



News from the Somerset County Board of County Commissioners

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FOR IMMEDIATE RELEASE

September 30, 2022

Virtual Programs

Somerset County-Operated Senior Centers Offer Virtual and In-Person Programs Throughout October

SOMERVILLE, NJ – The Somerset County-operated senior wellness centers continue to offer in-person and virtual programs throughout October. In-person programs are available four days a week on Mondays, Wednesdays, Thursdays, and Fridays.

There will be no virtual or in-person programs on Columbus Day Oct. 10.

Zoom Guidelines

Unless otherwise specified, senior center clients ages 60 and above can join any Zoom program listed in this schedule even if they are not a client at the center that is hosting the event.

Senior center participants can join Zoom meetings through a web browser without downloading any applications or software. All programs are FREE for registered members!

Zoom is a secure, video-based user-friendly, online platform that users can access through a smartphone, tablet, or computer, which allows them to see and hear others.

Zoom Tutorial and Registration

Learn how to use Zoom or 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

Virtual Programs for All Senior Center Clients

October 3-7

Oct. 4, 2:30 p.m. – “Managing Stress in Times of Uncertainty” by Alexis Mosby, Catholic Charities, Hope & Healing. Learn how to practice daily self-care daily by creating a self-care action plan. In this program, participants learn about the importance of self-care by nourishing the mind, body and soul, as well as other tips for nurturing oneself during times of uncertainty. ****Everyone is welcome to join this interactive program. This program is hosted by the Montgomery Senior Center.****

Oct. 6, 11 a.m. – “Costumes, the Actor and Understudies (Part 4)” by Entertainment Industry Professional Marisa Merrigan Robertazzi. Explore how costumes contribute to character-portrayal and the actors’ performances in this fourth interactive discussion with Marissa a professional actor, scenic designer, and stage manager for over 25 years in the tri-state area. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts, and is hosted by the Senior Wellness Center at Hillsborough.****

(MORE)

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

October 10-14

Oct. 11, 1:30 p.m. – *Monthly Book Club* (Every Second Tuesday). Join other book club enthusiasts to discuss “The Four Winds” a historical fiction novel by Kristin Hannah and select the next book to read. New members are always welcome! ****This book club is only for Warrenbrook Senior Center Participants.****

October 17-21

October 20, 11 a.m. – “*The Underground Railroad in Paterson*” by the American Labor Museum. Explore the deep story of the Underground Railroad and the story of the re-discovered Huntoon-Van Rensalier Railroad Station. The history of Paterson, New Jersey’s connections to the Underground Railroad had been lost until Dolores Van Rensalier discovered a historical document in the 1980s that revealed her great-grandfather had been active in the Underground Railroad. ****This presentation is Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission, and the program is hosted by the Warrenbrook Senior Center.****

Virtual 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. Participation is limited to 25 people to comply with safety standards.

Take Control with Exercise. Strengthen core muscles and improve flexibility and balance while boosting stamina in this weekly program. ****This class is open to all skill levels and can be practiced while either standing or sitting. 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, flexibility, and circulation. ****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 the 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. 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 with Dr. Prabha Srinivas.* Take control of your emotional and physical well-being through the practice of yoga and meditation. This class will help participants reduce their daily stress. ****To register call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Center.****

(MORE)

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

Tuesdays, 1 p.m. – *Fit & Flex with Rose*. Get fit while performing 20 minutes of low-impact exercise to music, 15 minutes using weights, and 15 minutes using resistance bands. ****To register call 609-466-0846 or email crowley@co.somerset.nj.us. This program is hosted by the Montgomery Senior Center.****

Tuesdays, 2 p.m. – *Chair Yoga with Manjula*. Gain health benefits by practicing yoga poses with the support and safety of your favorite chair. Increase bone density, and 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 helps participants gain an overall sense of well-being. ****The class is open to all skill levels and can be practiced while standing or sitting. 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 during this hearty workout and build cardiovascular health. In this class, participants will work the hip, leg, and arm muscles and practice fun, rhythmic moves while sitting in a chair. ****This class is manageable for people ages 60 years and above, beginners, or others who need modification to their exercise routine. To register, call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Wellness 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. ****Class will be offered virtually only on Oct. 20. The class is appropriate for all skill levels and can be practiced while standing or sitting. To register, call 732-563-4213 or email toth@co.somerset.nj.us. This program is hosted by the Quail Brook Senior Center.****

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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