspect. Protect yourself against fraud).

March 30 – Bingo

March 31 – “Celebrating Our Cultures” by Dale Ofei-Ayisi, MA, LCSW, COPSA, Geriatric Services, Rutgers University Behavioral Health Care Center (Celebrating our cultural ancestry does not take away from us being good Americans. It helps us understand ourselves better, helps keep our family heritage alive for our children and grandchildren and enriches our lives as Americans. Join Dale as she discusses ways in which each of us can “Celebrate Our Cultures” with family and friends).

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844
(908) 369-8700

Open Monday-Friday 9:30 a.m. – 2 p.m.

Please check monthly calendar for schedule updates.

Bocce Court – Available Daily (Weather permitting)

Caram – Daily, Monday-Friday (East Indian Game Similar to Billiards)

Fit & Flex with Rose – Every Tuesday, 11:00 a.m., and Thursday at 10:15 a.m. (This FREE weekly exercise program changes frequently and is suitable for all. Included are stretches, strength training, laugh yoga, breathing exercises and more.)

Game Room – Open Daily, Monday-Friday

Horseshoe Pit – Available Daily (Weather permitting)

Stretching – Available Daily, Monday-Friday

March 1, 8, 15, 22 & 29 – Mahjong Lessons, 10:00 a.m. (Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Tuesday mornings are Mahjong mornings. Lessons and refreshers are available).

March 1, 15 & 29 – Trivia Time with Anna, 11:15 a.m. (Anna will challenge and keep you on your toes in this new series).

March 2 & 10 – “Who am I?” 10:00 a.m. (Ask clever questions while exercising your mental recall abilities to determine the identity of famous historians, celebrities, authors or public figures).

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HILLSBOROUGH SENIOR CENTER – cont'd

March 2 – Bingo Bonanza, 10:45 a.m.

March 3 – Name That Tune: A Musical Adventure (Challenge your memory to guess old and new favorite songs in this hilarious game).

March 4 – Love Your Pet Day, 10:45 a.m. (Join Katy Nordhaus from the Franklin Animal Shelter who will share interesting stories of animal rescue and introduce you to some adorable shelter animals. Following their visit, we will share our own pet photos and stories).

March 7 – National Agriculture Day Event, 10:15 a.m. (In partnership with the Somerset County Cultural and Heritage Commission, Park Commission and Recycling Divisions, participate in a public art project to create unique flower planters made from recycled tires. Our works of art will be proudly displayed in Somerset County's parks).

March 8 & 22 – Mind Your Mind Exercises, 11:15 a.m. (Did you know that solving puzzles or challenging yourself with new mind-stretching exercises can stimulate the brain and enhance your critical thinking processes? Join Janet for some mind-tingling brain stumpers and a fun-filled intellectual workout).

March 9 – Bagpipes Performance by Matt Theil, 10:45 a.m. (Saint Patrick's Day excitement begins a bit early with a live performance of the bagpipes. Our featured artist, Matt, started playing in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes, he joined the St. Ann's of Hampton Pipes and Drums Band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College. As part of Matt's performance, he will talk about the history of the bagpipes which are among the world's oldest instruments, and his experiences while learning to play).

March 11 – TED Talks, 10:00 a.m. (Drop in for a lively discussion. For the first 15 minutes we will watch a TED Talk. Then we will discuss it as a group. For a background, visit www.TED.com).

March 11 – "Germ Warfare" by Reeta Aggarwal, BrightStar Homecare, 10:45 a.m. (Germs are everywhere. Hand washing is the single most important thing you can do to stop the spread of germs. Join us and learn proper hand-hygiene techniques and other ways of preventing the spread of germs. A **Free** hand sanitizer will be given to each attendee).

March 14 – Left, Right, Center Game, 10:00 a.m.

March 14 – Spring's the Thing (Join us for a challenging activity that will have you laughing while you compete against your center friends trying to imitate, guess or draw spring words).

March 16 – "The Life & Work of Louis Comfort Tiffany" – Lecture & Wire Jewelry Workshop, Art of the Master's Program by Creative Notions, 10:30 a.m. (After a 15-minute presentation about the artist, which is open to all, sixteen participants will take part in a hands-on project that will be in the likeness of the featured artist. Please call (908) 369-8700 to reserve your seat).

March 17 – Saint Patrick's Day Celebration with Entertainment by Lynne's Academy of Irish Dance, 10:45 a.m. (Enjoy an Irish Step Dancing demonstration with Lynne's Academy students in costume. A traditional lunch will be served featuring corned beef and cabbage. **Please call ahead and make reservations by March 15**).

March 18 – Scrabble Word Game, 9:30 a.m.

March 18 – Bingo Bonanza, 10:45 a.m.

March 21 – Craft: Creating Origami Mobiles with Pam, 10:30 a.m. (In this continuing craft series, we will learn the history of origami, fold several designs and create a decorative hanging mobile to enjoy).

March 23 – "Affordable Housing" by Christy Barboe, Central Jersey Housing Resource Center, 10:30 a.m. (Join us for a discussion on affordable housing options, living situations, housing rehabilitation programs and the latest housing scams. Literature will be given to all participants).

March 24 – March History: Take a Walk Down Memory Lane (Test your knowledge on a variety of topics including March history, celebrity birthdays, March holidays and more).

March 25 – Holiday – Center Closed

March 28 – "Savor the Flavor of Eating Well" by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern (Samantha will discuss how to use seasonings to enhance our foods. Recipe samples will provide a new spin on pasta).

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HILLSBOROUGH SENIOR CENTER – CONT'D

March 30 – Mandala Art Design Workshop, 10:00 a.m. (Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic Mandala is a square with four “gates” containing a circle. As an art form they are exquisitely beautiful when color is added).

March 30 – March Jeopardy, 10:45 a.m. (Join us for a mind-stimulating morning of Jeopardy celebrating *all things March*).

March 30 - Birthday Celebration

March 31 – Bingo Bonanza

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday-Friday 9 a.m. – 2 p.m.

Please check monthly calendar for schedule updates.

Blood Pressure Screening by Montgomery EMS – Third Monday of the Month, 9:45 a.m.

Bocce Ball – Weather Permitting, Thursday, 10:15 a.m.

Card Game “3-13” – Most Fridays, 10 a.m.

Crochet with Silvia – Every Wednesday, 10:30 a.m.

Exercise for Arthritis with Elizabeth – Tuesday at 10:30 a.m. and Thursday at 11:00 a.m. (Please check monthly calendar for schedule updates.)

Healthy Bones Exercise Class – Will resume in April 2016

Modern American Mahjong – Please call for information

Pool Table – Available Daily

Qigong with Bobbi – Every Other Wednesday, 10:15 a.m.

Silver Strength with Linda – Every Monday, 10:15 a.m.

Tai Chi with Herb – Every Wednesday, 11:00 a.m. (Please check monthly calendar for schedule updates.)

Yoga with Elizabeth – Every Tuesday, 10:30 a.m.

Zumba Gold Exercise Class with Elizabeth – Every Other Wednesday, 10:30 a.m. (The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.)

March 3, 10, 24 & 31 – Mahjong Lessons, 10:00 a.m. (Have you always wanted to learn how to play Mahjong or are you familiar with the game but just in need of fellow players? Thursday mornings are Mahjong mornings. Lessons and refreshers will be available).

March 4, 11 & 18 – Beginner Computer Class: Word Processing Basics with Susan, 10:30 a.m. (Students will learn how to begin a new document and about the parts of word processor and its capabilities. Students will also learn about enhancing fonts and changing margins. Cut, copy, and paste will be practiced. Those owning a laptop can bring it to class. Please call (609) 466-0846 to register for this three-week class as there is limited seating).

March 4 – Ageless Grace with Roz Gerken, 10:15 a.m. (Ageless Grace is a fitness program based on the cutting-edge science of neuroplasticity (the ability of the brain and central nervous system to change structurally and functionally). It 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 performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers).

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MONTGOMERY SENIOR CENTER – cont'd

March 7 - (Saint Patrick's Day excitement begins a bit early with a live performance of the bagpipes. Our featured artist, Matt, started playing in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes, he joined the St. Ann's of Hampton Pipes and Drums Band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College. As part of Matt's performance, he will talk about the history of the bagpipes which are among the world's oldest instruments, and his experiences while learning to play).

March 8 - 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 (609) 466-0846 to schedule an appointment.**

March 11 – “The Garden State in Bloom” by Walter Choroszewski, Photographer, 10:45 a.m. (Walter retraces the path taken in creating his award-winning book, “The Garden State in Bloom” which showcases Walter's 25 favorite public gardens presented through colorful photography and accompanied by interesting historical information).

March 14 – “Affordable Housing” by the Central Jersey Housing Resource Center (Join us for a discussion on affordable housing options, living situations, housing rehabilitation programs and the latest housing scams).

March 21 – National Agriculture Day Event (In partnership with the Somerset County Cultural and Heritage Commission, Park Commission and Recycling Divisions, participate in a public art project to create unique flower planters made from recycled tires. Our works of art will be proudly displayed in Somerset County's parks).

March 23 & 30 – “AARP Smart Driver Course” by Lois Hockenbury, 1:00 - 4:00 p.m. (This is a classroom driver improvement course that will teach motorists about new traffic laws and defensive driving techniques. You will receive 2 points off your driving record and receive 5% off your insurance for 3 years. *The fee for AARP members is \$15.00 and \$20.00 for non-members.*)

March 24 – Young Artists Art Exhibition of New Jersey, 10:30 a.m. (Young artists will display their work and afterwards will facilitate a hands-on program in which all can participate).

March 25 – Holiday – Center Closed

March 28 – “Alcohol and Medication” by Devangi Patel, MPH, CHES, Montgomery Township Health Officer (Devangi will discuss the effects of alcohol and medications as we age).

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873

(732) 563-4213

Open Monday-Friday 9 a.m. – 3 p.m.

Body & Brain Yoga with Lucy Pagnetti – Monday, 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 that focuses on the development of the body's core strength as the basis of physical, mental and spiritual health. Bring mats or you can use a chair) **(Advanced registration is required.) (\$5.00 suggested donation/class)**

Bridge Lessons – Friday, 10:30 a.m.

Computer Instruction – Monday, 9:00 a.m. - 12:00 p.m. **(Please call for appointment.)**

Continuing Art Institute with Karen Haake – Tuesday, 1:00-3:00 p.m. **(There is a \$10.00 fee which includes supplies).**

Healthy Bones Exercise Class with Joan Ackerman – Monday, 9:15 a.m. (Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year).

Line Dancing – Friday, 9:30 a.m.

(more)

QUAIL BROOK SENIOR CENTER – cont'd

A Variety of Board & Card Games (i.e., Monopoly, Po-Ke-No, Yahtzee, Dominoes & Checkers) – Available Monday - Friday

Outdoor Shuffleboard and Horseshoes – Monday – Friday, Weather Permitting

March 1 & 8 – Learn the Basic Hebrew Language with Rabbi Ronald Kaplan, Doctor of Ministry, Pastoral Counselor & Psychotherapist, 10:30 a.m. (This is a continuation of Quail Brook's around the World Series).

March 2 – “Art Education through Painting” by the Raritan Valley Community College Nursing Students, 10:30 a.m. (Painting with different art media can provide a variety of benefits including improved self-esteem, self-expression and communication. Join us for this hands-on program with the Raritan Valley Community College Nursing Students).

March 3 & 24 – Zumba Gold with Laurie Fechter, 10:30 a.m. (The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves).

March 3, 24 & 31 – Electronic Keyboard Lessons with Robert Norton (Hone your newly found musical abilities; learn how to play favorite songs and practice-practice-practice!)

March 4 – “Poetry Informance” by Glenis Redmond, Poet In Residence, New Brunswick State Theatre, 10:30 a.m. (Glenis is a poet and motivational speaker. She will be sharing her talent and love for poetry in the form of an “informance” which is not a performance but rather a multi-faceted, creative and educational way of telling stories of her childhood and beloved mother while intertwining those stories with poems and inspiring messages).

March 9 & 17 – Ageless Grace with Roz Gerken, 10:30 a.m. (Ageless Grace is a fitness program based on the cutting-edge science of neuroplasticity (the ability of the brain and central nervous system to change structurally and functionally). It 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 ages and abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers).

March 10 - Bagpipes Performance by Matt Theil, 10:30 a.m. (Saint Patrick's Day excitement begins a bit early with a live performance of the bagpipes. Our featured artist, Matt, started playing in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes, he joined the St. Ann's of Hampton Pipes and Drums Band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College. As part of Matt's performance, he will talk about the history of the bagpipes which are among the world's oldest instruments, and his experiences while learning to play).

March 11 – “Music of Times' Past” by Tom Harabin, Local Resident, Historian & Music Teacher, 10:30 a.m. (Tom will bring the Revolutionary War to life through songs and period costume).

March 14 – “Just For the Health of It: 10 Superfoods and Recipes” by Laura Vetter, Registered Dietitian, Saint Peter's University Hospital, 10:30 a.m. (A super food is a nutrient-rich food considered to be beneficial for a person's health and well-being. Spinach, avocados, oats, salmon, red peppers, dark chocolate, walnuts, beans, blueberries and pumpkin are just some examples of superfoods that will be discussed. Lauren will provide literature and recipes).

March 15 & 29 – Tai Chi with Bobbi Joels, 10:30 a.m. (Tai chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long, graceful gesture. Studies have reported that some participants experienced a reduction in pain, fatigue and stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be done using a chair for support if desired).

March 16 – “Comparative Religions: A Seasonal Focus on Similarities and Differences” by Rabbi Ronald Kaplan, Doctor of Ministry, Pastoral Counselor & Psychotherapist, 10:30 a.m.

March 18 – Armchair Travel Presents: Bhutan, A Himalayan Kingdom of Mystery and Magic with Dorothy & Irwin Vogel, 10:30 a.m. (Passports are not required! Learn about the people, their culture, the country's natural beauty and compelling heritage without leaving the comfort of your own chair).

(more)

QUAIL BROOK SENIOR CENTER – cont'd

March 21 – “Fruits & Vegetables: Value in Nutrition” by Kati Domen, Dietetic Technician, Somerset County Office on Aging & Disability Services, 10:30 a.m. (Join Kati as she discusses the nutritional benefits of fruits and vegetables. Afterwards, test your ability to apply your knowledge in game - format).

March 22 – Craft: Create Hip Hop & Cool Easter/Spring Baskets with Genesis Health Care, 10:30 a.m.

March 23 – “Good Oral Health is More Than Just Brushing” by the Raritan Valley Community College Nursing Students, 10:30 a.m.

March 25 – Holiday – Center Closed

March 30 – “Bone Health Basics” by Saint Peter’s University Hospital, 10:30 a.m. (Learn about why bone health is so important. **Free** bone density scans will be available. Please call (732) 563-4213 for more information).

WARRENBROOK SENIOR CENTER

500 Warrenville Rd., Warren, NJ 07059

(908) 753-9440

Open Monday-Friday 9 a.m. – 3 p.m.

Volunteer Opportunity: *Help portion and package food for Meals on Wheels clients (8:30 – 10:30 a.m.). We are in need of a routine Wednesday volunteer plus several on-call volunteers who are willing to fill in when needed. If interested, please call the center at 908-753-9440.*

Ballroom Dancing – Every Tuesday & Wednesday, 1-3 p.m.

Bingo – Every Thursday, 10:30 a.m.

Bridge – Every Tuesday, 1 p.m.

Caram Board Game – Daily (East Indian Game Similar to Billiards)

Computer Instruction – Advanced Registration Required:

Monday, 9:00 a.m. to 3:00 p.m.;

Tuesday, 10:30 a.m. to 12:30 p.m.;

Wednesday, 10 a.m. to 1 p.m.

Computer Room – Call for Availability

Exercise with Sabina – Every Wednesday, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercise with Sabina will boost your energy level, reduce stress and help tone your body by using resistance bands, exercise balls and dance moves.

Healthy Bones Exercise Class – Every Wednesday & Friday, 10 a.m. Advanced registration required. Doctor’s Note Needed for Class.

Lending Library – Open Daily, Monday through Friday

Line Dancing – Every Monday, 1:00-3:00 p.m.

Oil Painting – Every Wednesday, 9 - 11 a.m.

Pool Room – Open Daily, Monday through Friday

Watercolor Paint Class – Monday & Thursday, 9-11:30 a.m. (Advanced Registration Required)

Zumba Gold Exercise Class – Monday, 10:45-11:30 a.m.; Wednesday, 11:30-12:15 p.m. Advanced Registration Required. Zumba Gold sessions are designed for all levels of fitness; no prior experience is needed. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. There are several benefits of Zumba such as strengthening of the cardiovascular system and bones, improving range of motion and good posture.

March 1& 22 – Boggle and Word within a Word, 10:30 a.m. (This word game is played using a grid of letters, in which players search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long but may not use the same letter on the grid more than once per word. Look for words within a larger word. Compete to find the most words).

(more)

WARRENBROOK SENIOR CENTER – cont'd

March 4 - Bagpipes Performance by Matt Theil, 10:30 a.m. (Matt started as a bagpiper in the 8th grade under the direction of Cliff Roberts. Once on the full set of pipes he joined the St. Ann's of Hampton Pipes and Drums band. He has competed in bagpipe competitions as part of the band and as a solo bagpiper in both the United States and Scotland. Matt is currently a Grade 3 Piper and attends Raritan Valley Community College).

March 7 – Mind Your Mind: Flexible Thinking Exercises, 10:30 -11:00 a.m. (Flexible thinking is the discovery of new and different ways of thinking, adapting to events in creative ways, and finding novel approaches to solving problems. Join us as we work through some flexible thinking exercises from the **Mind Your Mind** workbook).

March 7 – Citrus Fruit Treats Tasting, 11:15 -11:45 a.m. (Here's an opportunity to taste some usual and unusual citrus fruits while learning about their nutritional benefits).

March 8 – News and Views, 10:30 a.m. (Interactive discussion that will focus on current events. Topic discussion ideas are welcome).

March 8 – March Jeopardy, 11:15 a.m. (A spin-off of the popular game show, test your knowledge on events and holidays that relate to March).

March 9 – **Free** Blood Sugar Screening and Blood Pressure Check by Saint Peter's University Hospital's Community Mobile Health Services, 10:15 -11:30 a.m.

March 11 & 18 – Brains and Games with Adrienne, 10:30 a.m. (Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling brain stumpers followed by Hand Bell practice for a fun-filled, intellectual workout).

March 14 – Performance by the Celtic *Cracked Walnuts*, Musical Duo of Jeff and Jan Asufahl, 10:30 a.m. (Program features songs, stories and humor from Ireland and Scotland. In addition to the banjo and washboard that *Cracked Walnuts* is known for, attendees will also be treated to music on guitar, penny whistle, concertina and bodhran, *an Irish Drum*).

March 15 – Great Smoky Mountains, 10:30 a.m. (The Great Smoky Mountains, which rise along the Tennessee-North Carolina border in the southeastern United States, are home to Great Smoky Mountains National Park. Established in 1934, it is the most-visited national park in the United States hosting over 9 million tourists per year)!

March 15 – Park Pictionary, 11:15 a.m. (Teams try to guess/identify specific words or phrases from their teammates' drawings. Artistic talent is not required--just the desire to laugh and have fun).

March 16 – “What are Probiotics?” by Alyssa Reyes, MS, Registered Dietitian, ShopRite/Wakefern, 10:15 a.m. (This nutrition program will highlight what probiotics are and the important role they play in good health. Following the presentation, enjoy a tasting of foods high in probiotics).

March 18 - 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) 704-6319 to schedule an appointment**).

March 21 – “Clay Wall Pocket Project” by Barbara Gerson, Art 4 All, 10:30 a.m. (Learn how to make a clay pocket that can be used as a dried flower wall hanging arrangement or other decorative item.

Advanced registration is required. Class size is limited to 20 students).

March 21 – Lunch & Learn: “The Art of Quilling: Snowflake Project” by Barbara Gerson, Art 4 All, 1:00 p.m. (Quilling, also called paper filigree, involves rolling and combining strips of paper into highly detailed designs. Before actually making the snowflake, quilling basics will be described and “briefly” practiced. **Advanced program registration is required. Class size is limited to 15 students**).

Choice of menus with or without meat including a boxed lunch, available. **Please make lunch reservations by Wednesday, March 16.**

(more)

WARRENBROOK SENIOR CENTER – cont'd

March 22 – Warrenbrook Book Club (New members are welcome!) “Featured Book: Major Pettigrew’s Last Stand,” 1:30 - 3:00 p.m. (Join the Warrenbrook Book Club to discuss *Major Pettigrew’s Last Stand* by Helen Simonson. In the small village of Edgcombe St. Mary in the English countryside lives Major Ernest Pettigrew (retired). Wry, courtly, opinionated, and completely endearing, the Major leads a quiet life valuing the proper things that Englishmen have lived by for generations: honor, duty, decorum, and a properly brewed cup of tea. But then his brother’s death sparks an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their spouses, the Major and Mrs. Ali soon find their friendship blossoming into something more. But village society insists on embracing him as the quintessential local and regarding her as the permanent foreigner. Can their relationship survive the risks one takes when pursuing happiness in the face of culture and tradition?)

March 25 – Holiday – Center Closed

March 28 – “Gotcha!: Snapshots that Made History” by Jim DeGuidance, Photojournalist, 10:30 a.m. (In this lecture, Jim will look at some of the accidentally historic photographs that not only changed history, but have become the icons by which we remember great events).

March 29 – Crossword Puzzle and Word within a Word, 10:30 a.m. (Join us as a group, as we work together on a crossword puzzle and then challenge our minds by looking for words within a larger word).

The [Somerset County Office on Aging and Disability Services](#) operates six multipurpose facilities that offer a variety of educational, recreational and entertaining activities for active older adults, including wellness programs and health screenings. The centers are accessible to individuals with disabilities.

Somerset County senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere, intended to positively impact overall health. Many of these programs are funded, in part, through the Older Americans Act.

Help the Office on Aging and Disability Services improve existing services by taking a **Needs Assessment Survey** (<https://www.surveymonkey.com/r/CB68ZG7>). The purpose of this survey is to get the opinions of residents on what services are needed to ensure quality of life for older adults. We will use this information to guide decisions about the provision of community-based senior services in Somerset County.

To stay up to date with Somerset County events and information, follow us on [Facebook](#) and [Twitter](#).