



News from the Somerset County Board of County Commissioners

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

FOR IMMEDIATE RELEASE

September 30, 2022

IN-PERSON

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.

The senior centers offer a nutritionally balanced lunch on Mondays, Wednesdays, Thursdays and Fridays through October, for a suggested donation of \$2.50 for clients ages 60 and above. Our menu choices include a **hot** meat-based or meatless entrée or a **cold** meat-based or meatless boxed lunch. Participants should make reservations before 10 a.m., on the previous business day.

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

(MORE)

NOTE: For safety and quality assurance purposes, the following activities are **ONLY** available for clients of the senior center that is hosting the event. Call for more details.

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Tai Chi for Health – Wednesdays, 10 a.m. (July 13 – Oct. 19). Focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that participants have reduced pain, fatigue, stiffness, and have gained a greater sense of well-being. Practicing Tai Chi can also help reduce the risk of falls. ****This session is currently filled. 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 come to the center to learn a new hobby and meet wonderful friends. All are welcome to join.

Take Control of Exercise – Mondays & Thursdays, 10 a.m. Strengthen core muscles and improve flexibility and balance while boosting stamina in this ongoing exercise program, which is presented in a video format. **** There is no fee for this ongoing class. This class is for all skill levels and can be practiced while either standing or sitting. For more information, call 908-204-3435.****

Bridge Club – Wednesdays, 9:30 a.m. – 1 p.m. Get intellectual and social stimulation when playing the mentally challenging card game Bridge. Studies show playing Bridge regularly stimulates the brain for alertness and helps the memory stay active. ****New members and beginners are always welcome. For more information, call 908-204-3425.****

Mahjong Club – Mondays, Wednesdays & Fridays, 12:30 – 4 p.m. Learn to play Mahjong, an interesting game that helps 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.****

Gentle Yoga with Jillian – Thursday, 1 p.m. Practice Hatha yoga to gain the benefits of increasing bone density, and improving strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class will help relieve stress and gain an overall sense of well-being. **** The new session starts on Oct. 19. For more information, call 908-204-3435. ****

Gentle Yoga with Jillian – Fridays, 1 p.m. Practice Hatha yoga to gain the benefits of increasing bone density, and improving strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class will help relieve stress and gain an overall sense of well-being. ****The new session starts on Oct 21. This class can be practiced while either sitting or standing. For more information, call 908-204-3435.****

Monthly Book Club – Every Third Wednesday, 12:30 p.m. Join fellow book lovers on Oct. 19, for a discussion about “Before She Disappeared,” a mystery novel by Lisa Gardner. New members are always welcome!

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

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

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

Oct. 3, 11 a.m. – *Brain Games with Kelly.* Play various games, puzzles, and trivia challenges specifically designed to keep your brain sharp. Studies show that brain games may help sharpen thinking skills that tend to wane with age, such as the speed of processing thoughts, planning skills, reaction time, decision-making and short-term memory.

Oct. 5, 11 a.m. – *Revolutionary War Drumbeats by Dave Miller, Earthmovers Drum Collective.* Soothe the mind, body, and spirit, while participating in this drumming circle. Drumming is ancient approach to holistic healing, which promotes healing and incites self-expression. The class will help participants feel a sense of joy while achieving deep relaxation, lowering blood pressure, reducing stress and building communication skills. Participants will learn how to hold a drum and make different tones.

Oct. 6, 13, 20 & 27, 11 a.m. – *Line Dancing with David Cross.* Have fun getting fit while dancing. Participants don't need a partner and it's an easy way to stay healthy, both mentally and physically. Studies have shown line dancing increases cardiovascular and muscular strength and improves coordination and balance. **** For more information, call 908-204-3435.****

Oct. 6 & 20, 1 p.m. – *Bingo.* Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

Oct. 7, 11 a.m. – “*Senior Medicare Patrol*” with Charles Clarkson, *Senior Medicare Patrol.* Learn how to detect and report Medicare fraud, and other scams.

Oct. 12, 11 a.m. – *Halloween Craft Box with Jerry Garris-Happ.* Create a beautiful Halloween craft box to keep. ****All supplies will be provided. For more information, call 908-204-3425.****

Oct. 14, 11 a.m. – *Halloween Scatagories with Kelly.* Test your knowledge while partaking in a little bit of friendly competition in this creative and fun game of Halloween Scattergories.

Oct. 17, 11 a.m. – *Celebrate Diwali.* Celebrate the Festival of Lights (Diwali), a celebration recognized in India in October.

Oct. 19, 11 a.m. – *Music Tribute to the 1950s and 1960s with Lori Woodward & James Hummel.* Bring your dancing shoes or just tap your toes while the Hummels perform a variety of country songs, and popular music from the 1950s and '60s.

Oct. 21, 10:30 a.m. – *Smart DriverTEK with Bill Gilbert, Smart DriverTEK.* Learn about the new technology in cars on the road today and cars of the future in this 90-minute workshop, which will provide an interactive way to stay up to date with the newest safety technology. Knowing how to use this technology can increase your confidence behind the wheel. ****Register before the start date of the program, by calling 908-204-3435. To register, provide your name and email address.****

Oct. 24, 11 a.m. – *Getting to Know the New Manager by Kelly Hughes.* Get to know Kelly during this exciting game of two truths and a lie. Complete a crossword puzzle and learn all about Kelly's favorite things. Ask Kelly questions and join in the fun.

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Oct. 26, 11 a.m. *The Cperfectraft of the Month: Paper Pumpkins with Kelly.* Create a beautiful paper pumpkin to hang from the ceiling of the center. ****All supplies will be provided. For more information, call 908-204-3435.****

Oct. 28, 10:30 a.m. – *Halloween Party with DJ & Entertainer Gary Morton.* Put on your best costume and be prepared to sing and dance at this spooktacular Halloween party.

Oct. 31, 11 a.m. – *Halloween-Themed Mandala Party* – Celebrate Halloween by wearing orange and black and participating in creating Halloween-themed mandala art and other spooky activities.

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

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

Qigong Practice with Michael – Mondays, 10 a.m. Learn the traditional practice of Qigong, a sitting-meditation that helps participants coordinate their mind, body and spirit (similar to tai chi). When practicing sets of exercises, beginners will learn to master breathing techniques combined with physical movements until each movement and posture are perfected.

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

Mahjong Club – Learn how to play Mahjong, an interesting game that can help keep the brain sharp and supercharged! This club is for anyone who wants to have fun, loves the game, and wants to meet new people.

- **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.

****This is not a competitive club. All levels of experience are welcome.****

Chair Yoga with Pushpa – Wednesdays, 10 a.m. Align the body, and improve balance, flexibility, circulation and body posture by practicing Chair Yoga through controlled breathing and meditation. ****All levels of skill are welcome.****

Monthly Book Club – Every Fourth Thursday, 10 a.m. Join fellow book lovers on Oct. 27, for a discussion about “The Unsinkable Greta James,” a romance novel by Jennifer E. Smith. ****New members are always welcome!****

(NEW) Aerobic Chair Exercise with Sabina – Thursdays, 10 a.m. Improve heart health, reduce stress, and lower the risk of depression, diabetes and osteoporosis while increasing body stamina, improving metabolism and increasing flexibility. ****This is an ongoing exercise program for all levels of skill. Exercises can be practiced while either standing or sitting.****

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Tai Chi for Health – Thursdays, 12:30 p.m. (Aug. 18 – Dec. 8). Help reduce pain, fatigue, and stiffness, improve balance and achieve a greater sense of well-being while practicing Tai Chi. In this class, participants will practice shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. ****The class is currently full. This class can be practiced while either standing or sitting. For more information, call 908-203-6101.****

Ukulele Bootcamp –Thursdays, 12:30 p.m. Learn the ukulele quickly and start playing songs on the first day of class. This easy-to-learn instrument makes complicated music sound simple. Playing the ukulele can improve focus, and hand-eye coordination, foster mental clarity and support social interaction. ****No previous experience or musical training is necessary. There are a limited number of ukuleles available to borrow. If interested in borrowing a uke, or to register call Lisa Carra or Caitlin Murray at 908-203-6101.****

Take Control with Exercise – Wednesdays & Thursdays, 1 p.m. Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle exercise program, presented in a video format. ****Exercises can be practiced while either standing or sitting.****

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. ****This class is presented in a hybrid format via Zoom and conducted live at the center by an instructor. Exercises can be practiced while standing or sitting. The class is open to all skill levels.****

Pinochle Club – Fridays, 1 p.m. to 4 p.m. Play Pinochle, it's a really fun game! New members are always welcome. ****For more information, call 908-203-6101.****

Oct. 3, 11 a.m. – “Navarati” by Rajul Shal and Sheila Joish. Learn about Navarati, why it lasts nine days and what traditional dances are performed during the celebration. Participants should wear a long skirt if they have one.

Oct. 3, 17 & 31, 11 a.m. – Bereavement Support Group. Share common feelings about grief and the renewal process in this support group that provides participants with a safe place for grieving the death of a loved one. Interfaith bereavement principles and universal spiritual concepts are incorporated into this group. Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist Ronald W. Kaplan will facilitate discussions. ****Everyone’s presence and participation are welcome. To register, call 908-203-6101.****

Oct. 5, 11 a.m. – “George Washington Slept Here: The General’s Reproduction Military & Personal Equipment” by Historian Lisa Flick, Rockingham State Historic Site. Learn about the items that George Washington carried during the war and used during his stay at Rockingham through this fascinating “show and tell” of historical reproductions. ****This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****

Oct. 6, 11 a.m. – Spooky October Trivia with Caitlin. In this ghoulish game, participants will learn freaky facts about October, Halloween, famous legends, and popular scary movies.

Oct. 7, 11 a.m. – Classic Country Music & More by John Sudia. Get ready to sing along to John Sudia’s guitar renditions of classic country, classic rock and other hits.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Oct. 12, 11 a.m. – *Fun and Games Day*. Kick back, relax and play your favorite games such as dominoes, the dice game left-right-center and more.

Oct. 13 & 21, 11 a.m. *Bingo*. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

Oct. 14, 11 a.m. – “*Somerset County Volunteer Services Program*” by *Laurie Roome*. Learn about the many types of free volunteer services that are available to Somerset County residents.

Oct. 17, 11 a.m. – *Creating Fall Holiday Cards with Mary Ellen Day*, Grace Healthcare. Create holiday cards for residents of senior care facilities to bring some joy to Hindu of their day. ****All supplies will be provided. For more information, call 908-203-6101.****

Oct. 19, 11 a.m. – *Volunteer Recognition Celebration*. Let's give a well-deserved “thank you” to the center's wonderful volunteers who help us every day by assisting at the front desk, packing and serving hundreds of lunches, and leading a wide variety of programs. As part of the celebration, we will enjoy a musical performance by the Full Monty Uke Band.

Oct. 20, 11 a.m. – *Diwali Mandala Craft*. Celebrate Diwali, also known as the Hindu's Festival of Lights, by creating colorful mandala designs with a foil leaf. ****All supplies will be provided, but supplies are limited. Participants must register at the front desk. For more information, call 908-203-6101.****

Oct. 21, 10 – 11:15 a.m. – *FREE Blood Pressure Screenings by the Somerset County Vo-Tech High School Students*. Get a FREE blood pressure screening from a Somerset County Vo-Tech High School Student onsite at the senior center. ****No appointment is necessary. For more information, call 908-203-6101.****

Oct. 24, 11 a.m. – “*Keeping the Microbiome Healthy: Fiber and Gut Health*” by *Family & Community Health Sciences Program Coordinator Sigrid Solis*, Rutgers Cooperative Extension. Learn how fiber and microbiomes are healthy for the gut and discover how fiber is an important nutrient for a balanced diet such as feeding the body's good gut bacteria.

Oct. 26, 11 a.m. – *Halloween Spider Craft*. Create cute and spooky spider decorations for your home. ****All supplies will be provided, but supplies are limited. Interested participants must register at the front desk. For more information, call 908-203-6101.****

Oct. 27, 11 a.m. – *Diwali Traditions*. Celebrate Diwali, a Hindu celebration of light over darkness and good over evil. Learn about the holiday, how a traditional Sari is worn, and the significance of a Bindi. Participants will also decorate a traditional diya for the holiday.

Oct. 28, 11 a.m. – “*Breast Cancer Awareness*” by *Dr. Faith Goldman*, Breast Cancer Specialist Atlantic Healthcare. Learn about breast cancer and how to self-diagnose, treat, and prevent the disease that approximately 1 in 8 American women will have during their lifetime.

Oct. 31, 11 a.m. – *Halloween Spooktacular*. Put the howl in Halloween by participating in a costume contest and Monster Mash dance-off with DJ Gio.

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SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

Chair Yoga with Manjula – Mondays, 10 a.m. Gain health benefits from 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 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. For more information, call 908-369-8700.****

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.****

Tai Chi with Janet O – Wednesdays, 9:30 a.m. Practice Tai Chi to activate, circulate and balance the intrinsic energy of the body known as chi. In this class, participants will practice a series of 19 gentle, fluid movements and one pose. ****The class is open to individuals of any age, ability, or condition, and can be practiced while either standing or sitting. The cost of the program is \$50 for the 10-week program. The session begins on Oct. 12. For more information, call Health Promotion Specialist Lisa Cheng at 908-704-6327.****

Mahjong Club – Wednesdays, 10 a.m. – 12 p.m. Play Mahjong a tile-based game-of-skill, strategy and luck, which was invented in China, and is played throughout the world since the early 20th century. ****For more information, call 908-369-8700.****

Fit & Flex with Rose – Wednesdays, 11 a.m. Get fit while performing 20 minutes of low-impact exercise to music, use weights for 15 minutes, and then use resistance bands for 15 minutes. Perform stretching exercises with a chair and other movements while standing. Proper breathing and positioning core muscles are encouraged. ****This class changes frequently and is suitable for all skill levels. For more information, call 908-369-8700.****

Beginner Ukulele Club with David – Wednesdays, 1 p.m. Start on the right note with easy-to-follow lessons. Learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele. The teacher gives easy-to-follow lessons. ****For more information, call 908-369-8700.****

Stretch & Strength with Veena – Thursdays, 10 a.m. Practice Yoga mudras (gestures) with the hands and fingers using free weights, and resistance bands. These easy hand techniques can be practiced anywhere at any time. This class may help increase concentration and alertness. ****For more information, call 908-369-8700.****

Hillsborough Discussion Group with Al Alvaro – Every Second Thursday, 1 p.m. Join this group to discuss spirituality and the joy of finding the deeper meaning of life. ****For more information, call 908-369-8700.****

Tai Chi Club with Alice – Fridays, 10 a.m. Practice Tai Chi, an easy-to-learn mindfulness flowing, moving meditation. This class will help participants achieve peace of mind, better health, balance and joy. ****For more information, call 908-369-8700.****

Card Club – Fridays, 1 p.m. Play Rummy, Poker, Blackjack, Solitaire, and more. **** For more information, call 908-369-8700.****

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

(NEW) Puzzle Club – Thursdays, 1 p.m. Strike up a conversation, make new friends, and enjoy assembling puzzles. The center has a wide variety of puzzles to choose from.

Oct. 3, 11 a.m. – Tea Party with Community Outreach Coordinator Caitlyn Campbell, Foothill Acres Rehabilitation and Nursing Center. Wear your favorite floral outfit and matching hat to this tea party where you will taste delicious scones and a variety of teas. ****Gloves and bowties will be provided.****

Oct. 5, 10 a.m. – “Functional Foods: Mushrooms” by Family & Community Health Sciences Program Coordinator Jennifer Korneski, Rutgers Cooperative Extension. Learn the history of mushrooms and the health benefits they provide as well as discover recommendations for incorporating mushrooms into a healthy plant-based diet.

Oct. 7, 11 a.m. – Navratri Celebration with Quail Brook Seniors Rajul Shah, Sumitra Desai, and Surinder Kaur. Celebrate Navratri with the Quail Brook and Hillsborough seniors to learn about the holiday, the Dandiya (Stick) and traditional dance.

Oct. 12, 10 a.m. – “Spirituality” by Victoria Szczesna, Robert Wood Johnson Behavioral Health. Explore what builds your spirit and the spirit of other members such as faith, nature, friendship or even food.

Oct. 13, 11 a.m. – Gameshow Showdown with External Liaison Brienne Janho, Rehab at River’s Edge. Test your knowledge of popular culture and general information in this game of friendly competition.

Oct. 14, 11 a.m. – Stained Glass Craft with Kim Minerly, Outreach, Hunterdon Care Center/Rolling Hills Care Center. Create a simple, colorful stained-glass scene to hang on your window. ****All supplies will be provided. For more information, call 908-369-8700.****

Oct. 17, 11 a.m. – “Breast Health” by Community Cancer Control Specialist Hiral Shula, Rutgers Cancer Institute of New Jersey. Learn about the risk factors, early warning signs and breast cancer treatments.

Oct. 19, 10 a.m. – “Inner Strength” by Victoria Szczesna, Robert Wood Johnson Behavioral Health. Join this discussion to learn how to build your inner strength while maintaining a calm mind and attitude, which will help you gain self-confidence and face problems courageously.

Oct. 20, 11 a.m. – “Heads Up! Seniors: A Pedestrian Safety and Fall Prevention Program by Public Education Coordinator Kate O’Connor,” Brain Injury Alliance NJ. Learn strategies for preventing falls and commuting safely in this informative, educational and interactive discussion. Participants will receive a safety checklist to help them anticipate and diminish the risk of injury in the home and the community.

Oct. 21, 11 a.m. – Halloween Craft with Community Volunteer Dori. Create a Halloween decoration to display. ****All supplies will be provided. For more information, call 908-369-8700.**

Oct. 24, 11 a.m. – “Staying Healthy” by Owner, Pharmacist-In-Charge Dr. Neenu Chandy, AmWELL Pharmacy. Learn about diabetes, hypertension, and cholesterol in this informative session about chronic disease management. Participants will also learn about treatments, side effects and interactions that may occur when using certain medications.

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Oct. 26, 11 a.m. – *Brain Games with Doretha.* Play various games, puzzles, and trivia challenges specially designed to keep your brain young. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision-making and short-term memory.

Oct. 27, 11 a.m. – *Performance by the Hillsborough Rockettes and Rockets.* Sit back and enjoy this ensemble of energetic men and women who will perform different line dance routines.

Oct. 28, 11 a.m. – *Volunteer Recognition Celebration with Entertainment by the Red Oak Country Boys.* Let's give a well-deserved "thank you" to the center's wonderful volunteers who help us every day by assisting at the front desk, packing and serving hundreds of lunches, and leading a wide variety of programs. As part of the celebration, we will enjoy a musical performance by the Red Oak Country Boys.

Oct. 31, 11 a.m. – *Halloween Bingo with Community Outreach Coordinator Caitlyn Campbell,* Foothill Acres Rehabilitation and Nursing Center. Join this friendly Bingo competition to promote socialization, strengthen hand-eye coordination, improve concentration, and bolster short-term memory.

MONTGOMERY SENIOR CENTER

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

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

Take Control with Exercise – Mondays, 10 a.m. Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle exercise program. Exercises can be practiced while either standing or sitting.

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, heals injury, and erases the negative effects of aging and active living. The class ends with standing or sitting while practicing 15-20 minutes of non-impact Nia movements that were created especially for seniors to promote HIIT (High- Intensity Interval Training). ****For more information, call 609-466-0846.****

Yoga Chair Fusion with Debbi – Tuesdays, 10 a.m. Learn techniques to help gain flexibility and improve strength while immersing yourself in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Practicing yoga may help increase bone density, strengthen muscles, improve balance, relieve stress and help achieve an overall sense of well-being. ****This class is open to all 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.****

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MONTGOMERY SENIOR CENTER – CONT'D

Bridge Group – First and Third Wednesday of the Month, 10 a.m. Play a mentally challenging card game, Bridge, which offers intellectual and social interaction. Playing bridge regularly stimulates your brain to keep it alert and it helps your memory stay active. **** New members and beginners are welcome. Lessons are available. For more information, call 609-466-0846.****

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 most participants have a reduction in pain, fatigue, and stiffness and achieve a greater sense of well-being. ****This program can be practiced while either standing or sitting. For more information, call 609-466-0846.****

Beginner Ukulele Lessons with Denise – Wednesdays, 2 p.m. Learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele in easy-to-follow lessons. ****The next session will begin on Oct. 19. To register and/or reserve a ukulele, call 609-466-0846 or email Crowley@co.somerset.nj.us.****

Line Dancing with Debbie Bjornsted. Thursdays, 11 a.m. Improve cardiovascular and muscular strength, coordination and balance while line dancing, which is so much fun it doesn't even seem like exercise! You don't need a partner and it's a great way to maintain your mental and physical health. ****This class is suitable for participants with limited mobility. All levels of skill are welcome. For more information, call 609-466-0846.****

(NEW) Bocce Ball Cub (Weather Permitting) – Thursdays, 11 a.m. Play Bocce Ball, a lawn and yard game with weighted balls, and the rules are easy. ****People of all ages and levels of skill can play the game. For more information, call 609-466-0846.****

Advanced Beginner Ukulele Lessons with Denise – Thursdays, 12:30 p.m. Reinforce what you have learned in the previous classes such as basic chords, and strum techniques, then learn how to play songs with more challenging chord combinations by strengthening your strumming techniques. **** Call to register and reserve a ukulele at 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 learn to play a multi-part arrangement in a band while performing a wide range of musical genres. ****Virtual class is available.****

Mahjong Club – Fridays, 10 a.m. Join the Mahjong Club and meet new people while learning to play the game, which is an interesting way to keep your brain sharp and supercharged! This club is for anyone who wants to learn the game or loves playing it. ****This is not a competitive club. All levels of experience are welcome. For more information, call 609-466-0846.****

Card Club – Fridays, 10 a.m. Play Rummy, Poker, Blackjack, Solitaire and other favorite card games, while you share your card skills with others. ****Beginners are welcome. For more information, call 609-466-0846.****

Oct. 7 & 21, 11 a.m. – White Lotus Qigong with Bobbi Joels, Healing Hands/Calming Touch. Strengthen the immune system to help prevent disease, loosen neck and shoulder muscles, release tension, regulate breathing, improve proper body alignment, and stimulate the circulation of vital energy by practicing Qigong. Participants will practice a series of slow, flowing, low-impact, movements to help unify the mind, posture, and breathing.

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MONTGOMERY SENIOR CENTER – CONT'D

Oct. 12 & 26, 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.****

Oct. 14, 11 a.m. – “*Healthy Holidays: Sugar-Free Nutrition*” by Family & Community Health Sciences Program Coordinator Sigrid Solis, Rutgers Cooperative Extension. Learn how to choose healthier sugar-free meal choices. This is a great class since the holidays are right around the corner.

Oct. 19, 11 a.m. – *Stenciling with Delores.* Let your creativity flow with stenciling, a technique for reproducing designs by using ink or paint to fill in holes that have been cut into cardboard or metal. ****All supplies will be provided. For more information, call 609-466-0846.**

Oct. 28, 10:45 a.m. – *Montgomery’s Halloween Spooktacular.* Put the howl in Halloween by participating in a costume contest and Monster Mash dance-off with DJ Gio..

Oct. 31, 11 a.m. – *Diwali Celebration by Harinee Madhusudhan of Montgomery.* Learn about Diwali and how Hindu families celebrate by decorating with lights and colorful designs, setting off fireworks and eating sweet treats. Discover how Hindu temples, traditional architecture, customs and dance are important during Diwali. Create a craft after the discussion. ****All supplies will be provided. For more information, call 609-466-0846.****

QUAIL BROOK SENIOR CENTER

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

Stretching with Allison – Mondays, 10 a.m. Start the day off right by stretching in a chair and then standing to keep the muscles flexible, strong, and healthy. Stretching will help maintain the range of motion in your joints. ****There will not be any classes on Oct. 10. This is a hybrid class that will be conducted live at the center by an instructor and simultaneously also offered via Zoom.****

The Regime 2022: A New Start to Exercise with Allyson – Mondays & Fridays, 2:15 p.m. Mondays (Upper Body + Mid-Section) and Fridays (Head-to-Toe). Join this group and begin a new journey to fitness with a head-to-toe workout using intervals of weights, stretching, and aerobic movements. In this class, participants will lubricate joints for flexibility, strengthen and stabilize muscles, increase blood circulation, boost confidence, and maybe even spur weight loss. ****There will be no class on Oct. 10. This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom. Participants can practice exercises while either standing or sitting, with modifications, and with or without hand weights. All skill levels are welcome. Wear comfortable, loose-fitting clothing and sneakers. Bring water.****

Zumba Gold with Laurie Fetcher. Wednesdays, 1 p.m. Get your blood pumping to zesty music, which 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 using fun, rhythmic moves while sitting in a chair. **** There will be no class on Oct. 5. This is a hybrid class, which will be conducted live at the center by an instructor and simultaneously offered via Zoom.****

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Yoga for All! Stand & Chair Yoga with Manjula –Thursdays, 10 a.m. Gain important health benefits by practicing yoga poses from the support and safety of a chair, or practice exercises without a chair. Expect gentle stretching to bring movement to joints and muscles. Practicing yoga can increase bone density, improve strength, flexibility, and balance, relieve stress, and help participants achieve an overall sense of well-being. **** On Oct. 20, this class will be offered only via Zoom. The class is appropriate for all skill levels and can be practiced while standing or sitting.****

Line Dancing – Fridays, 9 a.m. Improve cardiovascular and muscular strength, and balance while line dancing, which is so much fun it doesn't seem like exercise! Participants don't need a partner and it's a great way to maintain their mental and physical health. ****This class is suitable for participants with limited mobility.****

Step, Stop, Stretch: An Outdoor Walking Club – Fridays, 1 p.m. Enjoy the fresh outdoor air while walking to improve flexibility, lower blood pressure, elevate mood and socialize with friends. ****Class will be held only if weather permits. Wear comfortable, loose-fitting clothing and sneakers. Bring water.****

Oct. 3, 10:30 a.m. – “Rosh Hashanah 2022.” Join this short, high-level introduction to the meaning of Rosh Hashanah (the Jewish New Year), and discover how the Jewish celebrate the holiday. Learn Hebrew well-wishes, religious symbolism and obligations, as well as Jewish customs and traditions that have been practiced for more than 1000 years.

Oct. 3, 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. Gain other benefits such as stress reduction and peace of mind. ****This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.****

Oct. 3, 12:30 p.m. – “Vitamin B12 and the Human Gut Microbiome” by Marijke Rittman, Institute for Health, Health Care Policy, and Aging Research, Rutgers Biomedical, and Health Sciences. Learn about Vitamin B12 deficiency and why it is a significant public health problem among older adults. In this presentation, participants will discover how B12 deficiency can result in types of anemia, depression, and dementia, as well as how new research may be able to identify the cause of B12 reabsorption blockage in the gut. A Q&A will be held at the end of the presentation. ****This is a hybrid class that will be conducted by an instructor live at the senior center and simultaneously presented via Zoom.****

Oct. 5, 10:30 a.m. – “Weather, Climate Change, and You” by Earth & Atmospheric Scientist, and Distinguished Professor Dr. David Robinson, Department of Geology and Office of the New Jersey Climatologist, Rutgers University. Learn about weather conditions, patterns, forecasts, NJ Experimental Stations, and how to read and understand the data collected. Participants will also discover how extreme weather impacts the body, society, agriculture and is an economic problem. Anyone who is interested in the daily forecast or is a steward of the environment will enjoy this presentation. ****This is a hybrid class and will be conducted live by an instructor at the senior center and will be simultaneously presented via Zoom.**

Oct. 6, 11 a.m. – “Psychotherapy & Cognitive Thinking” by Dr. Prabha Srinivas, Rutgers Graduate School of Applied & Professional Psychology, Beck Cognitive Behavior Therapy. Learn simple techniques to help achieve a positive outlook, change negative behavior and overcome problems by embracing sensory input, realizing thoughts, and understanding the components that influence negative thinking. ****This is a hybrid class that will be conducted live at the senior center by an instructor and simultaneously presented via Zoom.****

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 7, 10 a.m. – “Navaratri Celebration” with Quail Brook Seniors Rajul Shah, Sumitra Desai, and Surinder Kaur. Celebrate Navaratri, a holiday when the Hindus honor a universal message of good triumphing over evil across nine days while they pay homage to Durga, a revered Hindu female God. Participants will learn about the holiday and its traditions including the meaning of intricate designs, dancing, and food. There will be a tasting demonstration for participants.

Oct. 12, 10:30 a.m. – “Tech 101” by Quail Brook Senior Michael Purzycki. Learn how to operate your personal electronic devices (PED) such as a cell phone, tablet, or computer.

Oct. 12, 2 – 4 p.m. – Alzheimer’s Support Group with Facilitator Kaylee White of Princeton Medical Institute; Guest Speaker Dr, Prahba Srinivas; and Manager of Recruitment and Clinical Trial Optimization Jennfier Fasheun, MPH, MBS of Global Alzheimer’s Platform Foundation. Get emotional and psychological support, tips, knowledge, and information about Alzheimer’s levels, in a comfortable, confidential setting where participants can share and get help. This is the first Somerset County support group for residents, caregivers, individuals living with Alzheimer’s and others dealing with the impact of this disease.

Oct. 13, 11 a.m. – Flu Vaccine and COVID Booster Clinic with Pharmacist Nirosha, Acme Pharmacy. Get your annual flu vaccination, before peak flu season, to protect yourself against the flu and its symptoms such as fever, chills, headache, sweating, and fatigue. The new COVID-19 booster, which fights the Omicron variants may be available too.

Oct. 14, 10:30 a.m. – A Visit to Norz-Hill Farms. Join this special tour at Norz-Hill Farms and embrace the outdoors. Inhale the crisp air and see fall foliage while learning about the past, present, and future of farming, such as facts about the equipment, farm animals, animal husbandry, and harvesting crops according to the seasons. Participants will have the opportunity to taste warm apple cider and take a hayride. ****Participation is limited. Registration is required by Oct. 3. To register, call 732-563-4213.****

Oct. 17, 10:30 a.m. – Dare to Scare with the Quail Brook Senior Center Seniors. Trick or Treat, Halloween isn’t just for kids at the Quail Brook Senior Center when the doors open to a festival of creepy costumes. Vote for the best costume.

Oct. 18, 10:30 a.m. – Rudiments of Rummikub: Part 3 with Quail Brook Senior and Avid Rummikub Player Ellen Rubin. Learn how to play Rummikub, a game that is a combination of Mahjong and Rummy. Participants will master their level from beginner to advanced with Ellen’s tutelage.

Oct. 19, 10:30 a.m. – “Karaoke Kompetition: Part 3” with Crystal. Grab the mic and join other senior center amateur vocalists in this joyful and rousing singing competition. The two people that receive the loudest applause win.

Oct. 20, 10:30 a.m. – Quail Brook Senior Center Volunteer Recognition 2022. Let’s honor the senior center volunteers at this year’s celebration when the QB Line Dancers will perform a special dance and Mr. Mark Miklos will present the awards. This is a special day to recognize that our volunteers are the backbone of each center’s day-to-day operations, and they help make the county’s senior centers feel like home.

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 21, 10:30 a.m. – *Diwali Celebration with Quail Brook Seniors Rajul Shah, Sumitra Desai and Surinder Kaur.* Celebrate Diwali, a Hindu holiday that recognizes light over darkness, good over evil, and knowledge over ignorance. Participants will learn about Diwali traditions, cultural history, symbolic ceremonial lighting, Mandala judging, Mehndi, and food.

Oct. 24, 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 achieving peace of mind. ****This is a hybrid class, which will be conducted live at the center by an instructor and simultaneously presented on Zoom.****

Oct. 26, 10:30 a.m. – “*U.S. Military Excellence*” by VA New Jersey Health Care System Community Outreach Program Manager David Brimmer, MS, MPA. Get an interesting overview of the U.S. military’s machinations as well as the opportunities and education VA services offer. The presentation will be led by an Army Sergeant and combat veteran who served in Operation Iraqi Freedom and currently manages 345,000 veterans in 14 countries. ****This is a hybrid class that will be conducted live by an instructor at the senior center and simultaneously offered via zoom.****

Oct. 27, 1 p.m. – *A Balancing Act by Physical Therapist Dr. Alfieri.* Learn effective exercises to help improve strength, balance, and stability to help prevent the risk of falls. ****Wear sneakers and comfortable clothing.****

Oct. 28, 10:30 a.m. – “*Who Done It: The Journey of Jack the Ripper*” by Professor Charles Smith, the Osher Lifelong Learning Institute, Rutgers. Celebrate Halloween by taking a journey back to 1888 to learn frightening facts about Jack the Ripper, the man who was dubbed the world’s first serial killer, and who became infamous during the Industrial Revolution and the reign of Queen Victoria. Become a Ripperologist and examine the facts to help solve this monstrous mystery – was it Walter the artist, an heir to the British throne, or a barber that did these dastardly deeds? Take a stab at guessing. ****This hybrid class will be conducted live at the center by an instructor and simultaneously offered via Zoom.**

Oct. 28, 12:30 p.m. – “*Memory, Aging, and the Brain: Part 1*” by Board Certified Psychiatrist Dr. Jeffrey Apter, MD, and Geoffrey Maurer, Penn Medicine Princeton Health. Learn the difference between mild cognitive impairment, dementia, and Alzheimer’s disease as well as how to identify normal symptoms versus abnormal symptoms. Participants will also find out what actions to take if someone has begun to have memory loss or a change in behavior and thinking. ****This hybrid class will be conducted live at the center by an instructor and simultaneously offered via Zoom.****

Oct. 31, 10:30 a.m. – *Martial Your Strength: An Awareness Program & Training for Seniors (Part 2)* by L. Greg Smith, Martial Strength Training Academy, Certified Martial Arts Instructor in Jeet Kune Do, Filipino Kali, Self-Defense, Muay Thai, MMA, Kickboxing Fitness. Learn the benefits of protection, how to avoid being a target, the basic techniques for protection, how to use a cane defensively, as well as high-level basic martial arts moves for seniors. This is a lecture, demonstration, and participatory program designed to be simple and effective for seniors. ****Classes will continue to teach practical and simple self-defense techniques for seniors. There will be one class per month through December.****

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Oct. 31, 12:30 p.m. – *Memory, Aging and the Brain: Memory Screening Clinic (Part 2)* by Dr. Board Certified Psychiatrist Jeffrey Apter, MD, and Trained Screeners. Get screened for memory loss in 15-minutes. Screenings are designed to test the ability to complete tasks, language skills, thinking ability, and other intellectual functions. ****Test results are confidential. Pre-registration is required by Oct. 10. To register, call 732-563-4213. Note: A memory screening is not used to diagnose any illness and does not replace consultation with a qualified physician or other healthcare professional.****

WARRENBROOK SENIOR CENTER

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

Watercolor Paint Class – Mondays & Wednesdays, 9 to 12 p.m. Practice your craft with other experienced artists and meet new people. ****All supplies are included.****

One-on-One Computer Instruction with Sal – Mondays, 10 a.m. – 2 p.m. Learn more about computers including how to email, play solitaire, and do a web search. At the end of this eight-week, one-on-one class, you will finally understand what your grandkids have been trying to explain. ****Pre-registration is required. For more information, call 908-753-9440.****

Take Control with Exercise. Mondays, 10 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 are no fees for this class. To register, call 908-753-9440. ****

Mahjong for Beginners with Sylvia – Tuesdays, 9:30 a.m. – 12 p.m. Join fellow center members to learn how to play this interesting game. ****For more information, call 908-753-9440.****

Zumba Gold with Judith – Tuesdays, 10:30 a.m. Get your blood pumping with zesty music and a hearty workout. Build cardiovascular health by challenging your heart and working, the hip, leg, and arm muscles by performing fun and rhythmic moves while sitting in a chair. ****This class is suitable for beginners or anyone who needs modifications to their exercise routine. For more information, or to register call 908-753-9440.****

Bridge Group with Ronnie – Tuesdays, 1 to 3 p.m. Play Bridge, a mentally challenging card game that provides intellectual and social interaction. Regularly playing bridge can stimulate the brain to keep it alert, and stay active. ****New members and beginners are always welcome. Lessons are available. For more information, call 908-753-9440.****

Tai Chi with Roger (Intermediate to advanced class) – Wednesday, 9 a.m. Help reduce the risk of falls, ease pain, fatigue, and stiffness and gain a greater sense of well-being by practicing Tai Chi. In this class, participants will shift their body weight using a series of light, controlled movements that flow rhythmically into one long gesture. ****This program can be practiced while either standing or sitting. For more information, call 908-753-9440.****

Project Healthy Bones – Wednesdays, 10 a.m. Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. ****The class is currently full at this time. To hear about other opportunities, call Lisa Cheng at 908-704-6327.****

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Tai Chi with Roger – Wednesdays & Fridays, 10 a.m. Help reduce the risk of falls, ease pain, fatigue, and stiffness and gain a greater sense of well-being when practicing Tai Chi. In this class, participants will practice shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. ****This program can be practiced while either standing or sitting. For more information, call 908-753-9440.****

Gentle Yoga with Jillian – Thursdays, 10 a.m. Practice Hatha yoga poses while either sitting or standing to increase bone density, and improve strength, flexibility, and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. The class is perfect for relieving stress and helps achieve an overall sense of well-being. ****The class is appropriate for all skill levels. For more information, and to register call 908-753-9440.****

Mahjong for Experienced Players – Thursdays, 1 to 3 p.m. Play this game of skill, strategy, and calculation. ****This game is for experienced players only. For more information, call 908-753-9440.****

Billiards Room – Available daily. The pool table is available on a drop-in basis.

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

Carrom – Available daily. Play this game that is similar to Billiards and Table Shuffleboard.

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

Jigsaw Puzzles – Available daily. Strike up a conversation, make new friends and have fun putting the pieces of a puzzle together. A wide variety of puzzles are available.

Lending Library – Available daily. Pick a paperback book and return it when you are finished reading.

Oct. 3, 11 a.m. – Ayurvedic Nutrition: Eating with Awareness by Board Certified Health Coach Kruti Thakore, M.Sc., B.Sc., MLT, NBC-HWC, Radiant Confidence. Learn how to nourish your mind, body, and soul with the right diet and experience harmony in life and vitality and energy. Participants will learn about their unique mind-body constitution (Dosha), the Dosha diet, and how to practice mindful eating to ignite their digestive fire to restore vitality, improve digestion, and reduce fatigue. ****This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.****

Oct. 4, 1 p.m. – Needlework Group. Are you looking for other needle workers (quilting/stitching/yarn work) who would like to get together once a month to socialize and discuss individual projects in a group setting? If yes, join this group! ****This group is for experienced needle workers only. Each participant is responsible for their patterns, fabrics and notions. For more information, call the Warrenbrook Senior Center at 908-753-9440 and the staff will connect you with the group leader.****

Oct. 5, 11 a.m. – Bingo with Rashmi. Bingo is more than just an exciting activity. Researchers have found that playing Bingo provides multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Oct. 6, 11 a.m. – “Armchair Travel: Germany.” Visit one of the most charming and varied countries in Europe. Enjoy the spectacular route from Lindau to Berchtesgaden Germany and see gorgeous half-timbered towns, spirit-lifting culture and bewitching rural scenery.

Oct. 6, 1 p.m. – Germany Trivia with Parul. Learn interesting facts about Germany, German cities and German words used in English.

Oct. 7, 11 a.m. – Contact Paper Craft. Create a frame with a collage of autumn leaves. ****All supplies will be provided. For more information, call 908-753-9440.****

Oct. 12, 11 a.m. – “Cruciverbalism: The Art of Creating and Solving Crossword Puzzles” by Historian Meg Wastie. Learn the history, facts, and tips for solving crossword puzzles.

Oct. 13, 11 a.m. – October Jeopardy Trivia with Parul. Celebrate October by playing October Jeopardy which will include topics such as creepy encounters, fall in full swing, fall fare, October anniversaries and 60s & 70s spooky films.

Oct. 14 & 28, 11 a.m. – Brain Games & Hand Bells with Adrienne Graubard. Join fellow center members for some mind-tingling, brain-stumping word games, and a fun-filled musical workout using handbells. Studies show that playing music and games can stimulate the brain and enhance creative and critical thinking processes.

Oct. 17, 11 a.m. – “Heading Off Hoarding” by Chris Kellogg, NightingaleNJ. Learn about Hoarding Disorder vs. Diogenes syndrome, which are diagnoses that tend to worsen with age. Participants will learn about the risks, how to identify the signs and symptoms, as well as how to help loved ones who have the disorders.

Oct. 17 & 31, 12:30 p.m. – Canasta Card Game. Canasta is a challenging game similar to Rummy and provides players with a fun social experience. ****Beginners are welcome to play.****

Oct. 21, 11 a.m. – Diwali. Celebrate Diwali, also known as the Festival of Lights, which is an ancient Hindu holiday that spiritually signifies the victory of light over darkness. Participants will learn about the temples in India, the significance of Rangoli art, and watch traditional Hindu dance.

Oct. 24, 11 a.m. – “The James Webb Telescope and Returning to the Moon with NASA’s New Moon Rocket” by Paul Cirillo. See how the James Webb Space Telescope was designed and launched into space. Learn how it will make discoveries about our galaxy and the universe. Participants will also learn about the Space Launch System (SLS), which is NASA’s New Moon Rocket that will take humans back to the moon, and the missions planned for the next few years including a Gateway Station, Moon Landers and more.

Oct. 26, 11 a.m. – “American Masters from the 1920s thru the 1960s” with Gordon James. Gordon will feature the music of some of the greatest composers of that era such as George Gershwin, Irving Berlin, Cole Porter, Jerome Kern, Rodgers and Hart, Duke Ellington, Harold Arlen, Sammy Cahn, Lennon and McCartney, Carole King, Smokey Robinson, Stevie Wonder and Neil Diamond.

Oct. 27, 11 a.m. – Jeopardy Trivia: Part 2 with Parul. Play Jeopardy Trivia with topics that include State Capitals, Bodies of Water, regions east of the Mississippi, First Ladies, Islands and New York City.

(MORE)

WARRENBROOK SENIOR CENTER – *CONT'D*

Oct. 31, 11 a.m. – *Halloween Spooktacular.* Wear a costume and join other center members to play ghoulish games such as “Ghost Party,” “Halloween Candy Walk,” and freakishly funny riddles.

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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