



News from the Somerset County Board of County Commissioners

Shanel Y. Robinson, Commissioner Director • Melonie Marano, Commissioner Deputy Director
Doug Singleterry, Commissioner • Sara Sooy, Commissioner • Paul M. Drake, Commissioner

FOR IMMEDIATE RELEASE

April 1, 2022

In Person

Somerset County Senior Centers Offer Zoom and In-Person Programs Throughout April

All Six Senior Centers Are Open



SOMERVILLE, NJ – As of April 1, the Somerset County Office on Aging & Disability Services reopened all county-operated senior wellness centers for in-person programming on Mondays, Wednesdays, and Fridays from 9 a.m. to 4 p.m. Virtual programs and the Grab & Go Lunch service are still available to all older adults.

Registration for In-Person Programs

Somerset County continues to follow state-mandated public healthcare guidelines for the safety of its staff and clients. Attendees will be required to register in advance and provide proof of vaccination or show exemption approved by the county. Attendees must wear face masks and maintain social distance.

There will be no virtual or in-person classes/programs on April 15 (Good Friday).

Congregate Dining

Somerset County-operated senior centers are offering a nutritionally balanced lunch on Mondays, Wednesdays, and Fridays for a suggested donation of \$2.50 for anyone age 60 and above. Menu choices include a **hot** meat-based or meatless entrée or a **cold** meat-based or meatless boxed lunch. Please make reservations before 10 a.m. on the previous business day.

(MORE)

Senior Center In-Person Programs, Classes and Clubs

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Tai Chi for Health – Wednesdays, 9:30 a.m. (March 2 – June 15). Reduce the risk of falls by practicing Tai Chi. Participants will focus on shifting their body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants have experienced a reduction in pain, fatigue, stiffness, and have a greater sense of well-being. ****This program can be practiced while either standing or sitting. Registration is required. The next session will begin on June 22nd. For more information, call 908-204-3435.****

Knitting/Crocheting/Stitching Club – Mondays, 9:30 – 11:30 a.m. Bring your knitting/crocheting/stitching project or learn something new and meet friends while practicing your favorite hobby.

Take Control with Exercise – Mondays, 10:30 a.m. This ongoing exercise program is appropriate for all skill levels and can be practiced while either standing or sitting. Participants will strengthen core muscles and improve flexibility and balance while boosting stamina. ****There is no fee for this ongoing class. For more information, call 908-204-3434.****

Bridge Club – Wednesdays, 9:30 a.m. – 12 p.m. Play Bridge, a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain, keeps it alert, and helps your memory stay active. New members and beginners are always welcome. ****For more information, call 908-204-3425.****

Mahjong Club – Fridays, 12:30 – 4 p.m. Play Mahjong! It's a great way to keep your brain sharp and supercharged. Anyone who loves the game, wants to meet new people, and have fun is welcome. This is not a competitive club. All levels of experience are welcome.

Monthly Book Club - Every Third Wednesday, 12:30 p.m. Join other members on April 20, to discuss, "The Henna Artist" by Alka Joshi, then select the next book to read. New members are always welcome!

Computer Lab – Available daily. Participants are invited to use the computers at their leisure.

April 1 & 29, 10:30 a.m. – *Bingo.* Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills.

April 4, 11, 18 & 25, 10:30 a.m. – *Mandala Art Workshop.* Create intricate designs using colored pencils and markers. All skill levels are welcome. No experience is necessary.

April 6, 10:30 a.m. – *Tony Bennett: The Music Never Ends* by Gordon James. Join this musical lecture and presentation about Tony Bennett.

April 8, 10:30 a.m. – *Holi Celebration: The Festival of Colors* by Senior Wellness Center Participant, Rajul Shah. Celebrate India's Holi also known as the "Festival of Colors," which falls on the last full-moon day of March. Celebrating Holi means celebrating the arrival of spring, the end of winter, the blossoming of love, as well as a festive day to meet others, play and laugh, forgive and forget, and repair broken relationships.

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

April 13, 10:30 a.m. – Blood Pressure Screenings. Community Health Nurse Laura Cummings, R.N., at Atlantic Visiting Nurse. Get your blood pressure taken and your questions answered.

April 20, 10:30 a.m. – Floral Arranging Workshop by the Bernardsville Garden Club. Join other center members and learn how to create a beautiful flower arrangement to take home. ****Advanced registration is required. For more information, call 908-204-3435.****

April 22, 10:30 a.m. – “Here Comes the Bride” by Historian Meg Wastie. Discover the origins of marriage and weddings and discuss the traditional practices that are part of this age-old celebration.

April 27, 10:30 a.m. – “Alaska and the Northwest” by Photographer David Ward. Join other center members to see beautiful photos of bears, bald eagles, Alaska and the Pacific Northwest.

SENIOR WELLNESS CENTER AT BRIDGEWATER

876 East Main Street
Bridgewater, NJ 08807
908-203-6101

(NEW) Tai Chi for Arthritis and Fall Prevention – Thursdays, 10 a.m. (April 7-July 28). Improve your balance, strength, flexibility, and mobility, relieve stress and boost your body’s immune system by practicing a combination of Tai Chi and Sun Tai Chi. In this class, participants will perform a sequence of very slow and controlled movements using both sides of the body (Tai Chi) along with breathing techniques and posture poses (Sun Tai Chi). ****Registration is required. For more information and to register, call 908-203-6101.****

Scrabble Club – Mondays, 9 a.m. – 12 p.m. Exercise your vocabulary and crossword skills by enjoying a friendly game of scrabble. If there is sufficient interest the senior centers may host a Scrabble competition.

Qigong Practice with Michael – Mondays, 1 p.m. Learn the traditional practice of Qigong a sitting-meditation that helps participants coordinate their mind, body and spirit (similar to tai chi). Beginners will learn to practice breathing techniques combined with physical movements until each movement and posture are perfected when practicing sets of exercises.

Bridge Club – Mondays, 1 p.m. – 4 p.m. Play Bridge, a mentally challenging card game that offers intellectual and social stimulation. Regularly playing this game has been shown to stimulate the brain to keep it alert, and help the memory stay active. New members and beginners are always welcome. ****For more information, call 908-203-6101.****

Mahjong Club – Mondays and Fridays. Learn to play an interesting game. Mahjong is a great way to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. This is not a competitive club. All levels of experience are welcome.

Wednesday Mornings – 9 a.m. to 12 p.m. (Beginners)

Wednesday Afternoons – 1 to 4 p.m.

Friday Mornings – 9 a.m. to 12 p.m.

Take Control with Exercise – Wednesdays, 1 p.m. Strengthen core muscles, improve flexibility, and balance while boosting stamina in this gentle exercise program.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Gentle Aerobics with Lisa & Caitlin - Fridays, 10:30 a.m. Exercise and move without putting undue pressure or strain on your body. Learn movements to increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. **** The class is open to all skill levels. Participants can practice exercises while standing or sitting. This is a hybrid class that will be conducted live at the senior center by an instructor and simultaneously offered on Zoom.****

Pinochle Club – Fridays, 1 p.m. to 4 p.m. Join the club and play Pinochle! New members are welcome. ****For more information, call 908-203-6101.****

Chair Yoga with Pushpa – Fridays, 1 p.m. Align the body, improve balance, flexibility, and circulation by practicing Hatha Yoga, which will help participants improve their body posture through controlled breathing and meditation.

April 6, 8, 20 & 22, 10:30 a.m. – FREE Blood Pressure Screenings. Students from the Rutgers School of Nursing. Get a blood pressure screening onsite. ****No appointment is necessary.****

April 1, 11 a.m. – Financial Literacy: The Game by the Central Jersey Housing Resource Center. Feel confident about your knowledge of fair housing, credit, and how to detect scams. Join other senior center members to learn how to be more financially literate.

April 4, 11 a.m. – National Nutrition Month by Sigrid Solis, Rutgers Cooperative Extension. Join other senior center members for a discussion about how to eat healthfully without sacrificing flavor. Although National Nutrition Month ended in March, it's never too late to learn how to practice this year's theme and "Celebrate a World of Flavors."

April 6, 11 a.m. – Garden Tea Party with Caitlyn Campbell, Foothill Acres. Join a tea party for a delightful afternoon of tea and quintessential British pastime that is steeped in tradition as part of the nation's culture for centuries.

April 8, 11 a.m. – Gustav Klimt: Inspired Tree of Life Drawing with Artist April Zay. Create a tree of life drawing by using a pencil, ink pens or other materials. This lesson will teach line composition and design. All supplies will be provided.

April 11, 11 a.m. – Fighting Back Against Parkinson's by Barbara Kelly and Rock Steady Boxing. Learn exercises adapted from boxing drills that can help slow the progression of Parkinson's disease, which is a progressive disease with symptoms that worsen over time such as shaking, stiffness, and difficulty walking.

April 11 & 25, 11 a.m. – Bereavement Support Group. Grieving the death of a loved one is a universal experience. The purpose of this support group is to provide participants with a safe place to share common feelings about grief and the renewal process. The group incorporates interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist will facilitate the discussions. We welcome everyone's presence and participation. ****To register, call 908-203-6101.****

April 13, 11 a.m. – "Somerset County Disability Services" by PASP, Coordinator Josh O'Neal, Somerset County Office on Aging & Disability Services. Join Josh to learn about the numerous services available for those with disabilities.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

April 18 & 27, 11 a.m. – Bingo. Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills.

April 20, 11 a.m. – “Senior Medicare Patrol” by Charles Clarkson. Join Charles Clarkson to learn how to prevent, detect, protect and report Medicare fraud and other scams. New Jersey’s Senior Medicare Patrol helps protect consumers against fraud.

April 22, 11 a.m. – Dance Performance by the Raritan Valley Dance Ensemble. Enjoy this performance by Raritan Valley Community College faculty, students and guest artists featuring a range of dances accompanied by a variety of musical genres and sounds. Performers will demonstrate the communicative aspects of dance using improvisations. There will be a Q&A session at the end of the performance.

April 25, 11 a.m. – Dance, Dance, Dance! Put on your dancing shoes and get ready to boogie! Enjoy favorite musical genres from the 1970s including disco, Motown, and soul music.

April 29, 11 a.m. – Uniquely NJ Trivia & Pictionary. Join volunteers from Unico (Unity, Neighborly, Integrity, Charity and Opportunity) who will be hosting the game day. Participants will play New Jersey Pictionary and answer interesting questions about the Garden State.

SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

(NEW) Sit & Stitch Club – Mondays, 1 p.m. Bring knitting, crocheting, and sewing projects and share your skills and talents with other members. Beginners are welcome. **For more information, call 908-369-8700.**

Beginner Ukulele Club – Wednesdays, 1 p.m. (March 16 to May 1) Start on the right note in this beginner ukulele class. With easy-to-follow lessons, participants will learn how to hold, tune, and strum simple chords participants from the Senior Wellness Center at Hillsborough and the Montgomery Senior Center will learn together via Zoom. ****To register and reserve your ukulele, call 908-369-8700 or email lcheng@co.somerset.nj.us.****

(NEW) Mahjong Club – Wednesdays, 10 a.m. to 12 p.m. Join others center members for fun and action. Learn to play Mahjong a tile-based game of skill, strategy and luck, which was invented in China and has spread throughout the world since the early 20th century. ****For more information, call 908-369-8700.****

(NEW) Cardio Boxing with Lisa – Wednesdays, 10 a.m. Learn this exciting easy-to-follow exercise for older adults. Exercise can be practiced standing and sitting. ****For more information, call 908-389-8700.****

(NEW) Card Club – Fridays, 1 p.m. Play Rummy, Poker, Blackjack, Solitaire and other favorite card games. Share your card skills with others. Beginners are welcome. ****For more information, call 908-369-8700.****

April 1, 11 a.m. – Crafting with Tammy. Paint a unique miniature birdhouse. All supplies will be provided. ****For more information, call 908-369-8700.****

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

April 4, 11 a.m. – “Coyote Cries” by Naturalist Vanessa Darras, Somerset County Park Commission. Learn interesting facts about coyotes in this PowerPoint-based lecture and discussion.

April 6, 11 a.m. – “A W.A.S.P. Takes Wings: The Women Airforce Service Pilots of WWII” by Historian Carol Simon Levin. Hear the amazing story about WASPs told through the eyes of Jersey girl, Ann Baumgartner Carl who trained as a WASP, became the only American to test-fly experimental planes during the war and was the first American woman to fly a jet.

April 8, 11 a.m. – Jeopardy. Play the ultimate game to test your smarts.

April 11, 11 a.m. – “Jerusalem” by Crisis Counselor Samantha Malinger, Robert Wood Johnson Institute for Prevention & Recovery’s Hope and Healing Program. Take an armchair travel tour to one of the oldest cities in the world.

April 13, 11 a.m. – “Relieve Anxiety and Stress” by Certified Eden Energy Medicine Clinical Practitioner (EEM-CLP) Siobhan Hutchinson, Next Steps Strategies, LLC. Learn tools for balancing your life, and relieving anxiety, stress and more.

April 18, 11 a.m. – Sing-Along with Andrew Lobby. Enjoy this voice and guitar performance featuring favorite songs from the past.

April 20, 11 a.m. – Jingo with Lisa. What is Jingo? It’s similar to Bingo but participants will learn interesting facts about a variety of topics. Have fun and win prizes!

April 22, 11 a.m. – “Cancer 101” by Community Educator Evelyn Fuertes, Rutgers Cancer Institute of New Jersey. Join this informative discussion about the basics of cancer and learn how nutrition can be used as a preventative tool to fight the disease.

April 25, 11 a.m. – “I Didn’t Know That I Could Find That at the Library” by Hillsborough Branch Librarian Terri Cross, Somerset County Library System. Discover everything the library has to offer and find out what the book title is for the first Hillsborough Book Club scheduled in May.

April 27, 11 a.m. – Brain Games and Trivia with Lisa. Join other senior center members for various trivia and brain games. Studies show that playing games may help sharpen one’s thinking skills that tend to wane with age, such as the speed of thought process, planning skills, reaction time, decision making and short-term memory.

April 29, 11 a.m. – Bingo. Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills.

MONTGOMERY SENIOR CENTER

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

Take Control with Exercise – Mondays, 9:45 a.m. Strengthen core muscles, improve flexibility, and balance while boosting stamina in this gentle exercise program. Exercises can be practiced while either standing or sitting.

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MONTGOMERY SENIOR CENTER – CONT'D

Nia Melt with Alida Westfield – Mondays, 11 a.m. Have an hour of fun every week while practicing this combination of healthy exercise Nia and Melt. Nia combines martial arts, modern dance, and yoga in a workout set to music. MELT is a self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living. ****For more information, call 609-466-0846.****

Montgomery Blood Pressure Screenings – First Monday of Every Month, 9:30 a.m. Get FREE blood pressure screening with a Montgomery Township nurse who will be onsite. No appointment is necessary.

Yoga Chair Fusion with Debbi – Tuesdays, 10 a.m. Learn techniques to help gain flexibility and improve strength while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Practicing yoga may help to increase bone density, strength, and balance, relieve stress and gain an overall sense of well-being. ****This class is open to skill levels and can be practiced while standing or sitting. For more information, call 609-466-0846.****

Intermediate Ukulele Lessons with Chris – Tuesdays, 11 a.m. Build on the skills learned in the beginner's class and master chords, melodies and improvisation. Participants will play a multi-part arrangement in a band and perform a wide range of musical genres. ****Virtual class is available.****

Tai Chi with Herb – Wednesdays, 10 a.m. Reduce the risk of falls by practicing Tai chi. In this class, participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants have reduced pain, fatigue, stiffness and have gained a greater sense of wellbeing. ****This program can be practiced while either standing or sitting. For more information, call 609-466-0846.**

Beginner Ukulele Club – Wednesdays, 1 p.m. (March 16 to May 1) Start on the right note in this beginner ukulele class. With these easy-to-follow lessons, participants will learn how to hold, tune, and strum simple chords participants from the Senior Wellness Center at Hillsborough and the Montgomery Senior Center will learn together via Zoom . ****To register and reserve your ukulele, 609-466-0846 or email Crowley@co.somerset.nj.us.****

Line Dancing with Debbie Bjornstad. – Thursdays, 11 a.m. Increase cardiovascular and muscular strength, and improve coordination and balance with line dancing. This is an easy way to stay mentally and physically healthy and it's suitable for participants with limited mobility. ****All skill levels are welcome. For more information, call 609-466-0846.****

Advanced Beginner Ukulele Lessons with Denise – Thursdays, 12:30 p.m. Learn how to play songs with more challenging chord combinations by strengthening your strumming techniques. ****Virtual class is available. Call to register and reserve a ukulele, call 609-466-0846 or email crowley@co.somerset.nj.us.****

Intermediate Ukulele Lessons with Chris – Thursdays & Fridays, 10 a.m. Build the skills learned in the beginner's class and master chords, melodies and improvisation. Participants will play a multi-part arrangement in a band while performing a wide range of musical genres. ****Virtual class is available.****

Mahjong Club – Fridays, 9 a.m. Learn to play Mahjong, an interesting game and a great way to keep your brain sharp and supercharged! This club is for anyone who loves the game, wants to meet new people and have fun. ****This is not a competitive club. All levels of experience are welcome. For more information, call 609-466-0846.****

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MONTGOMERY SENIOR CENTER – CONT'D

April 1, 11 a.m. – *Springtime in Paris* by Gordon James. Gordon will perform classic springtime tunes and songs from Paris.

April 6, 11 a.m. – *Painting Yellow Rain Boots & Tulips* with Denise. Paint “Yellow Boots and Tulips” using a template in this easy-to-follow acrylic painting tutorial. ****All supplies are provided.****

April 8 & 22, 11 a.m. – *White Lotus Qigong with Bobbi Joels*. Practice Qigong to unify the mind, posture, and breath by using a series of slow, flowing, low-impact movements. Qigong will help release tension, regulate breathing, improve body alignment, stimulate circulation, improve the immune system, and help loosen the neck and shoulder muscles. ****For more information, call 609-466-0846.****

April 13 & 27, 11:15 a.m. – *Creative Wellness with Shirin Stave-Matais*. Achieve calm, gain control, and learn meditative practices through imaginative, joyful and social interaction. This class combines wellness exercises with Hatha and chair yoga. Participants will learn gestural, improvisational and world dance forms, sound therapy, creative play, guided relaxation and meditation techniques. ****Participants of all skill levels are welcome, and the class can be practiced while standing or sitting.****

April 20, 11 a.m. – Wednesday, March 30, 11 a.m. *Crochet & Crafts*. We welcome everyone! Bring a crocheting/crafting project or learn something new and meet wonderful friends while practicing a hobby. ****For more information, please call 609-466-0846.****

April 29, 11 a.m. – *Raritan Valley Community College Dance Performance*. Enjoy this performance by Raritan Valley Community College faculty, students and guest artists featuring a range of dances accompanied by a variety of musical genres and sounds. Performers will demonstrate the communicative aspects of dance using improvisations. There will be a Q&A session at the end of the performance.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Road
Somerset, NJ 08873
732-563-4213

Zumba Gold with Laurie Fetcher – Wednesdays, 1 p.m. Get your blood pumping to zesty music that will inspire a hearty workout. This class is manageable for beginners or others who need modification to their exercise routine. Participants will build cardiovascular health by challenging the heart and working the hip, leg, and arm muscles while practicing fun and rhythmic moves while sitting in a chair.

Line Dancing – Fridays, 9 a.m. Line dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for participants with limited mobility. Line dancing has been shown to improve cardiovascular and muscular strength and improve coordination and balance.

April 1, 10:45 a.m. – *Musical Entertainment for Springtime* with Entertainer Paul Elwood. Welcome spring while enjoying musical entertainment featuring popular hits from the 40s, 50s, 60s and 70s. Sit back and enjoy the music or sing along.

April 4 & 18, 11 a.m. – *Tai Chi Chair* with Bobbi Joels, Healing Hands/Calming Touch. Improve your balance, flexibility, range of motion, strength, energy, and pain levels by practicing Tai Chi Chair, which is perfect for participants who have balance issues. Other benefits include stress reduction and peace of mind.

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QUAIL BROOK SENIOR CENTER – CONT'D

April 4, 11, 18 & 25 – *Rhyming Ball Game* with Doretha Hunter. Keep your mind sharp by playing this game of poetry in motion. Participants will sit in a circle, pass the ball and say a word, receive the ball and rhyme the word.

April 6, 22 & 27, 10:30 a.m. – *Bingo*. Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills.

April 8, 10:45 a.m. – *Word Building Game* with Doretha Hunter. Build a word and build vocabulary. Participants start with a word and build as many words as possible using only the letters found in that particular word.

April 11, 10:45 a.m. – *Songs of the Decades* with Clifford Seay. Sing along to favorite songs from the 50s, 60s and 70s at this energetic and celebratory performance.

April 13, 10:30 a.m. – *Spring Time Art* with Professional Artist Karen Haake. Celebrate the brightness of spring through art. After a brief demonstration, participants will learn how to paint using oil pastels and watercolors. By applying paint to watercolor paper participants will create a picture with the theme of sunlight, flowers and budding trees. ****All supplies will be provided.****

April 18, 12:45 p.m. – *Ludum de Bingo* with the Franklin Township High School Latin Club. Learn how to play Latin Bingo with Latin Club Latin experts.

April 20, 10:30 a.m. – “*Enviroscape Watershed*” by Virginia Rockey, Americorps NJ Watershed Ambassador, Watershed Management Area (WMA) #9, Lower Raritan, South and Lawrence Rivers and Duke Farms. Learn about water pollution and the environment at this in-person demo. Participants will see a working model displaying various forms of water pollution and learn about how this impacts the future.

April 25, 10:45 a.m. – “*A Touch of History*” by Historian Meg Wastie. Participate in a hands-on history lesson by holding antique items that have a story told by Meg Wastie.

April 29, 10:45 a.m. – “*Bridge Builder in Petticoats: Emily Warren Roebling and the Brooklyn Bridge*” by Historian Carol Simon Levin. Get to know Emily Roebling one of the “most famous women in New Jersey” and “one of the most noted women in the country,” yet few know her name. She took over managing the construction of the Brooklyn Bridge for her bedridden husband and became Chief Engineer, designed the family mansion, studied law, helped donate to troops during the Spanish American War, attended the coronation of the Tsar of Russia, and had tea with Queen Victoria.

WARRENBROOK SENIOR CENTER

500 Warrentville Road
Warren, NJ 07059
908-753-9440

Watercolor Paint Class – Monday & Wednesday, 9 – 11:30 a.m. Experienced artists can practice their craft and meet new people.

Bridge Group with Ronnie – Tuesdays, 1 – 3 p.m. Play Bridge, a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain to keep it alert, and helps your memory stay active. New members and beginners are always welcome. ****For more information, call 908-753-9440.****

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WARRENBROOK SENIOR CENTER – CONT'D

Mahjong for Experienced Players – Thursdays, 1 – 4 p.m. Play this game of skill, strategy and calculation. ****Experienced players only. For more information, call 908-753-9440.****

Billiards Room – Monday – Friday. Available daily on a drop-in basis.

Computer Lab – Available daily from 9 a.m. – 4 p.m.

Carrom – Available Monday – Friday. Play this strike and pocket table game of Eastern origin and similar to Billiards and Table Shuffleboard.

Games/Cards (Scrabble, Uno, Canasta, etc.) – Available Monday – Friday. Have fun playing these games or suggest another game of your choice.

Jigsaw Puzzles – Available Monday – Friday. Strike up a conversation, make new friends and enjoy putting pieces of the puzzle together. Choose from a wide variety of puzzles.

Lending Library – Available Monday – Friday. Pick a paperback book and return it when finished reading.

Individual Computer Instruction – Mondays, 10 a.m. Learn how to send an email, do a web search and play solitaire on your computer during this eight-week, one-on-one class, when you will finally understand what your grandkids have been trying to explain. ****For more information, call 908-753-9440.****

April 1, 11 a.m. – Grand Reopening with April Antiques Musical Entertainment. Enjoy performer Don Anthony who will entertain with music by famous singers born in April.

April 1, 1 p.m. – April Fool's Day Trivia with Parul. Enjoy mind-stimulating April Fool's Day Trivia.

April 4, 11 a.m. – The Bowl Game. Create new friendships at the senior center and get reacquainted with friends. Write a personal detail and place it in a bowl. Draw from the bowl and try to guess who wrote the detail.

April 6, 13, 20 & 27, 11 a.m. – Bingo. Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills.

April 8, 11 a.m. – Brain Games with Parul. Join the words from the clues provided and match the word so it becomes a compound word.

April 11, 11 a.m. – Cane Wellness by Barry Sommerville. Learn how to use a cane to develop strength, balance, and self-defense.

April 18, 11 a.m. – Living on the International Space Station by Amateur Astronomer Paul Cirillo. Share in the adventure of how astronauts live and work in space. Discover how the absence of gravity affects the human body. See breathtaking pictures of the Earth from an orbiting laboratory.

April 18, 1 p.m. – Space Travel Trivia with Parul. Enjoy playing mind-stimulating out-of-this-world Space Travel Trivia.

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WARRENBROOK SENIOR CENTER – CONT'D

April 20, 10 a.m. – Blood Pressure Screenings. Get your blood pressure taken and have your questions answered by the Community Visiting Nurse Association.

April 22, 11 a.m. – The Garden State: Where Ideas Grow by Author, Teacher and Tour Leader Linda Barth. Learn about the many inventions that New Jerseyans created including Edison's phonograph, and the light bulb as well as the first drive-in theatre, blueberries, ice cream cones, M&M's, bubble wrap, the boardwalk, the band-aid, and even professional baseball. Life would be a lot harder without the vacuum cleaner, plastic, air conditioning and many other important advances in medicine and surgery were developed in the Garden State.

April 22, 1 p.m. – Mother Earth Word Search with Parul. Complete a "Word Search" and learn how other cultures use the phrase "Mother Earth."

April 25, 11 a.m. – "Creating Wills" by Staff Attorney Scott Dranoff, Legal Services of Northwest Jersey. Learn how important it is to have a will and what you should and should not include.

April 29, 11 a.m. – Craft: Polish Folk Art with Parul. Use templates to cut paper into geometric shapes to color and decorate for spring. ****All supplies will be provided.****

April 29, 1 p.m. – Arbor Day Trivia and Quiz with Parul. Celebrate Arbor Day with mind-stimulating trivia and a quiz.

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

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