

# Somerset County's Senior Centers and Wellness Programs



Operated by the  
Somerset County Office on Aging & Disabilities Services  
and supported by the Board of Chosen Freeholders

# Somerset County Senior Center Locations:





# Who Can Join?

- Are you age 60 or more and looking for leisure, wellness, social and/or community service opportunities?
- Can you handle your personal needs independently?

# Come Join us for Lunch!

Lunch is served in our dining rooms for a suggested donation of \$2.50.





# Harvard Research

Research conducted by Harvard University  
2,761 people age 65 or more were  
followed for 13 years to see how exercise  
and social and productive activity were  
related to longer life.




# Harvard Research Findings:

- The benefits of social and productive pursuits were **equivalent** to the merits of exercise.
- They found that people who were engaged in social activities lived **LONGER** than more reclusive individuals!



# What's On the Menu?

- Menus supply at least 1/3 of the nutritional needs of older adults and represent foods consumed by people of diverse cultures including East Indian, Asian, Latino, African American, Regional US cuisine, European, etc.
- 



# Menu Choices

Choose from:


- Two hot meals with or without meat
- Two (cold) boxed lunches with or without meat
- Available Special Meal plans:
  - Reduced Concentrated Sweets/Reduced Fat
  - Reduced Sodium





# Wellness Programs

Senior Centers offer preventative wellness programs (including evidence – based programs\*), that empower people to take control of their health.



# Evidence – Based Programs

## Take Control of Your Health: Chronic Disease and Diabetes Self-Management Workshops

Six-week workshop for  
people with long term health  
conditions.



Learn practical skills to help you live a  
healthy and fulfilling life; includes  
workbook:

*“Living a Healthy Life with Chronic  
Conditions”*



# Evidence – Based Programs (con't)

## A Matter of Balance: Managing Concerns about Falls:

Offers strategies to reduce the fear of falling, address safety issues, increase activity levels, and improve balance, flexibility and strength



# Exercise Classes

**Project Healthy Bones:** Peer-led, 24-week exercise and education program (for individuals at risk or who have osteoporosis). Exercises focus on balance, strength, flexibility and posture.

*Exercise manual and ankle weights provided.*



# Exercise Classes (con't)

## Tai Chi & Yoga:

Low impact, slow motion exercise comprised of a series of gentle movements; Tai chi and Yoga have been known to improve muscle strength, balance and flexibility.



# Exercise Classes (con't)

## Zumba Gold:

Combines Latin and International music with easy-to-follow dance moves to create fun and effective fitness classes.



# Dancing

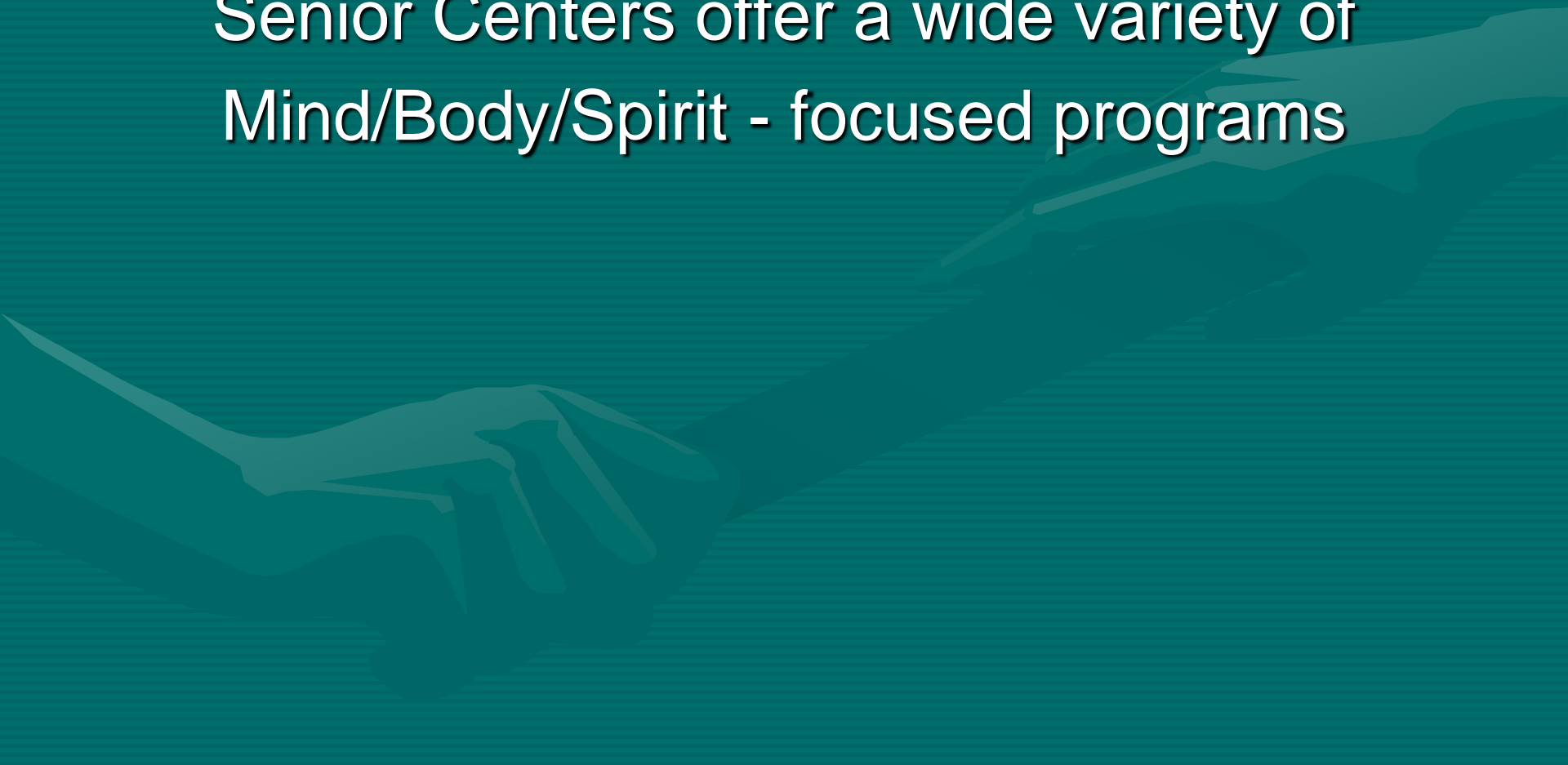
**Dancing** provides health benefits including increased endurance, reduced stress, improved strength, increased muscle tone and coordination.





# Programs for Lifelong Enrichment

Senior Centers offer a wide variety of  
Mind/Body/Spirit - focused programs





# Stimulate Your Mind through Computer Classes

Basic & Intermediate  
Computer Confidence Classes



Computer Classes for the  
Visually Impaired (Basking Ridge  
only)

# Enjoy programs on: Music Appreciation, Science/History/Art/Literature, etc.



# Intergenerational Programs



# Enjoy Friendly Competition



# Programs to Elevate Your Spirit





# Themed & Multi-Cultural Events



Cooking demo at the  
Indian Diwali Festival



Chinese  
New Year  
Celebration



# Programs to Develop One's Sense of Purpose

- Mount Sinai Health System in NYC reviewed results of 10 studies involving 137,000 people.....

# Benefits of finding life purpose...

- Those with a sense of meaning/direction were 19% less likely to have a heart attack/stroke or need surgery to open clogged arteries
- 23% were less likely to die prematurely
- People had lower levels of inflammatory chemicals and stress hormones
- Sharper mental powers



# Community Service Opportunities at Senior Centers



Craft Kit Assembly for children  
undergoing chemotherapy  
(The Valerie Fund)

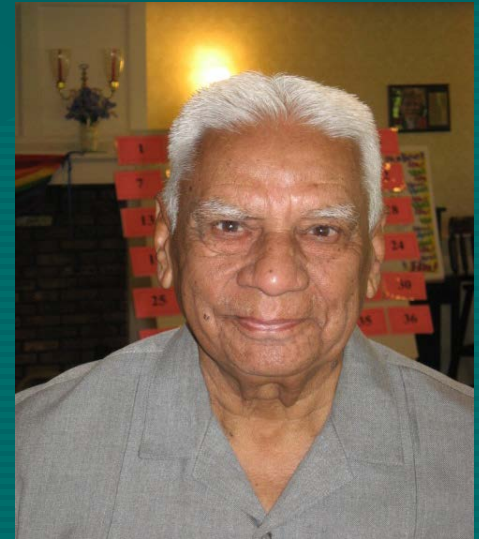


Operation ShoeBox: Packing  
supplies for the troops

# More Community Service Opportunities...



# Customer Feedback



# Senior Centers

- “This is the best meeting place for all seniors especially for those like us, who do not drive. At the senior center, we get very good food, all types of useful information and we learn and keep ourselves busy and fit. If we had not joined the center, we would have been confined to the four walls of the house all the time and would have felt like a frog in the well. This is the best place to keep seniors happy, healthy and fit.”





# Wellness Class Testimony

- “I am more confident in myself. More exercising...more walking.”
- “I crossed out the words I can't from my vocabulary.”



# Benefits of Somerset County's Senior Centers:

- Good Health & Independence
- Friends/Social Connection
- Contributes to Affordable Lifestyle
- Provides Access to Activities & Services
- Opportunities for Enrichment, Learning, Life Meaning & Purpose





To find out more about upcoming programs  
and opportunities....

Visit our website at:

<https://www.co.somerset.nj.us/senior.html>

We hope to see you soon!



# Participate in our Activity Survey

<http://www.co.somerset.nj.us/senior.html>

Click on the icon & the survey will appear.







# For more information.....

- Senior Wellness, Basking Ridge (908) 204 – 3435
  - Senior Wellness, Bridgewater (908) 203 - 6101
  - Hillsborough Senior Center (908) 359 – 8700
  - Montgomery Senior Center (609) 466 – 0846
  - Quail Brook Senior Center (732) 563 – 4213
  - Warrenbrook Senior Center (908) 753 – 9440
- 



**We Look Forward to  
Meeting  
YOU!**

