



News from the Somerset County Board of County Commissioners

Shanel Y. Robinson, Commissioner Director • Melonie Marano, Commissioner Deputy Director
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FOR IMMEDIATE RELEASE

April 1, 2022

Virtual Programs

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.

Zoom Guidelines

Unless otherwise specified, residents ages 60 and above can join any Zoom program listed on this schedule even if they are not a client of the center that is hosting the program.

Zoom Activity Release Forms

Participants are required to complete an Activity Release Form from the senior center they regularly attend. After submitting the form to that center, participants will receive an email with information about all Zoom classes and programs listed on this schedule. All programs are FREE for registered members!

Zoom Tutorial and Registration

Zoom is a secure, video-based, user-friendly, online platform that can be accessed through a smartphone, tablet, or computer that allows residents to see and hear others. Learn how to use Zoom and sign-up for a virtual tour, at <https://support.zoom.us/hc/en-us>.

To register for a program or class, call 908-203-6101 or email Donlin@co.somerset.nj.us

(MORE)

Zoom Programs for All Senior Center Clients

April 4-8

April 5, 10:30 a.m. – *Oscars for Musicals* by Sam & Candy Caponegro. Enjoy this musical biography of big-name stars and their musical performances including “Annie Get Your Gun,” “Night and Day,” “Funny Girl” and more. **This program is hosted by the Senior Wellness Center at Basking Ridge.**

April 6, 3 p.m. – *Guided Meditation with Cate*. Take a break and soothe yourself with calming music and meditation, which can reduce stress, control anxiety, increase attention span and decrease age-related memory loss. **This program is hosted by the Senior Wellness Center at Bridgewater.**

April 7, 1 p.m. – “*Proton Therapy*” by Medical Director Dr. Brian Chon, ProCure. In this lecture, Dr. Chon will provide an educational overview of proton therapy, which is an advanced form of radiation treatment for cancer as well as the types of tumors proton therapy can treat including prostate, breast, and lung cancers. **This program is hosted by the Senior Wellness Center at Bridgewater.**

April 7, 1 p.m. – “*Armchair Travel: The Netherlands*” with Parul. Take a virtual trip to the Netherlands. Known also for its tulips, windmills, bicycles and wooden shoes it’s brimming with history and culture. **This program is hosted by the Warrenbrook Senior Center.**

April 11-15

April 12, 10:30 a.m. – *Spring Forward* by Crisis Counselor Samantha Malinger, Robert Wood Johnson Institute for Prevention & Recovery’s Hope and Healing Program. Leap into the spring season with this uplifting program. **This program is hosted by the Senior Wellness Center at Basking Ridge.**

April 12, 1:30 p.m. – *Monthly Book Club*– (Every second Tuesday). Join other members to discuss, “Secret Keepers of Jaipur” by Alka Joshi and select the next book to read. New members are always welcome! **This program is only for clients who attend Warrenbrook Senior Center.**

April 14, 11 a.m. – “*Jazz Appreciation*” by Brienne Jahno, Rivers Edge Rehab. Learn about the origins of Jazz music and the history of the artists who made it popular. **This program is hosted by the Senior Wellness Center at Hillsborough.**

April 14, 1 p.m. – “*Aging in Your Own Space*” by Rebecca Abenante, Atlantic Healthcare. Learn what to consider when developing an aging-in-place plan, such as home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations. **This program is hosted by the Senior Wellness Center at Bridgewater.**

April 14, 1 p.m. – “*Cooking with Herbs & Spices*” by Jennifer Korneski, Rutgers Cooperative Extension. Learn how to incorporate natural flavorings in everyday meals. **This program is hosted by the Warrenbrook Senior Center.**

April 18-22

April 19, 10:30 a.m. – “*1947: A Year in Review*” by Historian Evan Weiner. Discuss the cultural and political highlights of 1947 including Jackie Robinson breaking the color barrier in baseball, India and Pakistan uniting, the Cold War, the United Nations and Israel, American labor unions, UFOs in Roswell, and the movie “Miracle on 34th Street”. **This program is hosted by the Senior Wellness Center at Basking Ridge.**

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Zoom Programs for All Senior Center Clients – *CONT'D*

April 19, 2:30 p.m. – “*Eight Dimensions of Wellness*” by Crisis Counselor Elizabeth Schwartz, Hope and Healing. Explore the eight different areas of wellness including physical, emotional, intellectual, environmental, financial, social, spiritual and occupational wellness. Learn how to incorporate each sector of wellness into daily life and discover why it is important to live a well-balanced lifestyle. An interactive discussion about participants’ wellness routines will follow the presentation. **This program is hosted by the Montgomery Senior Center.**

April 20, 3 p.m. – *Guided Meditation with Cate*. Take a break and soothe yourself with calming music and meditation, which can reduce stress, control anxiety, increase attention span and decrease age-related memory loss. **This program is hosted by the Senior Wellness Center at Bridgewater.**

April 21, 11 a.m. – *Creating a Journal* by Sam Matthews, Art Across Borders. Create a journal using art and bullet journaling techniques. Participants will need a journal or copy paper (lined or blank), pencils, colored pencils, crayons or markers, and an eraser. **This program is hosted by the Senior Wellness Center at Hillsborough.**

April 21, 1 p.m. – “*Optimal Well-Being*” by Board Certified Health Coach Kruti Thakore. Learn evidence-based, easy-to-follow empowering practices to achieve optimal well-being. **This program is hosted by the Warrenbrook Senior Center.**

April 21, 2 p.m. – *1960s Hits* with Singer and Entertainer Chris Giakas. Join this virtual concert to bring back the thrill of 1960s music, sing-along, hear songs you haven’t heard in years, and reminisce about a different time. **This program is hosted by the Senior Wellness Center at Bridgewater.**

April 25-29

April 26, 10:30 a.m. – “*France Among Us*” by Motivational Speaker Anna Nowik. Did you know that less than six percent of Americans have French ancestry? Yet, so many French words, terms, and food are a part of the American culture. In this presentation, participants will learn interesting facts about the French, and explore when French integration occurred in the U.S. **This program is hosted by the Senior Wellness Center at Basking Ridge.**

April 28, 10 a.m. – *Monthly Book Club with Nan* – (Every fourth Thursday). Join other members to discuss, “When the Stars Go Dark” by Paula McLain and select the next book to read. New members are always welcome! **This program is only for clients who attend the Senior Wellness Center at Bridgewater.**

April 28, 11 a.m. – “*Humor and Wellness*” by Crisis Counselor Samantha Malinger, Robert Wood Johnson Institute for Prevention & Recovery’s Hope and Healing Program. Learn why humor is important to your well-being, and have a few giggles and a belly full of laughter. **This program is hosted by the Senior Wellness Center at Hillsborough.**

April 28, 1 p.m. – *Fact or Fiction with Cate*. Play this fun guessing game. Test your memory and imagination, and learn something new or shocking. **This program is hosted by the Senior Wellness Center at Bridgewater.**

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ZOOM Exercise Classes for All Senior Center Clients

Note: An Activity Release Form and the use of a camera (audio and video) are required to participate.

Mondays, 10 a.m. – *Chair Yoga with Manjula*. Gain health benefits from practicing yoga poses with the support and safety of your favorite chair. Increase bone density, improve strength, flexibility, and balance while immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an overall sense of well-being. ****The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class. To register call 908-369-8700 or email AgingHillsborough@co.somerset.nj.us. This program is hosted by the Senior Wellness Center at Hillsborough.****

Tuesdays & Thursdays, 9 a.m. – *Take Control with Exercise*. 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. ****A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email agingwellness@co.somerset.nj.us. The program is hosted by the Senior Wellness Center at Basking Ridge.****

Tuesdays & Thursdays, 9:30 a.m. – *Hatha Yoga with Bharti*. Improve your body posture through controlled breathing and meditation. Learn how to align the body, and improve balance and flexibility, and circulation. ****A maximum of 25 participants is allowed in the class. To register call 908-203-6101 or email donlin@co.somerset.nj.us. This program is hosted by the Senior Wellness Center at Bridgewater.****

Tuesdays, 11 a.m. – *Gentle Aerobics with Lisa & Caitlin*. 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. ****Exercises can be practiced while standing or sitting. The class is open to all skill levels. A maximum of 25 participants is allowed in the class. To register call 908-203-6101 or email donlin@co.somerset.nj.us. This program is hosted by the Senior Wellness Center at Bridgewater.****

Tuesdays, 12 p.m. – *Yoga/Meditation & Breathing Techniques* with Dr. Prabha Srinivas, Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences. Reduce stress in your life and take control of your emotional and physical well-being through the practice of yoga and meditation. ****A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Center.****

Tuesdays, 1 p.m. – *Fit & Flex with Rose*. Get fit while performing 20 minutes of low-impact exercises to music, 15 minutes using weights, and 15 minutes using resistance bands. Perform stretching exercises with a chair and other movements while standing. Proper breathing and positioning of core muscles during all exercises are encouraged. This class changes frequently and is suitable for all skill levels. ****To register, call 609-466-0846 or email crowley@co.somerset.nj.us. A maximum of 25 participants is allowed in the class. This program is hosted by the Montgomery Senior Center.****

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ZOOM Exercise Classes for All Senior Center Clients – *CONT'D*

Note: An Activity Release Form and the use of a camera (audio and video) are required to participate.

Tuesdays, 2 p.m. – *Chair Yoga with Manjula*. Gain health benefits from practicing yoga poses with the support and safety of your favorite chair. Increase bone density, improve strength and flexibility, and balance while immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an overall sense of well-being. ****The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class. To register call 908-203-6101 or email donlin@co.somerset.nj.us. This program is hosted by the Senior Wellness Center at Bridgewater.****

Wednesdays, 1 p.m. – *Zumba Gold (Chair) with Laurie Fetcher*. Get your blood pumping to zesty music that will inspire a hearty workout. This class is manageable for people ages 60 and above, 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 when practicing fun, rhythmic moves while sitting in a chair. ****A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Center.****

Thursdays, 10 a.m. – *Yoga for All! Stand & Chair Yoga with Manjula*. Gain health benefits by practicing yoga poses from the support and safety of your favorite chair or practice without a chair. Increase bone density, improve strength, flexibility and balance, relieve stress and gain an overall sense of well-being. Expect gentle stretching to bring movement to joints and muscles. ****The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Center.****

Thursdays, 1 p.m. – *Fit & Flex with Rose*. Get fit while performing 20 minutes of low-impact exercises to music, 15 minutes using weights, and 15 minutes using resistance bands. Perform stretching exercises with a chair and other movements while standing. Proper breathing and positioning of core muscles during all exercises are encouraged. This class changes frequently and is suitable for all skill levels. ****To register, call 908-369-8700 or email aginghillsborough@co.somerset.nj.us. A maximum of 25 participants is allowed in the class. This program is hosted by the Senior Wellness Center at Hillsborough.****

Fridays, 10 a.m. – *Chair Exercises with Lisa*. Have fun while practicing chair exercises, which will help increase blood circulation, improve flexibility and strengthen one's muscles. Exercises can be practiced while standing or sitting. ****Participants need a sturdy chair, water bottle, and hand weights for strength training (or substitute hand weights with two soup cans or two filled water bottles). A maximum of 25 participants is allowed in the class. To register call 908-369-8700 or email Icheng@co.somerset.nj.us. **This program is hosted by the Senior Wellness Center at Hillsborough.****

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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