



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

**** PLEASE NOTE UPDATED INFORMATION FOR THE
BASKING RIDGE & BRIDGEWATER SENIOR WELLNESS CENTERS****

December 28, 2016

Somerset County Senior Centers Announce January Activities

The senior centers operated by the Somerset County Office on Aging & Disability Services have announced the January program schedule. All programs begin at 11:00 a.m. unless otherwise listed. This month, all senior centers will be closed on Monday, Jan. 2, for New Year's Day and on Monday, Jan. 16, in honor of Martin Luther King's Birthday.

Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a **hot** meat-based or meatless entrée and a **cold** meat-based or meatless boxed lunch. Please make reservations before 10:00 a.m. at least one business day in advance. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

If you drive or have your own ride, you can go to any center of your choice.

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

SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Computer Lab – Available Monday – Friday, 9:00 a.m. – 3:00 p.m.

Pool Sharks – Pool Table Available, Monday – Friday, ****Call (908) 204-3435 for Availability****

Dancercise – Monday, 10:30 a.m. 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 “cool down.” An aerobic class that is low-impact and great for the heart! Sneakers required. ****\$40 for the 8-week program, next session to begin on February 6th. Registration required, call (908) 204-3435 for more information****

Ping Pong Club – Monday, 12:30 – 2:30 p.m. Members are not guaranteed so bring a friend!

Bridge Club – Tuesday, 9:30 a.m. – 12:30 p.m.

Mahjong – Tuesday & Friday, 12:30 – 3:00 p.m.

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

Zumba Gold – 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. Sneakers required.

Wednesday 9:30 a.m. – 10:30 a.m. ****\$40 for the 8-week program, next session to begin on Feb. 8.**

Registration required, call (908) 204-3435 for more information **

Friday 9:30 a.m. – 10:30 a.m. ****\$40 for the 8-week program, next session to begin on Feb. 10^h.**

Registration required, call (908) 204-3435 for more information **

Tai Chi for Health (Introduction) – Wednesday, 1:00 – 2:00 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage participants' development of their strength, balance and flexibility. Tai Chi has unfamiliar vocabulary, new ways of moving, and a sequence of movements that take time to learn. Participants will learn the **basic form** of this art, which will enable them to experience considerable improvements in their physical ability as well as to learn postures that will recur in new Tai Chi forms. ****\$16 suggested donation for the 8-week program, next session to begin on January 4th.**

Registration required call (908) 204-3435 for more information**

Billiards Club – Thursday, 10:30 a.m.

Stretch & Flex Class – Thursday, 10:45 a.m. Upper & Lower Body Chair Exercise. ****Check monthly calendar for schedule updates****

Monthly Book Club – Thursday, 12:30 p.m., Dec. 15. Join us on the third Thursday of every month. New members are welcome. Join us to discuss the current book and to select the next book.

Individual Computer Instruction – Friday, 9:00 a.m. – 12:00 p.m. ****Call for an appointment****

Circuit Training – Friday, 12:30 – 1:30 p.m. Have fun while performing exercises that tone your muscles. In this class you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, next session to begin on Feb. 3. Registration required, call (908) 204-3435 for more information****

January 2 – Holiday – Center Closed

January 3 – “The Children of Past Presidents: Part II” by Helen Vasko, 10:30 a.m. Helen leads this discussion highlighting the children of United States presidents.

January 3 – **Free Blood Pressure Screenings** by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. A Registered Nurse from the Visiting Nurse Association of Somerset Hills will be onsite to do individual blood pressure screenings. No appointment necessary.

January 4 – “Songs of Decades Past” by Clifford Seay, 10:30 a.m. Come and join us for this lively performance by Clifford Seay.

January 6 – “The First Ladies of the United States from 1789 to Present” by Trish Chambers Productions, 10:30 a.m. This program introduces you to all of the First Ladies from Martha Washington to Michelle Obama. It will discuss many interesting and informative facts about each woman's legacy, contributions and various roles in the expansion of responsibilities associated with the office of First Lady.

January 9 – Bingo, 10:30 a.m. Try your luck at some great prizes today. ****Please register by January 5th****

January 10 – Snowflake Creations Workshop, 10:30 a.m. These 3-D paper snowflakes only look difficult to make! Make your own beautiful snowflake to take home. ****Please register by January 6th****

January 11 – Winter Floral Arranging Workshop with the Bernardsville Garden Club, 10:30 a.m. Members of the Bernardsville Garden Club will conduct an informative and interactive floral arranging workshop. All participants take home a lovely live flower basket. ****Please register by January 9th****

January 13 – “Heads Up Seniors: A Safety Campaign” by Laura Jacobs, Brain Injury Alliance of New Jersey, 10:30 a.m. This program is geared towards increasing awareness of potential fall hazards in your home and lifestyle along with the associated risks and consequences of brain injury that can occur. Participants will be encouraged to start thinking and talking about issues while having fun playing Jeopardy.

January 16 – Holiday – Center Closed

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

January 17 – “Pomegranate 101: Health Benefits & Seeding Demonstration” by Allie Sanderson, Registered Dietitian, 10:30 a.m. Allie will teach us everything we need to know about pomegranates including health benefits and how to properly seed this delicious fruit. ****Please register by January 13th****

January 18 – Total Brain Workout, 10:30 a.m. Join Kristen for another round of mind games and brain stumpers.

January 20 – Pepper the Friendly Labrador Retriever Visits, 10:30 a.m. Research shows that interacting with a specially trained dog can help lower blood pressure, improve cardiovascular health and lift spirits.

January 23 – Snowman Mason Jar Craft, 10:30 a.m. Join us to create this adorable snowman made with a mason jar and various craft materials. \$3.00 per person. ****Please register by January 18th****

January 24 – “Long Day’s Journey into Dinner” 10:30 a.m. This short story will be told by Janice Kildea from the Bernardsville Library.

January 25 – “Maximizing Sleep for Optimal Health” by Robert Wood Johnson University Hospital, 10:30 am. A representative from Robert Wood Johnson University Hospital will review common sleep issues, give tips and pointers on how to get a good night’s sleep and take questions about your sleep concerns.

January 27 – “The Legends of Country Music” by Dave DeLuca, 10:30 am. Some of America’s greatest stories are found in the classic country and western songs of the 1950’s and 60’s. This show features songs made famous by Johnny Cash, Hank Williams, Patsy Cline, Willie Nelson, George Jones, Loretta Lynn, Merle Haggard, Conway Twitty, Ferlin Husky and many more.

January 30 – Mandal Art & Tea Workshop, 10:30 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. No art experience is necessary. Enjoy creating your own mandala over a cup of herbal tea.

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.

All programs begin at 11:00 a.m. unless otherwise listed.

Computer Lab – Available Monday – Friday, 9:00 a.m. – 3:30 p.m.

Individual Computer Instruction – Monday – Friday, ****Call (908) 203-6101 for appointment****

Caram – Monday – Friday. East Indian game similar to billiards.

Games/Cards (Scrabble, Uno, Canasta, etc.) – Monday – Friday, also see Club opportunities below

Ping Pong – Monday – Friday; call for availability

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

Table Shuffleboard/Air Hockey – Monday – Friday

Gentle Aerobics – Monday and Thursday at 10:30 a.m. 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!

Salsa/Tango with Sabina – Monday, 10:45 – 11:45 a.m. This Latin dance will exercise all major muscle groups and improve your flexibility, balance and coordination while providing a rhythmic, aerobic workout to Latin music. ****\$40 for the 8-week program; session begins Jan. 9. Registration required, call (908) 203-6101 for more information****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Zumba Gold – 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.

Monday 1:00 – 1:45 p.m. ****\$40 for the 8-week program, session will begin on January 9th.**

Registration required, call (908) 203-6101 for more information**

Friday 1:00 – 1:45 p.m. ****\$40 for the 8-week program, session will begin on January 6th.**

Registration required, call (908) 203-6101 for more information**

~~**Salsa/Tango with Sabina** – Monday, 2:00 p.m. – 3:00 p.m. This Latin dance will exercise all major muscle groups and improve your flexibility, balance and coordination while providing a rhythmic, aerobic workout to Latin music. ****\$16 for the 8-week program, session begins January 9th. Registration required, call (908) 203-6101 for more information****~~

Circuit Training – Tuesday, 9:30 a.m. – 10:30 a.m. Have fun while performing exercises that tone your muscles. In this class you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, session begins January 3rd. Registration required, call (908) 203-6101 for more information****

Mahjong Lessons – Tuesday, 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? Join Sylvia and fellow center members to learn and enjoy this interesting game.

Needlework Crafts Club – Tuesday, 1:00 p.m.; new members welcome!

Hatha Yoga with Bharti – Wednesday & Friday, 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; some mats available on a first come, first served basis.

Dance Aerobics with Marion Harris – Wednesday, 11:00 a.m. – 11:45 a.m. - Get you cardio while dancing to a variety of music such as pop, country and Broadway classics.

Healthy Bones Exercise Class – Wednesday, 10:00 a.m. – 11:30 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. **Class is currently filled, call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or hear of other opportunities.**

Dynamic Gentle Chair Yoga with Shanti – Wednesday, 1:00 p.m. – 2:00 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being.

****\$40 for 8-week program, session begins January 4th. Registration required, call (908) 203-6101 for more information****

(NEW) Ballroom/Country Western Dancing – Thursday, 12:30 – 1:30 p.m. Do you love to dance? Meet new people and make some friends! Join Frank as he plays a variety of music from Ballroom Dance to Country Western. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance and emotional well-being.

Scrabble Club – Wednesday, 2:00 pm – 4:00 pm. Enjoy a friendly game of scrabble; with sufficient interest, we may plan opportunities for members to compete with other area scrabble clubs.

Book Club – 4th Thursday of the Month ****Call (908) 203-6101 for details****

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Tai Chi for Health (Intermediate) – Thursday, 1:00 – 2:00 p.m. The intermediate course will build upon the basic form learned in the introductory class, allowing students to move forward with their Tai Chi abilities. Forms learned in both courses will improve specific strengths such as, the ability to shift weight from one side of the body to the other, move one leg to the other without stumbling or falling; increase the ability to keep the body in good alignment, enhance the ability to move slowly and in circular motion without hesitation or confusion, and improve the practice of specific movements to develop strengthen bones and muscles. ****Registration is required; the fee is \$16 for 8-week program. Session begins Jan. 5. Call (908) 203-6101 for more information****

Tai Chi for Health (Introductory) – Thursday, 2:00 – 3:00 p.m. This preparatory course is the core of a Tai Chi program, designed to encourage participants' development of their strength, balance and flexibility. Tai Chi has unfamiliar vocabulary, new ways of moving, and a sequence of movements that take time to learn. Participants will learn the **basic form** of this art, which will enable them to experience considerable improvements in their physical ability as well as to learn postures that will recur in new Tai Chi forms. ****Registration required. \$16 for 8-week program, session begins January 5th. Call (908) 203-6101 for more information****

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

Pinochle Club – Friday, 12:30 pm – 3:00 pm. New members welcome!

Board Games/Cards/Dominos – Friday, 2:30 pm – 4:00 pm. Do you enjoy games like, Boggle, Cribbage, Dominos or cards, etc.? If so, visit the center for a friendly game or two. **Please note:** We cannot guarantee players so bring your friends! Please identify your game of choice when you make your reservation so we can ensure adequate game supplies.

State Health Insurance Program (SHIP) - Do you have questions about or problems with your health insurance or benefits? Call to schedule a FREE appointment with a counselor who can help. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Call (908) 203-6101 to schedule an appointment).

January 2 – Holiday – Center Closed

January 3 & 17 – Bereavement Group, 10:00 a.m. Enduring the death of a loved one is a universal experience in our lives. The purpose of this support group is to provide our guests a safe place to talk with others who share common feelings about the grief and renewal process. Incorporating interfaith bereavement principles and universal concepts, Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist, will facilitate discussions. We welcome your presence and participation. ****Please call (908) 203-6101 for more information****

January 3 – “Things You Didn't Know About Dinosaurs” by Larry Felder, dinosaur and prehistoric natural history artist, 10:45 a.m. Join us as we learn about dinosaurs and the people who study them.

January 5 – Lifeline Screenings, 10:45 a.m. The 6 for Life Assessment measures your risk of developing chronic diseases such as heart disease, congestive heart failure, strokes, diabetes, chronic obstructive pulmonary disease (COPD) and lung cancer. Finger-stick blood tests along with biometric measurements are included with this assessment. This event will be sponsored by the Princeton Healthcare System. Protect your health today by registering today for the 6 for Life Health Assessment for \$79. Call 1-888-653-6441 or visit www.lifelinescreening.com/advantagemembers to schedule your appointment.

January 6 – Chinese New Year Performance by the Edison Metro Lions Club, 10:45 a.m. The Edison Metro Lions Club will entertain us with popular songs, dancing and instrumental music which is enjoyed by audiences of different backgrounds and heritages.

January 9, 20 & 31 – Bingo

January 10 – “A Caribbean Getaway Performance” by DNA Music Entertainment, 10:45 a.m. Enjoy a day in the Caribbean without leaving Bridgewater. Dress for the islands as you may be the winner of a door prize for the “Best Dressed.” DNA Music Entertainment will perform a variety of songs which will include a SteelPan Drum accompaniment.

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SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

January 12 – “Preventing Burns & Fire Safety” by the Visiting Nurse Association of Somerset Hills, 10:45 a.m. Liz will provide tips on how to prevent burns and fires.

January 13 – “Get Rid of the Blues with Laughter” by Brightstar Homecare, 10:45 a.m. Laughter creates a liberating environment to rid your body of stress while promoting optimal health.

January 16 – Holiday – Center Closed

January 17 – Keep This, Toss That Game, 10:45 a.m.

January 19 – “Preparing Yourself for a Move” by Bob Hiller, 10:45 a.m. Where will you go and what type of life would you have? This fascinating session explores all the various options and choices that the 50+ market has when it comes to that all important “next step” and how one would go about preparing themselves and their families for that seemingly ominous sale and move.

January 20 & 27 – “Take Control of Your Health” by Stacey Legg, Public Health Educator Somerset County Department of Health, 10:30 a.m. Take Control of Your Health, is a highly interactive workshop designed to give people with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. Participants learn healthier ways to live, gain confidence and motivation to manage their health and feel more positive about life. ***Registration required, call (908) 201-6101 for more information***

January 23 – “Senior Phone Scams” by Lisa Dinuzio, Walgreens, 10:45 a.m. Beware of all the scams out there! Lisa will provide tips on how not to become a victim of a phone scam.

January 24 – “Off the Coast” by the Somerset County Park Commission, 10:45 a.m. Sea turtles are amazing animals. They can migrate for thousands of miles and have a positive impact on our environment. Join us and learn about the adaptations of these creatures and why they need our help!

January 27 – Dominoes with Al

January 30 – “All About Retirement Planning” by Keith Hawk, Hawk Financial Group, 10:45 a.m. Keith will provide information on the financial checklist, protecting assets from potential market loss including safe money, how to create an income paycheck and the importance of power of attorney.

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

Open Monday – Friday, 9:30 a.m. – 2:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Game Room – Monday – Friday

Stretching – Monday – Friday

Horseshoe Pit – Monday – Friday (Weather Permitting)

Bocce Court – Monday – Friday (Weather Permitting)

Caram – Monday – Friday. East Indian game similar to Billiards.

Fit & Flex with Rose – Tuesday & Thursday, 11:00 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. ****Please check monthly calendar for schedule updates. No class: Jan. 24****

Healthy Bones Exercise Class – Tuesday, 12:30 – 2:00 p.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. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15. **New session to start on Jan. 3****

Tai Chi with Janet O. – Wednesday, 9:30 – 10:15 a.m. Tai chi, aptly called “moving meditation,” consists of slow, repetitive movements that improve balance, flexibility, control and stability while promoting relaxation. **** \$20 for the 10-week program starting Jan. 11. Please call (908) 369-8700 for more information****

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HILLSBOROUGH SENIOR CENTER – cont'd

Horseshoe and Bocce Ball Club – Every Friday, 10:00 a.m. Enjoy time outside while being part of our Bocce and Horseshoe Clubs! Great for all ability levels; instruction will be available. (Weather Permitting)

Community Service Opportunity: Help *Summer*, the Friendly Doberman, fulfill her certification requirements to become a therapy dog. As part of her training she must be exposed to people in different situations and master various commands. Learn how to teach and practice the commands with Summer who must master them to achieve certification. Please call (908) 369-8700 to find out Summer's schedule as it may vary from week to week.

January 2 – Holiday – Center Closed

January 3, 10, 17, 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? Tuesday mornings are mahjong mornings. Lessons and refreshers are available.

January 3, 10, 17 & 31 – Trivia Time with Anna, 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 Anna for some mind-tingling brain stumpers and fun-filled intellectual workout.

(NEW) January 4 & 18 – Book Club, 10:00 a.m. Meet friends, read and discuss books, poems, short stories and articles. ****Please call (908) 369-8700 for more information****

January 4 – Left, Right, Center Dice Game, 10:00 a.m.

January 4 – Bingo Bonanza

January 4 – State Health Insurance Program (SHIP) a counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (908) 369-8700 to schedule an appointment****

January 5, 12, 19 & 26 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles together.

January 5 & 26 – Mandala Art & Tea Workshop, 10:30 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. No art experience is necessary. Enjoy creating your own mandala over a cup of herbal tea.

(NEW) January 6, 13, 20 & 27 – Canasta Card Club, 10:00 a.m. Come learn how to play Canasta and play with others learning the game as well. ****Please call (908) 369-8700 for more information****

January 6 – Elvis Presley Trivia, 10:30 a.m. In honor of Elvis Presley's birthday, we will see how much we remember about this famous singer and actor.

January 6 – January History: Take a Walk Down Memory Lane. Test your knowledge on a variety of topics including January history, celebrity birthdays, January holidays and more.

January 9 – TED Talk, 10:00 a.m. Drop in for a lively discussion in our continuing series. For the first 15 minutes, we will watch a TED talk and then discuss it as a group. For a background, visit www.TED.com

January 9 – Ellis Island History in Photos and Stories, 10:30 a.m. In January 1892, Ellis Island opened. Join us as we take a photographic look at Ellis Island and hear stories of the immigrants who passed through. If you have a family story, please come prepared to share it. Bring the names of your ancestors and staff will attempt to look up immigration information.

January 11 - "Maximizing Sleep For Optimal Health" by Robert Wood Johnson University Hospital, 10:30 a.m. A representative from Robert Wood Johnson University Hospital will review common sleep issues, give tips and pointers on how to get a good night's sleep and take questions about your sleep concerns.

January 12 – "Who am I?" 10:30 a.m. Ask clever questions while exercising your mental recall abilities to determine the identity of famous historians, celebrities, authors or public figures.

January 13 & 20 – In the News, 10:30 a.m. Join us as we discuss breaking news around the world and current events of interest.

January 13 – "New Year Wholesome Eating" by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Samantha will discuss tips on healthy eating in the New Year. Literature and recipes will be available.

January 16 – Holiday – Center Closed

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HILLSBOROUGH SENIOR CENTER – CONT'D

January 18 – “Maple Sugaring” by the Somerset County Park Commission, 10:45 a.m. Maple sugaring and winter go hand-in-hand. A naturalist will help participants discover the secrets inside a maple tree. Participants will learn about both the history of maple sugaring beginning with the time of the Native Americans, as well as, the techniques used to make this tasty treat today. We will finish the program off with a maple sugar sampling.

January 19 – Name That Tune: A Musical Adventure, 10:30 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

January 20 – Craft: Creating Star Trinket Boxes with Pam. These lovely boxes will brighten your home or make a lovely and thoughtful gift.

January 23 – Open Mic Day, 10:45 a.m. Bring an instrument, voice, lyrics, words, laughs or just stop by for the show! The stage is yours!

January 24 – “Songs You Know by Heart” by Ronnie Coco, Comedian & Singer, 10:30 a.m. Ronnie will intertwine some amusing stories and music knowledge into his performance. Listen to popular songs from the 50's, 60's and more.

January 25 – Name “5” Game, 10:15 a.m. Pick a category and see if you can name “5” things in that category.

January 25 – January Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things January.

January 27 – “Nobody Owns the Sky: The Women Airforce Pilots of WWII” by Carol Simon Levine, Youth Services Librarian, Bridgewater Library, 10:30 a.m. During World War II, more than one thousand women volunteers completed the WASP military pilot training program. Carol Simon Levine tells the story of the amazing WASPs through the eyes of Ann Baumgartner Carl, the Jersey girl, trained as a WASP who became the only woman to test-fly experimental planes during the war, and the first woman to fly a jet airplane.

January 30 – Frank Sinatra: Old Blue Eyes Program and Discussion, 10:00 a.m. Learn about the life of Frank Sinatra, listen to some of his well-known music and reminisce about the impact of his music years after his passing. This is the first of a 2-part series.

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558
(609) 466-0846

Open Monday – Friday, 9:00 a.m. – 2:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Meditation Garden – Monday – Friday, 9:00 a.m. – 2:00 p.m. Enjoy this outdoor oasis for your meditation practices. (Weather Permitting)

Pool Table – Monday – Friday

Games/Cards (Scrabble, Chess, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 a.m. – 2:00 p.m. If you have a favorite game not listed that you would like to play, and/or if you are interested in starting up a club on the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 a.m. 45 minutes of exercise for older adults; 20 minutes of cardio (or movement) followed by 20 minutes of toning (with or without weights), followed by a 5 minute relaxing stretch. This exercise is great for all levels and abilities. Sneakers required.

Mahjong Lessons – Monday, 1:00 – 4:00 p.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? Lessons and refreshers are available!

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

Yoga with Elizabeth – Tuesday, 11:00 a.m.

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 a.m. & Thursday, 11:00 a.m. ****Please check monthly calendar for schedule updates****

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MONTGOMERY SENIOR CENTER – CONT'D

Circuit Training – Tuesday, 1:00 – 2:00 p.m. Have fun while performing exercises that tone your muscles. In this class, you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****\$40 for the 8-week program, next session will begin on Jan. 4. Registration required, call (609) 466-0846 for more information****

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

Healthy Bones Exercise Class – Classes will resume in April. 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.

Crocheting – Wednesday, 10:30 a.m.

Move Today with Elizabeth – Every Other Wednesday, 10:15 a.m. Move Today is a non-aerobic exercise class conducted by a certified leader and is designed to improve flexibility, balance, strength and stamina. A major focus of the class is on good posture and fall prevention. Exercises can be done while sitting or standing. ****Please check monthly calendar for schedule updates****

Bocce Ball – Thursday, 10:30 a.m. & Friday, 11:00 a.m. (Weather Permitting)

Ballroom Dancing with the Princeton School of Dance – Thursday, 1:00 p.m. ****\$40 for 8-week program, session begins Jan. 17. Registration required, call (609) 466-0846 for information****

Card Game: "3-13" – Fridays, 10:00 a.m. ****Please check monthly calendar for schedule updates****

January 2 – Holiday – Center Closed

January 5, 12, 19 & 26 – 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 are available.

January 6, 13, 20 & 27 – Ageless Grace with Roz Gerken, 10:15 a.m. Ageless Grace is a fitness program based on the cutting-edge science of neuroplasticity which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic thinking). The program is intended for people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

January 9 – Free Blood Sugar Screenings with the Saint Peter's University Hospital Mobile Unit, 10:30 a.m. ****Please call (609) 466-0846 to schedule an appointment****

January 9 – Minute To Win It Recap. Today we will discuss how successful the "Minute To Win It" event was.

January 9 – State Health Insurance Program (SHIP) a counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (609) 466-0846 to schedule an appointment****

January 11 & 25 – Laughter Class with Denise Crowley, Certified Laughter Leader, 10:30 a.m. Laughter creates a liberating environment to rid your body of stress while promoting optimal health.

January 16 – Holiday – Center Closed

January 19 – "Cosmic Coloring" by Roz Gerken, 10:30 a.m. Learn the emotional health benefits garnered from this inventive activity. When we immerse ourselves into a coloring action, a destressing effect occurs because we no longer focus on a problem or worry, but focus on a particular activity instead. Coloring also "brings out our imagination and takes us back to our childhood, a period in which we most certainly had a lot of stress." Enjoy this creative activity with an emotional twist.

January 19 – Book Club, 12:45 – 1:45 p.m. We are starting a book club! Want to join? Come to the first meeting. We will begin with a "meet and greet" and select our first book. ****Please call (609) 466-0846 for more information****

(more)

MONTGOMERY SENIOR CENTER – CONT'D

January 23 – “The Journey of Frankie & Olive. Help Frankie and Olive, 2 spunky Boston Terriers, fulfill their certification requirements to become therapy dogs. As part of their training they must be exposed to people in different situations and master various commands. Learn how to teach and practice the commands with Frankie & Olive who must master them to achieve certification.

January 30 – “New Year New You” by Samantha Nunzio, Registered Dietitian, ShopRite/Wakefern. Come and check out some great healthy recipes.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Rd., Somerset, NJ 08873
(732) 563-4213

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

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.

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

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. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

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

Outdoor Shuffleboard and Horseshoes – Monday – Friday (Weather Permitting)

QBC News – Monday – Friday, 10:00 a.m. – 10:30 a.m. Enjoy breaking news around the world or current events of interest for a stimulating Question and Answer session as fellow center members take turns researching and sharing the hot topics of the day.

Continuing Art Institute with Karen Haake – Tuesday, 1:00 – 3:00 p.m. ****\$10.00 fee includes supplies****

(NEW) Circuit Training - Thursday, 9:00 a.m. Have fun while performing exercises that tone your muscles. In this class, you will raise your heart rate with cardiovascular exercises and tone muscles in the upper and lower body. This will help you in your everyday activities, while working on balance, core and overall agility and muscle strength. Sneakers required. ****Sessions begin Jan. 19; the fee is \$40 for the 8-week program. Registration is required. Call (732) 563-4213 for more information****

Line Dancing – Friday, 9:30 a.m.

Bridge Lessons – Friday, 10:30 a.m.

Card Sharks – Friday, 10:30 a.m. Learn how to play various card games for group play and/or tournament participation.

January 2 – Holiday – Center Closed

January 3, 10, 17, 24 & 31 – 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 gesture. Studies have shown 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 if desired.

(more)

QUAIL BROOK SENIOR CENTER – CONT'D

January 4, 11, 18 & 25 – Ageless Grace with Roz Gerken, 10:30 a.m. Ageless Grace is a fitness program 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 people of all abilities and can be performed while sitting or standing. Participants are encouraged to wear comfortable clothing and sneakers.

January 5, 12, 19 & 26 – Zumba Gold with Laurie Fetcher, 10:30 a.m. Zumba Gold takes the popular Latin-dance inspired workout 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. This program can be done using a chair for support if desired.

January 5 – Tap Into Franklin Township Neighborhood News with Malik Lyons, Editor. Today we will learn about what's going on in the news.

January 6 – “Exploring Personal Situations for Positive Solutions” by the Magic Mirror Players, Robert Wood Johnson University Hospital, Somerset, 10:30 a.m. 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.

January 10 - State Health Insurance Program (SHIP) a counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about, their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (732) 563-4213 to schedule an appointment****

January 12 & 26 – Bereavement Group. Enduring the death of a loved one is a universal experience in our lives. The purpose of this support group is to provide our guests a safe place to talk with others who share common feelings about the grief or renewal process. Incorporating interfaith bereavement principles and universal spiritual concepts, Ronald W. Kaplan, Rabbi, Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist, will facilitate discussions. ****Call (732) 563-4213 for more information****

January 13 – “Armchair Travel Presents: A Journey to the Arctic Circle” by Dorothy & Irwin Vogel, 10:30 a.m. Dorothy and Irwin Vogel started traveling the world 25 years ago after they retired and together they have visited 89 countries! In each country, they have collected artifacts, 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 a Journey to the Arctic Circle.

January 16 – Holiday – Center Closed

January 19 – “Keeping Your Mind Sharp” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. In this program you will learn to recognize the effects of normal aging of the brain, implement several ways to improve brain function and help prevent *senior moments* with specific “brain exercises.”

January 20 – “Wellness Template for Life: A Path of Eating Well & Proper Movement” by Dr. Sharon Joag, DPM, East Brunswick Foot Care, 10:30 a.m. Dr. Joag will present ways in which to incorporate positivity that results in life satisfaction, happiness and health.

January 27 – “How to Talk to Your Doctor” by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. The Visiting Nurse Association of Somerset Hills will provide tips on how to talk to your doctor.

(more)

WARRENBROOK SENIOR CENTER

500 Warrenville Rd., Warren, NJ 07059

(908) 753-9440

Open Monday – Friday, 9:00 a.m. – 3:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Lending Library – Monday – Friday

Pool Room – Monday – Friday

Caram Board Game – Monday – Friday. East Indian game similar to Billiards.

Computer Instruction – Monday, 9:00 a.m. – 3:00 p.m.; Tuesday, 10:30 a.m. – 12:30 p.m.; Wednesday, 10:00 a.m. – 1:00 p.m. ****Advanced Registration is required****

Zumba Gold with Angie – Zumba Gold takes the 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.

Monday 10:45 – 11:30 a.m. ****Registration required, call for information****

Wednesday 11:30 – 12:15 p.m. ****Registration required, call for information****

Watercolor Paint Class – Monday & Thursday, 9:00 – 11:30 a.m. ****Advanced Registration Required****

Yoga with Jillian – Tuesday, 12:45 – 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****Registration required, call for information****

Bridge Club – Every Tuesday, 1:00 – 3:00 p.m.

Oil Painting – Wednesday, 9:00 – 11:00 a.m.

Healthy Bones Exercise Class – Wednesday & Friday, 10:00 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. **Classes are currently filled, call Caitlin Witucki at (908) 704-6339 to be placed on the waiting list or hear of other opportunities.**

Ballroom Dancing – Wednesday, 1:00 – 3:00 p.m.

Bingo – Thursday, 10:30 a.m.

Computer Room – Call for Availability

Jigsaw Puzzle – Group Activity – Available Daily

January 2 – Holiday – Center Closed

January 3, 10, 17, 24 & 31 – Boggle and Word within a Larger Word, 10:30 a.m. This is a word game that is played using a grid of letters, in which attendees 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. Join us as we try to find as many words as possible.

January 4, 11, 18 & 25 – Tone and Flexibility Exercise Class with Sabina, 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

January 6, 13, 20 & 27 – 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, for a fun-filled intellectual workout.

(more)

WARRENBROOK SENIOR CENTER – CONT'D

January 9 – “Finding Healthcare Information Online: What can I Trust?” by the Visiting Nurse Association of Somerset Hills, 10:30 a.m. Each year, millions of Americans use the internet to search for healthcare information. Finding quality websites and accurate, current information can help people make informed decisions and improve communication between patients and their doctors. Join us and learn valuable information including search strategy tips, how to spot unreliable websites, and sources you can trust.

January 16 – Holiday – Center Closed

January 17 – Warrenbrook Book Club (New Members Welcome!) Featured Book: “The Time Traveler’s Wife,” 1:30-3:00 p.m. A most untraditional love story, this is the celebrated tale of Henry DeTamble, a dashing, adventuresome librarian who involuntarily travels through time and Clare Abshire, an artist whose life takes a natural sequential course. Henry and Clare’s passionate affair endures across a sea of time and captures them in an impossibly romantic trip that tests the strength of fate and basks in the bonds of love.

January 18 – “Unused Medication Drop-Off Opportunity” with Officer Nick Fazio, Somerset County Sheriff’s Department, 9:30-10:30 a.m. Officer Fazio will be at the center to collect any unused or expired medications. Please take advantage of the safe way to dispose of your medications. Center staff cannot accept unused medications without the Sheriff’s Officer being present.

January 23 – “Niagara Falls” by Kevin Woyce, Author, Photographer and Lecturer, 10:15 a.m. Join us for an illustrated tour of the Niagara a river, from its historic bridges and forts to modern-day parks and tourist attractions. Discover how the river, falls and gorge formed, and see how they have changed over the years. You will be introduced to the river’s explorers and settlers; daredevils who risked their lives for fame or fortune; businessmen who harnessed the falls’ power; and the conservationists and visionaries who saved the falls for generations of visitors. **Have you ever visited Niagara Falls? Would you like to become a part of this special program and share your experiences? If yes, please call Gwen at (908) 753-9440 by Jan. 6 (10:15 a.m. – shared memories; 10:30 a.m. – Kevin’s presentation.**

January 27 - 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. ****Services available by advanced appointment only and will be available the last Friday of the month****

January 30 – “Chinese Watercolor” by Barbara Gerson, Art 4 All, 10:30 a.m. Learn the paint brush strokes required for Chinese Watercolor painting. ****Reservations required by Wednesday, Jan. 25****