

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). The 2024 theme, **Powered by Connection**, recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. In recognition of Older Americans Month and the county's Age-Friendly Communities Initiative, the Somerset County-operated senior centers will be offering programming that emphasizes the vital role connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.



Somerset County Senior Centers Older Americans Month (May) Activities

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

May 8, 22, 28, 29, 11 a.m. – Moving and Grooving with Jack Puluka. A multidisciplinary workout, combining different dance techniques to strengthen the body. Dance style will include ballet, jazz, hip hop and rhythmic modern dance that stimulates the mind with an exciting approach to well-being. **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**



May 9, 11 a.m. – Mother's Day Wreath Craft. Join us for a craft project as we create a flower wreath craft. This is something that can be enjoyed by all, and can make for a nice gift for Mother's Day. Space will be limited to 24 participants to ensure the materials. **Pre-registration is required, please call: 908-204-3435 for more information.**

May 10, 11 a.m. – Mother's Day Bingo with Caitlyn Meador from Foothill Acres. Bingo is more than an exciting activity. Researchers have found that playing Bingo has multiple health benefits such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory.

May 20, 11 a.m. – Older American's Month Celebration Juggling Performance with Ryan Ozolins, otherwise known as "Beep-Beep-Ya-Ya" a master of joy and wonder, brings a unique performance that weaves together juggling, music, and the magic of improvisation to spark laughter and rekindle dreams. Expect an interactive hour where everyday stories turn into extraordinary adventures, and you are not just an audience but an essential part of the journey. Get ready for a playful and heartwarming experience that celebrates the whimsical and reconnects you with your youthful spirit.

May 28, 12:30 p.m. – Poetry Workshop with Jack Bernardo and Carolyn Moretti, Senior Wellness Center at Basking Ridge Participants. Do you have a passion for poetry? This monthly poetry workshop will allow you to read, write, share, and interpret all your favorite poems. The workshop is beginner friendly. New members are always welcome!

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

May 3, 10, 17, 24, 11 a.m. – Many Voices, Together as One Practice with Joy Merkel from JAK Music Studios. In preparation for Older Americans' Month (May), we are creating our own choir, to showcase your talents! Joy will be instructing us and preparing for our performance on May 31st. **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**



May 8, 11 a.m. – Masquerade Mask Craft. Our Masquerade Ball Senior Prom is only one week away! Do you have your mask ready? Join us to create your own unique and beautiful masks, to look your most alluring and mysterious at the prom. **Pre-registration is requested, call 908-203-6101 to reserve your seat. Supplies provided.**

May 10, 12:30 p.m. – Mother’s Day Photo Share. What better way to Celebrate Mother’s Day than sharing a photo (feel free to bring a picture of anyone you consider a mother figure). The photos will be displayed for our fellow clients to see.

May 15, 10:30 a.m. – Masquerade Ball with Lorri Woodward. Dig out your best dress or suit, we are going to have a Senior Prom to remember! We are having a fascinating Masquerade Ball and dancing to the music of Lorri Woodward. We will also have students from the Somerset County Vo-Tech help us get the party started! **Space is limited, registration is required. Call 908-203-6101 to register.**

May 31, 11 a.m. – Many Voices, Together as One Performance, 11:00 a.m. To top off Older Americans’ Month, we are showcasing our talents! Our senior singers have been practicing for weeks and are finally ready to perform! **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**



SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

Enhance Fitness with Jaswinder Kaur from the Greater Somerset County YMCA, Hillsborough Branch – Fridays, 10 a.m. (May 3 - June 28). Enhance Fitness is an evidenced-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized and empowered. This one-hour session focuses on dynamic cardiovascular exercise, strength training, balance and flexibility that can be done in either a seated or standing position. **Pre-registration is required, please call Karen Kowalski: at 908-704-6327.** Suggested donation of \$10.

Hillsborough Discussion Group with Al, Every Second Tuesday, 1 p.m. Join in this discussion with the group led by senior center volunteer, Al. Topics are determined when the group meets.

May 8, 13, 15, 20, 1 p.m. – Art Exploration with Gwen Leubner from Somerset County Park Commission. Lines make shapes, which are the building blocks for exploring art. This 4-session hands-on art program will allow participants the space to learn creative art techniques without any prior art experience. We will explore shape, color, texture, and space using a variety of art materials, to make beautiful masterpieces that all can decorate their preferred space. Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.



May 31, 11 a.m. – Living Off the Land in the 19th Century in NJ with Museum of Early Trades and Crafts. Explore the agricultural history of New Jersey and its profound influence on farming today. Learn what it was like to live and work on a 19th-century New Jersey farm. **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**



MONTGOMERY SENIOR CENTER

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

May 3, 11 a.m. – Songwriters of the Brill Building, Gordon James presents: The Brill Building, located in New York City, is famous for its mass production of pop music beginning in the 1960s. Many famous Brill Building songwriters, such as Carole King, Neil Diamond, and Paul Simon, wrote, pitched, recorded, and published music, all within this prolific Manhattan building. Gordon James will be performing many of these songs.

May 9 & 10, 11 a.m. – The Montgomery Stable of Racehorses – A Restoration Project. The Montgomery Senior Center is getting ready for the upcoming Preakness Stakes, horse race. In honor of this exciting race, we will be restoring and refurbishing our stable of racehorses.

May 15, 11 a.m. – Behind the Scenes of the Montgomery Stable. Now we are getting down to the wire, what is the story behind our 6, Derby Horses? We will be naming them and talking about their history, how they were trained, who their owners are, and why their winners.

May 17, 10:45 a.m. – The Montgomery Stakes. Come and join us in this great race. Meet the Jockeys and bet on your favorite horse. Let's see who the winners will be!

QUAIL BROOK SENIOR CENTER

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

May 3, 10, 17, 24, 31, 11 a.m. – Voices Soaring in Strength with Emma Rentzel from JAK Music Studios, LLC. In honor of Older American's Month, Emma will be leading the Quailbrook Senior Center seniors in a choral series through various genres and styles. There will be five practices in May, culminating in a performance on May 31. Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.



May 14, 11 a.m. – Performance by Tommy Strazza. Enjoy a morning of popular music from the 50's, 60's and 70's with Tommy playing the guitar and singing.

May 28, 11 a.m. – Karaoke with Crystal Clement. Join us and have fun with Karaoke. Karaoke is a type of interactive entertainment system. People sing along to recorded music using a microphone, bound to be lots of good times, beautiful music, and laughter.

WARRENBROOK SENIOR CENTER

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

May 2, 11 a.m. – Warrenbrook Derby. In preparation for the Kentucky Derby on May 4th, we will be hosting the Warrenbrook Derby. We will name the horse per table and participate in a horse race contest between other tables. Wear your colorful hats and be prepared for some laughter as we race our horses across the finish line.

May 3, 11 a.m. – Maracas Craft. To prepare for the fiesta games we will be getting our maracas ready by painting and decorating them. All materials will be provided. **Pre-registration is required.**

May 6, 11 a.m. – Fiesta Games. To celebrate Cinco de Mayo, we will be engaging in some games such as "Pass the Sombrero", "Limbo", "Pin the Tail on the Donkey", dance to the "Macarena" and immerse ourselves into the Mexican culture. We will sample Mexican chili which consists of vegetarian chili, onions, peppers, tomatoes cilantro, paprika, cumin, and cheese with chips.

May 8, 11 a.m. – Mariachi Songs Musical Entertainment with Lorri Woodward. Lorri will entertain us with Mariachi Songs as we continue our Mexico theme at the senior center.

May 10, 11 a.m. – Mother’s Day Bouquet of Flowers Craft. Looking for a Mother's Day craft that will last longer than a bouquet of flowers? Look no further than this vibrant flower bouquet craft kit! We will be piecing together the brightly colored blooms, and the best part is that they won't wilt away in just a few days. No green thumb is required - this kit is easy and fun to assemble. All materials provided. **Pre-registration is required.**

May 29, 11 a.m. – Older American Month Celebration with Joshua Van Ness. Older American Month is an annual celebration in the US dedicated to honoring and appreciating the contributions and achievements of older adults. Joshua Van Ness will entertain us with music and songs from the 50s and 60s.