



News from the Somerset County Board of County Commissioners

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

For Immediate Release

November 8, 2024

Updated November 15 Warrenbrook Programs

Somerset County-Operated Senior Centers Offer Exciting Activities in December



SOMERSET COUNTY, NJ – Connect with others at any of the six Somerset County-operated senior wellness centers, which are managed by the County Office on Aging and Disability Services. Join the fun, Monday through Friday, from 9 a.m. to 4 p.m. The senior wellness centers offer games, activities, and educational health and wellness programs in a social and uplifting atmosphere.

The senior centers will be closed on Dec. 24 and 25 for Christmas Eve and Christmas.

Lunch

Attendees can invite a friend or neighbor to join them for lunch. All county-operated senior wellness centers provide a nutritionally balanced lunch on Mondays through Fridays for a suggested donation of \$2.50 for anyone age 60 years and above. The menu includes a choice of hot meat-based or meatless entrées or cold meat-based or meatless boxed lunches. Senior wellness center clients must make reservations for lunch by 10 a.m. on the previous business day.

Virtual and Hybrid Program Guidelines

Participants can attend hybrid programs in person, with an instructor, or via Zoom. Hybrid programs are noted on the schedule.

Participants can join Zoom programs through a web browser without downloading applications or Software, but a camera (audio and video) is required for all Zoom programs.

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Zoom Tutorials

Learn to use Zoom and sign up for a virtual tour at <https://support.zoom.us/hc/en-us>. To register for a tutorial, call 908-203-6101 or email Donlin@co.somerset.nj.us.

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Meet a Care Manager From the Office on Aging and Disability Services, Cathryn Chamberlain, Dec. 19, 9:30 a.m. – 3:30 p.m. Cathryn will be available on the **third Thursday** of each month to answer questions about the Office on Aging and Disability Services, assist with referrals for services, and provide information and support. *****Cathryn will be available to meet one-on-one upon request.*****

Computer Lab – Available daily. Participants can use the computers at their leisure.

Stronger Seniors Stretching – Mondays 1 p.m. and Fridays 10 a.m. Join this simple, 45-minute pre-recorded exercise program and use a chair for a safe and thorough stretching routine to feel more flexible.

Coffee/Tea Social – Mondays, 3 p.m. Enjoy connecting with others in the afternoon while drinking a favorite beverage.

Mahjong Club – Mondays and Wednesdays, 12:30 – 4 p.m. Learn how to play Mahjong, an interesting game that helps keep the brain sharp and supercharged! This club is for anyone who loves games, wants to meet new people, and have fun. *****This is not a competitive club. All levels of experience are welcome.*****

Stronger Seniors: Core Strength – Tuesdays, 9:30 a.m. and Thursdays, 10 a.m. Get a safe and easy workout for core muscles using resistance bands in this pre-recorded exercise program.

Canasta Club – Tuesdays, 12:30 – 4 p.m. Play this traditional card game that requires strategic and tactical thinking. *****New members are welcome.*****

Take Control with Exercise – Tuesdays & Thursdays, 1 p.m. Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program conducted by video. *****Exercises can be practiced while either standing or sitting. There is no fee for this weekly class.*****

Gardeners Club – Tuesdays, 2 p.m. Develop a green thumb by learning how to care for indoor and outdoor gardens from senior wellness center members who are expert plant enthusiasts.

Bridge Group – Wednesdays, 9:30 a.m. – 1 p.m. Play bridge, a mentally challenging card game that provides intellectual and social interaction. Playing this game can stimulate the brain to keep it alert and help it stay active. *****New members and beginners are always welcome. Lessons are available.*****

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Chair Yoga with Jillian – Wednesdays & Fridays, 1 p.m. Gain health benefits by practicing yoga poses with the support and safety of a 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 participants achieve an overall sense of well-being. ****There will be no class on Dec. 25 and Jan. 1. The cost is \$40 for the eight-week program. Pre-registration is required. The next sessions are on Wednesdays Dec. 11 to Feb. 12, and Fridays Dec. 13 to Jan. 31, 2025. For more information and to pre-register, call 908-204-3435.****

Active Living Every Day – Wednesdays, 2 p.m. (Nov. 13 – Feb. 12). Learn skills to stay physically active in this evidence-based program that takes place once per week for 12 weeks. ****Pre-registration is required. There is a suggested donation of \$10. For more information, and to register call Karen Kowalski at 908-704-6327.****

Crochet Club – Wednesdays, 3 p.m. Reduce stress and anxiety while crocheting with fellow center members to create blankets, scarves, and more.

Mahjong Lessons with Sylvia Rubin – Fridays, 9:30 a.m. Learn how to play this fun and challenging game to keep the brain sharp and supercharged.

Dec. 2, 11 a.m. – “Prescription Safety and Education” with Alex Choo, Senior Services of North America. Learn about prescription safety and how to reduce the cost of medication in this informative workshop.

Dec. 3, 11 a.m. – “Estate Planning for Seniors” with Gail Abrams, Strategic Investment Advisors, LLC. Find out how to make informed decisions about your estate and financial future.

Dec. 5, 11 a.m. – “St. Nicholas Presentation” with Senior Center Participant Bob. Enjoy Bob's rendition of St. Nicholas who was also known as the Bishop of Myrna. Many may not know the full story of St. Nick who lived in Turkey in the fourth century and was known for his generosity towards children; in the sixth century he became known as Father Christmas, who secretly gave gifts to young children; and later he became known as Santa Claus.

Dec. 6, 11 a.m. – Holiday Party Performance by John Suida. Take part in holiday cheer, spirit, and fun at this musical performance by John Suida. ****Register for lunch and dress festive.****

Dec. 9, 11 a.m. – December-Themed Trivia with Roberto. Play this fun and challenging game of trivia with categories in history, pop culture, science, nature, and other general topics about December.

Dec. 10, 11 a.m. – “Filtering Your Drinking Water” with Scott Brezinski, New Jersey American Water. Learn how public drinking water systems in Somerset County function beginning with the water source to the tap.

Dec. 11, 11 a.m. – “Coyote Cries” with Vanessa, Somerset County Park Commission. Sort the myths from the facts about Coyotes. This lecture is beneficial for anyone who lives in New Jersey.

Dec. 12, 11 a.m. – Table Games with Senior Center Volunteer Connie. Join senior wellness center members to play popular table games, such as Scrabble, Dominos, Rumiko, Chess, Yahtzee, and PO-KE-NO. ****No experience is required. New participants are welcome.****

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Dec. 13 and 27, 11 a.m. – Bingo. Partake in a friendly game of Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

Dec. 16, 11 a.m. – “Foundation of Longevity” with Patricia Sihlanick, Health New Life. Learn about technology-based healthcare, which supports longevity and improves the quality of life by focusing on prevention rather than treatment by monitoring a patient’s health through Artificial Intelligence (AI) and other technology.

Dec. 17, 11 a.m. – The Somerset County Traveling Library. Browse a collection of books, movies, and music, register or renew a library card, return a book from any branch, learn about the services and programs the library offers, or find out how to set up your phone or tablet. Each month the library will visit the senior wellness center to offer new books and information.

Dec. 18, 10:30 p.m. – Greeting Cards with Gerry. Design and make beautiful cards to give to family and friends. ****Pre-registration is required. All supplies will be provided.****

Dec. 18, 12:30 pm. – Book Club “The Heaven and Earth Grocery Store.” Join fellow book lovers to discuss “The Heaven and Earth Grocery Store” by James McBride.

Dec. 19, 11 a.m. – Holiday Ornament Craft. Make a beautiful holiday ornament and personalize it with glitter, a picture, or other decorative items. ****Pre-registration is required. All supplies will be provided.****

Dec. 20, 11 a.m. – Billiards Tournament. Join fellow senior center members to play Billiards. ****No experience is required. Newcomers are welcome.****

Dec. 23, 11 a.m. – “Fraud and Scams” with Joel Schneider, Jewish Family Services of Middlesex County. Learn how avoid being a victim of identity theft in this informative workshop.

Dec. 24, and 25 – The senior center is closed for Christmas Eve and Christmas.

Dec. 26, 11 a.m. –Table Games. Join senior wellness center members to play popular table games, such as Scrabble, Dominos, Rumiko, Chess, Yahtzee, and PO-KE-NO. ****No experience is required. New participants are welcome.****

Dec. 27, 11 a.m. – Hanukkah Celebration with Senior Wellness Center at Basking Ridge Staff. Celebrate the Festival of Lights, the Jewish holiday that has been celebrated for 2,000 years, and learn about the history of holiday, and the symbolism of the Menorah. Music will be played to enhance the festivities.

Dec. 30, 11 a.m. – 2024 Trivia with Roberto. Have fun playing 2024 Trivia as you test your mind about recent events.

Dec. 31, 11 a.m. – NYE Karaoke Party with Roberto. Bring in the New Year by singing popular karaoke songs. ****Pre-registration is required****

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Dec. 31, 12:30 p.m. – Poetry Workshop with Jack & Carolyn, Senior Wellness Center

Participants. Share a passion for poetry during this monthly workshop when participants read, write, share, and interpret their favorite poems. ****This is a beginner-friendly workshop. New members are always welcome.****

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

Meet a Care Manager From the Office on Aging and Disability Services, Darren Lau, Friday, Dec. 13, 9:30 a.m. to 3:30 p.m. Darren will be available on the second Friday of each month to answer questions about the Office on Aging and Disability Services, assist with referrals for services, and provide information and support. ****Darren will be available to meet one-on-one upon request.****

Qigong Practices with Michael – Mondays & Wednesdays, 10 a.m. Learn the traditional practice of Qigong (similar to Tai Chi), which combines techniques for meditation, controlled breathing, and movement to connect the mind, body, and spirit for healing.

Project Healthy Bones – Mondays 10:30 a.m. and Fridays 12:45. Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are at risk for osteoporosis or have the diagnosis. ****Pre-registration is required. A doctor's note is required before the start of the first class and then once every year. The next sessions begin Mondays, Oct. 7 to March 24, and Fridays, Oct. 11 to March 21. For more information, call Karen Kowalski at 908-704-6327.****

Dominoes Club – Mondays, 1 p.m. Exercise your memory, build concentration skills, and meet new friends! ****Beginners are welcome. New players can take lessons from 1 to 2 p.m. and continue playing through the afternoon.****

Chair Yoga with Jane Puckett – Mondays, 1 p.m. (Sessions are Oct. 7 to Dec. 23). Gain health benefits by practicing yoga poses with the support and safety of a 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 participants achieve an overall sense of well-being. ****There will be no class on Dec. 9. The cost is \$50 for the eight-week program. Next sessions are Jan. 6 to March 10 (There will be no class on Jan. 20 and Feb. 17). Pre-registration is required. For more information and to pre-register, call 908-203-6101.****

(Virtual) Hatha Yoga with Bharti – Tuesdays & Thursdays, 9:30 a.m. Improve body posture through breath control and meditation by practicing Hatha Yoga, which can provide health benefits, such as aligning the body and improving balance, flexibility, and circulation.

Card Games – Tuesdays, 10 a.m. Play your favorite card games with other senior center members and have fun.

Line Dancing – Tuesdays, 1 p.m. Improve cardiovascular and muscular strength, coordination, and balance while line dancing, which is so much fun it doesn't even seem like exercise! Line dancing doesn't require a partner, and it's a great way to maintain one's mental and physical health.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

(Hybrid) Gentle Aerobics – Tuesdays & Fridays, 10:30 a.m. 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 decrease the risk of falls and make it easier to accomplish day-to-day activities. ****Exercises can be practiced while either standing or sitting. The class is open to all skill levels. There will be no class on Dec. 6 and 24. This class can be taken in person and will be simultaneously conducted via video.****

Mahjong Club – Beginners (Wednesdays, 9 a.m. to 12 p.m.), Advanced (Wednesdays, 1 to 4 p.m. and Fridays, 9 a.m. to 12 p.m.) Learn how to play Mahjong, an interesting game that can help sharpen the brain and keep it supercharged! This club is for anyone who loves the game and wants to have fun and meet new people. ****There will be no class on Dec. 6 and 25.****

Take Control with Exercise – Wednesdays, 1 p.m. Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle exercise program. ****Participants can practice exercises while either standing or sitting. There will be no class on Dec. 18.****

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 stamina, improving metabolism, and increasing flexibility. ****This program is appropriate for all skill levels and can be practiced while standing or sitting. There will be no class on Dec. 19.****

Beginner Ukulele – Thursdays, 9:30 – 10 a.m. Learn to make music playing the ukulele for a sense of accomplishment, and an improvement in mental clarity, hand-eye coordination, and social interactions. ****No previous musical training or experience is necessary. Pre-registration is required. A limited number of ukuleles are available to borrow, and first-time players will be prioritized for loans. To register and reserve a ukulele, call 908-203-6101.****

(Virtual) Tai Chi for Arthritis and Fall Prevention with Phillip Chan – Thursdays and Mondays, 10 a.m. (Monday dates TBD), (Sessions are Sept. 12 to Dec. 12). Reduce pain, fatigue, and stiffness and gain a greater sense of well-being in this class, when participants will practice shifting body weight through light, controlled movements that flow rhythmically into one long gesture. Practicing Tai Chi can help reduce the risk of falls, especially for those with balance problems. ****This program can be practiced while either standing or sitting. Pre-registration is required. For more information, call Karen Kowalski at 908-704-6327.****

Somerset Seniors Hootenanny Band, Thursdays, 10 to 11:30 a.m. Calling all musicians, singers, toe tappers, hand clappers, and folk music rockers. People who play guitar, drums, or harmonicas also are welcome. In this session, members will perform popular songs from the '60s and '70s including folk, soft rock, Beatles, Beach Boys, Peter, Paul and Mary, and much more. Each Song will have a theme and tell a story. ****To register and reserve a ukulele, call 908-203-6101. Walk-ins and beginners are welcome.****

Stronger Seniors: Core Strength – Thursdays, 1 p.m. Get a safe and easy workout for core muscles using resistance bands in this pre-recorded video exercise program. ****Bring an exercise band. There will be no class on Dec. 12.****

Time for Chess with Jess. Thursdays at 1 p.m. Play chess with Jess who will be available to teach everyone how to play this fun game. Participants will exercise both sides of the brain while improving their focus, creativity, and confidence. ****New and experienced players are welcome!****

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Crafts Club – Fridays, 12:30 to 2 p.m. Craft and chat, knit, crochet, embroider or bring any crafting project and have fun socializing. ****Supplies will be provided.****

Pinochle Club – Fridays, 1 to 4 p.m. Play Pinochle. It's a fun card game! ****New members and experienced players are welcome!****

Stronger Seniors Stretch – Fridays, 1 p.m. Join this simple, 45-minute pre-recorded exercise program and use a chair for a safe and thorough stretching routine to feel more flexible. ****There will be no class on Dec. 27.****

Dec. 2 & 5, 9 a.m. to 1 p.m. – Blood Pressure Checks with Rutgers School of Nursing. Get a free blood pressure screening from the Rutgers School of Nursing students.

Dec. 2, 11 a.m. – Art Therapy with Sara and Claudia, Ellie Mental Health. Take part in relaxing art therapy and a discussion about how art can help relieve anxiety during stressful times such as the holidays. ****Pre-registration is required. Supplies will be provided.****

Dec. 3, 11 a.m. – The Swinging, Singing Seniors. Enjoy this amazingly talented choral group of local seniors who will show off their vocal talents while performing songs such as "Hello Dolly," "Zip-A-Dee-Do-Da," "Lullaby on Broadway," and many more.

Dec. 3 and 17, 11 a.m. – Bereavement Support Group with Pastoral Psychotherapist Ronald W. Kaplan. 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 the discussions. ****Everyone's presence and participation are welcome. To register, call 908-203-6101.****

Dec. 3 and 17, 1 p.m. – Sunshine Committee. Spread a little sunshine and bring some joy into someone's life by creating special greeting cards to give to senior center clients. ****Supplies will be provided.****

Dec. 4, 11 a.m. – New Jersey Intergenerational Orchestra Holiday Performance. Enjoy this stellar, classical holiday performance by the New Jersey Intergenerational Orchestra (NJIO), a unique ensemble, known for its artistic excellence. For decades NJIO has been providing musicians of all skill levels with the opportunity to study and perform classical music by rehearsing, learning, and performing side-by-side with professional musicians and experienced players.

Dec. 5, 11 a.m. – Volunteer Services with Coordinator Christina Panarese, LSW, RSVP, Somerset County Volunteer Services. Learn about volunteer opportunities available for those who would like to volunteer and those who need services, such as tax assistance, State Health Insurance Program (SHIP) counselors, shopping, and more.

Dec. 6, 10:30 a.m. – Holiday Celebration with Lorri Woodward, Sponsored By Caitlyn Meador, Foothill Acres. Get into the holiday spirit and celebrate with good friends and live entertainment. Lori will perform everyone's favorite holiday songs to get toes tapping. ****Pre-registration is required.****

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Dec. 9 & 23, 11 a.m. – Bingo. Partake in a friendly game of Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

Dec. 9, 1 p.m. – Lunch & Learn: Handwriting Analysis for Fun with Terry Antoniewicz. Learn how to decipher handwriting. Participants will find out what each swirl and slant in their signature signifies about their personality. ****Space is limited. Pre-registration is required.****

Dec. 10, 11 a.m. – Hillsborough Rockers and Rockettes. Get in the holiday mood at this dazzling performance by the senior dance group from Hillsborough, the Hillsborough Township Rockers, and Rockettes, who perform throughout the area at nursing homes, senior centers, and other local events.

Dec. 11, 10 to 11:15 a.m. – Blood Pressure Screenings with Somerset County Vo-Tech. Stop in for a free blood pressure screening from a Somerset County Vo-Tech nursing student. ****No appointment is necessary.****

Dec. 11, 11 a.m. – The Somerset County Traveling Library. Browse a collection of books, movies, and music, register or renew a library card, return a book from any branch, learn about the services and programs the library offers, or find out how to set up your phone or tablet. Each month the library will visit the senior wellness center to offer new books and information.

Dec. 12, 11 a.m. – Holiday Heart Craft for Nursing Home Residents. Create special ornament pouches to send to local nursing home residents. ****Pre-registration is required. Supplies will be provided.****

Dec. 12, 10 a.m. – Monthly Book Club with Nan. Join fellow book club lovers to discuss “Mr. Dickens and His Carol,” by Samantha Silva. ****New members are always welcome.****

Dec. 12, 1 p.m. – Potted Plants with Vidhi. Start a potted plant project to take home. Girl Scout Vidhi, who is working on her Girl Scout Gold Award, will lead the project and bring the supplies. ****Pre-registration is required. Supplies will be provided.****

Dec. 13, 11 a.m. – Tapping Away Stress with Alicia Grey. Learn how to reduce stress with an incredible self-help tool, Emotional Freedom Techniques (EFT) or “Tapping.” Clinical studies show Tapping on certain pressure points on the face and upper body lowers the stress hormone cortisol and helps reduce limiting beliefs and negative emotions including fear, anxiety, and anger.

Dec. 16, 11 a.m. – Bell Ornament Craft. Paint and decorate a ceramic bell to take home. ****Pre-registration is required. Supplies will be provided.****

Dec. 17, 11 a.m. – Poetry Share Extraordinaire with Senior Center Client Yolanda. Engage the senses and revive memories through poetry. Participants will have the opportunity to share poems they love or even poems they have written.

Dec. 18, 11 a.m. – Holiday Performance with the Somerset County Vo-Tech Dancers. Be dazzled by this festive dance performance, similar to the Rockettes, the dancers will wear beautiful costumes and tap dance with synchronized dance moves.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Dec. 18, 1 p.m. – Somerville High School Choir Holiday Performance. Don't miss this festive show from talented students with beautiful voices and lovely costumes. This is a must-see performance.

Dec. 19, 11 a.m. – Winter Cardinal Painting with Senior Center Volunteer Sandra. Paint a beautiful winter scene with step-by-step instructions. ****Pre-registration is required. Supplies will be provided.****

Dec. 20, 11 a.m. – Core & More with Client Relationship Manager Jill O'Brien, Generations Home Healthcare. Learn new exercises that target the core through breath and balance. The instructor will provide an explanation and guidance.

Dec. 24 and 25 – The senior center is closed for Christmas Eve and Christmas.

Dec. 26, 11 a.m. – Fun and Games. Relax while playing your favorite games such as Dominoes, Left-Right-Center, and Pass the Pigs.

Dec. 27, 11 a.m. – “Higher Living Through Habit” with Anna Nowik Valerio. Learn why it is so hard to affect lasting change and then discover short and long-term strategies to get the brain working to help achieve one's goals such as learning a skill, losing weight, and becoming more organized.

Dec. 27, 1 p.m. – Dreidel Games. Celebrate Hanukkah and have fun playing the traditional game of Dreidel.

Dec. 30, 11 a.m. – Team Trivia with the Somerset County Youth Council. Have fun partaking in this friendly competition of Trivia with members from the Somerset County Youth Council. Participants might be surprised at how much they will learn.

Dec. 31, 11 a.m. – New Year's Eve Celebration with Russ Martone, Sponsored By Joni Lauyer, Ocean Healthcare. Celebrate 2025 with Russ Martone who will have senior center members dancing the day away.

SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

Meet a Care Manager From the Office on Aging and Disability Services, Max Rosenheck, Dec. 11, 9:30 a.m. to 3:30 p.m. Max will be available on the **second Wednesday of each month** to answer questions about the Office on Aging and Disability Services, assist with referrals for services, and provide information and support. ****Max will be available to meet one-on-one upon request.****

Rummikub – Monday to Friday, 9:30 a.m. Play this fast-moving board game, which requires a little bit of luck and the use of one's strategic thinking skills. Playing Rummikub promotes social interaction, mental stimulation, and relaxation. Time flies when participants play this game. ****All levels of skill are welcome.****

Word Puzzles & Mad Libs – Mondays, 1 p.m. Join fellow game lovers to play crossword puzzles, word searches, and fill-in-the-blanks, because who doesn't love a good puzzle to solve, unscramble and decode?

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Take Control with Exercise – Mondays & Tuesdays, 10 a.m. Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle exercise program. ****Participants can practice exercises while either standing or sitting.****

Judgment Card Game – Tuesdays to Fridays, 1 p.m. Playing this game, which is a crowd-pleaser at the senior wellness center, is a good way to challenge and encourage one's cognitive abilities.

Fit & Flex with Rose – Wednesdays, 11 a.m. Get fit while performing 30 minutes of low-impact exercise, use weights for 15 minutes, and then use resistance bands for 15 minutes. ****All levels of skill are welcome.****

Puzzle Club – Wednesdays and Fridays, 1 p.m. Strike up a conversation, make new friends, and enjoy assembling puzzles with others. Choose from a wide variety of puzzles available at the senior wellness center.

Book Club – Mondays, 2 p.m. Share your love of literature and reading in a nurturing space and make new friends. The group will pick one book each month and meet weekly for a group discussion.

Bocce Ball Club – Tuesdays, 2 p.m. Play bocce ball for beginners and learn the rules, scoring, and field setup. Participants will learn everything they need to know to play this entertaining backyard game ****The game will take place only when the weather permits.****

Walking Club – Wednesdays, 10 a.m. Join fellow senior center members to walk for exercise, which can improve one's balance, mood, memory, and sleep. ****The club will take place when the weather permits. Proper footwear is required.****

Active Living Every Day – Wednesdays, 10 a.m. (Nov. 13 to Feb. 12). Learn skills to stay physically active, such as realistic goal setting, identifying and addressing barriers to physical activity, and developing a social support system effectively. Research shows that these skills will help people become and stay physically active. ****This evidence-based program (proven through research) is facilitated once a week for 12 weeks (a total of 12 classes). Pre-registration is required. There is a suggested donation of \$10.00. To register and for more information, call Karen Kowalski at 908-704-6327.****

Reader's Theater with Sandy – Wednesdays, 2 p.m. Enjoy this unique perspective on theater when actors "perform" by reading a script that relies almost entirely on the actor's voices with little staging or physical movement other than upper body gestures and expressions.

Beginner Ukulele Club with David – Wednesdays, 1 p.m. Start on the right note with easy-to-follow lessons. Beginners will learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele. ****There are a limited number of ukuleles available to borrow.****

Simply Seated with Curtis Adams – Thursdays, 10 a.m. Gain strength, energy, and a positive mood by practicing chair exercises while receiving instruction from a video presentation.

Craft Club – Thursdays, 2 p.m. Join fellow crafters to draw, paint, paper-craft, and beadwork while socializing and sharing skills. ****All supplies will be included.****

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Enhance Fitness with Jaswinder Kaur, Greater Somerset County YMCA, Hillsborough Branch – Fridays, 10 a.m. (Oct. 25 to Dec. 13). Take part in this 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 cardiovascular exercise, strength training, and balance and flexibility. ****This class can be practiced while sitting or standing. Pre-registration is required. To pre-register and for more information, call Karen Kowalski at 908-704-6327.****

Tai Chi with Alice – Fridays, 10 a.m. Take part in this full-body wellness program and practice mind-body exercise through movements, meditation, and deep breathing.

Mahjong – Fridays, 1 p.m. Keep your brain sharp and supercharged by playing Mahjong. This club is for anyone who loves the game and wants to meet new people and have fun. ****This is not a competitive club. All levels of experience are welcome.****

Dec. 2, 11 a.m. – “Respiratory Syncytial Virus (RSV): An Educational Session” with Rupal Mansukhani, PharmD, FAPhA, NCNTT, Ernest Mario School of Pharmacy, Rutgers University. Gain a deeper understanding of RSV and learn how vaccination can play a key role in prevention. This education program, tailored to high-risk groups, will provide participants with knowledge and resources to protect themselves and their loved ones from RSV, so they can make more informed health decisions and contribute to a safer, healthier community.

Dec. 3, 11 a.m. – Holiday Cards for The Children’s Hospital at St. Peter’s Hospital. Create festive holiday cards for the kids at St. Peter’s Children’s Hospital. ****All supplies will be provided.****

Dec. 5, 11 a.m. – Bingo with Caitlyn Meador from Foothill Acres Rehabilitation and Nursing Center. Partake in a friendly game of Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

Dec. 6, 11 a.m. – Bollywood Day with AUM Dance Creations. Join this morning-long celebration of Bollywood culture with music, decorations, and performance from AUM Dance Creations who will also be teaching senior center members Bollywood dancing. Seniors should wear their best Bollywood colors (vibrant tones), and clothes. ****Pre-registration is required. For more information, call 908-369-8700.****

Dec. 6, 1 p.m. – Hillsborough Swinging Singing Seniors. Get ready to sing, swing, and clap with these talented volunteers who will provide a fun and celebratory performance.

Dec. 9, 11 a.m. – Lorri Woodward Performance. Put on your dancing shoes and get ready for a great and fun performance of ‘50s and 60’s music!

Dec. 10, 11 a.m. – Chair Yoga/Meditation & Breathwork with Dr. Prabha Srinivas. Learn mild chair yoga poses, breathwork, and meditation to help nourish and energize one’s physiological systems for a reduction of migraine episodes, rheumatoid arthritis, hypertension, asthma, back pain, colds, etc. These exercises and meditation practices will also promote mindfulness, reduce stress, and calm the body and mind.

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Dec. 12, 11 a.m. – The Somerset County Traveling Library. Browse a collection of books, movies, and music, register or renew a library card, return a book from any branch, learn about the services and programs the library offers, or find out how to set up your phone or tablet. Each month the library will visit the senior wellness center offering new books and information.

Dec. 13, 11 a.m. – Christmas Craft with Tammy. Create a snowman ornament and bring home a Christmas-inspired craft for the Christmas tree. ****Pre-registration is required. Supplies will be provided.****

Dec. 16, 11 a.m. – Boggle Tournament. Boggle your mind with the fun word game.

Dec. 17, 11 a.m. – “Fight the Fall” with Sheryl, FYZICAL Therapy and Balance Center. Learn about fall risk and prevention to help prevent injuries from falls, which are the most common cause of fatal and nonfatal injuries in older adults.

Dec. 19, 11 a.m. – Senior Moments Band Performance. Join fellow senior center members for a memorable performance of music from the '50s and '60s.

Dec. 20, 11 a.m. – Sitting with the Seasons: A Mindfulness Series with Vanessa Young, The Thirsty Radish. Connect to weekly changes, embrace natural rhythms, and practice meditation techniques while keeping with micro seasons (small changes occurring in nature). In this session, participants will use a combination of guided meditation and mindfulness techniques to promote calm, resilience, and well-being.

Dec. 23, 11 a.m. – Jersey Girls Performance and Christmas Celebration. Stay in the holiday spirit at this Christmas celebration with the Jersey Girls, a professional musical duo, who will perform an upbeat mix of favorite tunes from the '50s to '80s including the Shirelles, The Crystals, The Four Seasons, the Orlons, Meghan Trainor and the Drifters. We will also be having our Christmas celebration!

Dec. 26, 11 a.m. – Brain Games and Mind Puzzles. Test logic, critical thinking, and problem-solving skills by answering brain-teaser questions. ****All skill levels are welcome.****

Dec. 27, 11 a.m. – Hanukkah Celebration. Celebrate Hanukkah, a Jewish holiday also known as the Festival of Lights, which has been observed for 2000 years. This celebration will include a presentation about the history of Hanukkah, as well as music, videos, a menorah lighting, special prayers, and food.

Dec. 30, 11 a.m. – Bollywood Movie and Discussion Hour. Join other senior center members for a fun, relaxing hour of cinema and interactive group discussion.

Dec. 31, 11 a.m. – New Year's Eve Party. Bring in the New Year with friends at the senior center at this fun party, which will include a short presentation about New Year's Eve and then music and dancing.

MONTGOMERY SENIOR CENTER

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

(MORE)

MONTGOMERY SENIOR CENTER – CONT'D

Meet a Care Manager From the Office on Aging and Disability Services, Max Rosenheck, Dec. 20, 9:30 a.m. to 3:30 p.m. Max will be available on the **third Friday of each month** to answer questions about the Office on Aging and Disability Services, assist with referrals for services, and provide information and support. ****Max will be available to meet one-on-one upon request.****

Billiards Room – Available daily. The pool table is available on a first-come, first-served basis, Monday to Friday.

Ping Pong – Available daily. The ping pong table is available daily on a drop-in basis.

Carrom – Available daily. Play this fun game that is like billiards and table shuffleboard.

Card Club – Available Daily, 1 p.m. Join other game lovers to play your favorite card game. The senior wellness center offers a variety of fun and stimulating card games.

Walking Club – Monday to Friday, 1 p.m. Join fellow senior wellness center members to walk in the gym for exercise, which can improve one's balance, mood, memory, and sleep. ****For more information, call 609-466-0846. Wear comfortable clothing and close-toed shoes.****

Blood Pressure Screenings – First Monday of Every Month, 9:45 a.m. Get a FREE blood pressure screening from a Montgomery Township nurse who will be onsite at the senior wellness center. ****No appointment is necessary.****

Take Control with Exercise – Mondays and Wednesdays, 10 a.m. Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle exercise program. ****Participants can practice exercises while either standing or sitting.****

MELT and Yoga with Alice – Mondays, 11 a.m. Eliminate stuck stress and pain in the body by releasing it from the joints where it is stuck by practicing MELT movement with 15 to 20 minutes of yoga exercises to improve flexibility.

(Hybrid) Yoga Chair Fusion with Debbi – Tuesdays, 10:15 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 can help increase bone density, strengthen muscles, improve balance, relieve stress, and help participants achieve a sense of well-being. ****These exercises can be practiced while standing or sitting and are open to all skill levels. This class will be presented via Zoom and simultaneously conducted by an instructor live at the senior wellness center.****

Chronic Pain Self-Management Program – Wednesdays, 1 to 3:30 p.m. (Nov. 13 – Dec. 18). Feel better, get more out of life, be more independent, alleviate pain and fatigue, and live an overall healthier life by learning techniques and skills to take control of your health and better manage chronic pain through this evidence-based (proven results through research) program. ****The session takes place once per week for six weeks (a total of six classes). Pre-registration is required. To pre-register and for more information, call Karen Kowalski at 908-704-6327.****

Line Dancing with Debbie Bjornsted – Thursdays, 11 a.m. Line Dancing is so much fun that it doesn't even seem like exercise. You don't need a partner, and dancing is an easy way to stay healthy, mentally and physically. It's suitable for participants with limited mobility and has been shown to increase cardiovascular and muscular strength and improve coordination and balance while working through different moves. ****All levels of skill are welcome.****

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MONTGOMERY SENIOR CENTER – CONT'D

Advanced Beginner Ukulele Lessons with Denise – Thursdays, 12:30 p.m. Hone the skills learned in the last class, such as playing basic chords and strumming techniques, but in this class learn how to play songs with more challenging chord combinations. ****To register and reserve a ukulele, call 609-466-0846, or email crowley@co.somerset.nj.us.****

Intermediate Ukulele – Mondays and Fridays, 10 a.m. Play the uke with members of the Full Monty Uke Band in this peer-led class where members practice their favorite tunes and create programs for future performances. ****To register and reserve a ukulele, call 609-466-0846 or email crowley@co.somerset.nj.us.****

Bridge Club, Tuesdays, 2 p.m. Play bridge, a mentally challenging card game that provides intellectual and social interaction. Playing this game can stimulate the brain to keep it alert and help it stay active. ****New members and beginners are welcome.****

Tai Chi with Herb (There will be no class in December) – Reduce the risk of falls by practicing Tai Chi. In this class, participants will focus on shifting their body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies show that participants will reduce pain, fatigue, and stiffness and achieve a greater sense of well-being when practicing Tai Chi. ****This program can be practiced while standing or sitting.****

Chess Club, Wednesday & Fridays, 2 p.m. Exercise both sides of the brain and improve focus, creativity, and confidence by playing chess. ****Experienced players and new players are welcome!****

Mahjong Club – Fridays, 10 a.m. Join this club to meet new people while learning to play Mahjong, which is an interesting way to keep the 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.****

Dec. 3 and 23, 11 a.m. – Laughter Workshop with Roz Gerken. Increase the heart rate, build circulation, relax muscles, and feel good all day by laughing for no reason. It's no joke!

Dec. 3, 1 p.m. – The Somerset County Traveling Library. Browse a collection of books, movies, and music, renew or register for a library card, return a book from any branch, learn about the services and programs the library offers, or find out how to set up your phone or tablet. Each month the library will visit the senior wellness center to offer new books and information.

Dec. 4, 11 a.m. – Ageless Grace with Certified Ageless Grace Educator Roz Gerken. Activate all five functions of the brain including strategic planning, memory, recall, analytical thinking, creativity, imagination, and kinesthetic thinking when participating in this program. Ageless Grace is based on the cutting-edge science of neuroplasticity, which means it will help the brain and central nervous system change functionally and structurally when practicing this exercise. ****Participants of all skill levels will be thoroughly engaged in the class while sitting in a chair.****

Dec. 5, 11 a.m. – “Nutrition Program: Living with Diabetes” with Mikaela Kane, Rutgers Cooperative Extension. Learn how to live with diabetes, which can be challenging but with the right management and lifestyle adjustments, one can lead a healthy and fulfilling life.

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MONTGOMERY SENIOR CENTER – CONT'D

Dec. 5, 12 & 26, 10 a.m. – Creative Wellness with Shirin Stave-Matais. Achieve calm, gain control, and learn meditative practices through imaginative, joyful, and social interaction in this class that 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. The class can be practiced while standing or sitting.****

Dec. 6, 11 a.m. – Create Holiday Cards with Pam. Combine creativity with holiday spirit to create a festive card with a unique design. ****Pre-registration is required. Supplies will be provided.****

Dec. 10, 11 a.m. – Singing Bowls with Marina Kogan. Learn the artful practice of playing Tibetan singing bowls to promote relaxation and powerful healing properties, such as stress relief, lowering blood pressure, improving sleep, balancing and harmonizing the body, and even stimulating the immune system.

Dec. 11, 10:30 a.m. – Christmas Celebration with Gary Morton. Enjoy this holiday performance from Gary, who has a special gift for bringing joy to the audience.

Dec. 12, 12:30 p.m. – Three Chord Uke Thursday. Hone your rhythm, strumming, and chord progressions once a month for 30 minutes. Participants will play songs on the uke that are two, three, and four chords. ****This session is a good transition for beginners moving up to advanced beginners.****

Dec. 13, 11 a.m. – Touch Drawing Part III with Karen Tuveson. Create art without using a brush, pencil, or model. In this class, participants will place paper over a surface of ink or paint, and while gently placing their fingers on the paper they will create art through the manifestation of their thoughts. By allowing emotions to subconsciously flow through their fingers they will create images on paper. This is a relaxing and cathartic art project of self-discovery.

Dec. 17, 11 a.m. – Karaoke with Senior Center Volunteer Archana. Join fellow crooners for a morning of rousing fun while singing and clapping to Filipino, Indian, Chinese, Korean, and Polish music.

Dec. 20, 11 a.m. – Watercolor with Jerry. Experience the ease and enjoyment of watercolor painting. ****All levels of skill are welcome. Pre-registration is required. All supplies will be provided.****

Dec. 27, 11 a.m. – Hanukkah Story with Debbie Bjornstad. Celebrate Hanukkah, a Jewish holiday also known as the Festival of Lights, which has been observed for 2000 years. This interesting and fun celebration will include a presentation about the history of Hanukkah.

Dec. 27, 12:30 p.m. – Timing Singing and Rhythm with JAK Music Studios. Learn skills to improve one's singing ability while also playing an instrument. Participants will practice different techniques for breath control, diction, rhythm, tempo, and projecting.

Dec. 31, 10:30 a.m. – New Year's Eve Celebration with Sal Lobue. Visit the senior center for a New Year's celebration, see a ball drop at noon, play games, and enjoy a fantastic performance from Sal without having to stay up late.

(MORE)

QUAIL BROOK SENIOR CENTER

625 New Brunswick Road
Somerset, NJ 08873
908-203-6151

Meet a Care Manager From the Office on Aging and Disability Services, Shaquana Thompson, Dec. 5, 9:30 a.m. – 3:30 p.m. Shaquana will be available on the **first Thursday** of each month to answer questions about the Office on Aging and Disability Services, assist with referrals for services, and provide information and support. ****Shaquana will be available to meet one-on-one upon request.****

Stretching Exercise with Karen – Mondays, 10 a.m. Start the week with seated, gentle stretching from fingers to toes.

Stronger Seniors Stretch – Mondays, 1 p.m. Join this simple 45-minute pre-recorded exercise program and use a chair for a safe and thorough stretching routine to feel more flexible.

Stretch & Strength with Mikaela Kane, Rutgers Co-operative Extension – Tuesdays, 1 p.m. Take this 10-week exercise class to keep muscles flexible, strong, and healthy for a better range of motion in the joints and to enhance daily functioning. ****Classes begin on Nov. 12 and continue on Nov. 26, Dec. 10, 17, 31, Jan 7, 21, 28, and Feb. 4 and 11. The exercises can be practiced with or without weights, but two to five-pound hand weights are recommended. Classes are free. For more information, call 908-753-9440.****

Geri-Fit with Deborah and Susan – Mondays and Tuesdays, 1 p.m. Rebuild the strength lost through the aging process to gain a higher level of functioning. This class combines strength training with stretching and range-of-motion exercises, stability, and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking. ****Participants should bring a set of light dumbbell weights (two lbs. to start), a sturdy chair, a stretch band, and water to drink during the workout. Standing is optional. Space is limited.****

Take Control with Exercise – Tuesdays, 10 a.m. Strengthen core muscles and improve flexibility and balance while boosting stamina in this gentle exercise program. ****There is no cost for these classes. Participants can practice exercises while either standing or sitting.****

Walking Club – Tuesdays, 12:30 p.m. Join fellow senior wellness center members to walk outside for exercise, which can help improve one's balance, mood, memory, and sleep. ****This club will meet when the weather permits.****

Geri-Fit with Karen – Wednesdays and Fridays, 10 a.m. Rebuild strength lost through the aging process to gain a higher level of functioning. This class combines strength training with stretching and range of motion exercises, stability, and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking. ****This unique and beneficial 45-minute exercise program is facilitated two times per week, for 12 weeks for a total of 24 classes. This class can be practiced while sitting or standing. Participants should bring a set of light dumbbell weights (two lbs. to start), a sturdy chair, a stretch band, and water to drink during the workout. Space is limited.****

Rediscovering Your Happiness with Antonia – Wednesdays, 10 a.m. Find out how to rediscover and enhance your happiness with Antonia, a Quail Brook Senior Center client, who has been studying happiness since childhood.

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QUAIL BROOK SENIOR CENTER – CONT'D

Rummikub – Wednesdays, 10:30 a.m. Play this fast-moving board game, which requires a little bit of luck and the use of one's strategic thinking skills. Playing Rummikub promotes social interaction, mental stimulation, and relaxation. Time flies when participants play this game. ****All levels of playing ability are welcome.****

Yoga with Beatriz – Wednesdays, 2:30 p.m. Increase bone density, and improve strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for facilitating mindfulness, relieving stress, and gaining an overall sense of well-being. ****The cost is \$40 for the eight-week program. Pre-registration is required. For more information, call 908-203-6151.****

Gentle Aerobics with Lisa – Thursdays, 10:15 a.m. 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 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.****

Line Dancing 101 with Deborah Gibson – Thursdays, 1 p.m. Learn how to line dance. In this class, participants will become familiar with line dancing steps and movements. Each class will prepare participants for the next class by incorporating a new movement to build on the line dancing skills learned in previous classes.

Project Healthy Bones with Peer Leader Lori Stevens, Parker Health Group, Inc. – Thursdays, 2 p.m. Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are at risk for osteoporosis or have the medical diagnosis. ****Pre-registration is required. A doctor's note is also required before the first class and then once every year. To pre-register or for more information, call Karen Kowalski at 908-704-6327.****

Line Dancing with Deborah – Fridays, 9 a.m. Improve cardiovascular and muscular strength and balance while line dancing, which is so much fun it doesn't even seem like exercise! Participants don't need a partner, and it's a great way to improve one's mental and physical health.

Mahjong Meet Up – Fridays, 9:30 a.m. Play this fun game requiring participants to use their strategic thinking skills. ****This program is open to beginners and for those who need a refresher course.****

Your Essence of Yoga – Fridays, 1 p.m. Learn about signal paths and how to find one's essence through yoga.

Dec. 2, 11 a.m. – Painting Fun Winter Themes onto Charger Plates with Karen Haake. Use acrylic paints to create a realistic winter theme on a charger plate for decoration at home. ****Pre-registration is required. Supplies will be provided. This program was made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**



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QUAIL BROOK SENIOR CENTER – CONT'D

Dec. 3, 11 a.m. – Holiday Card Creation. Help spread kindness by creating handmade cards to give to hospital patients and nursing homes residents. ****Supplies will be provided.****

Dec. 4, 11 a.m. – Decreasing Stress with Patricia Sihlanick, Health New Life. Learn effective methods to manage and reduce stress in the body, which is essential for overall health, according to recent studies.

Dec. 5, 11 a.m. – Holiday Event with Kelly Carpenter, Sponsored By Arbor Terrace. Enjoy this festive time of year when the atmosphere will be joyful with laughter, music, and a sense of togetherness.

Dec. 6, 11 a.m. – A W.A.S.P. Takes Wing: The Women Airforce Service Pilots of World War II with Carol Simon Levin. Hear the amazing story of Women Airforce Service Pilots through Carol's portrayal of Ann Baumgartner Carl, the Jersey girl who trained as a WASP, test-flew experimental planes during the war, and became the first American woman to fly a jet airplane. ****This program was made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.****



Dec. 9, 11 a.m. – The Swinging, Singing Seniors. Enjoy this amazingly talented choral group of local seniors who will show off their vocal talents while performing songs such as “Hello Dolly,” “Zip-A-Dee-Do-Da,” “Lullaby on Broadway,” and many more.

Dec. 10, 11 a.m. – “Clinical Trials and the Research Process” with Ryan Moulton, Rutgers Cancer Institute. Learn about clinical trials for cancer, how people are protected in clinical trials, and what to expect when participating in a clinical trial. We will also touch on the research process, including ethical milestones in research and how cancer research is carried out.

Dec. 11, 11 a.m. – Maple Sugaring with Somerset County Park Commission. Discover the secrets of maple sugar, such as techniques for maple sugaring, as well as the history of maple sugaring, beginning with the Native Americans.

Dec. 12, 11 a.m. – “Heads Up, Seniors: A Fall Prevention Presentation with Debbie Aidelman, Brain Injury Alliance of New Jersey. Learn fall prevention strategies and pedestrian safety tips for older adults. Each participant will receive a Home and Community Safety Checklist.

Dec. 13, 11 a.m. – Bingo. 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.

Dec. 16, 11 a.m. – Crafts with Anthony. Decorate, paint, and embellish with sparkles a miniature tree to enhance the holiday home décor. ****Pre-registration is required. Supplies will be provided.****

Dec. 17, 11 a.m. – Terrific Ted, Sponsored By Sunrise Senior Living. Enjoy this musical performance of great vocals and favorite hits from music's best decades from the 40s to the 60s.

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QUAIL BROOK SENIOR CENTER – CONT'D

Dec. 18, 11 a.m. – Painting with Lisa. Paint a tree portrait with step-by-step guidance about how to add layers and details, and blend and highlight with acrylic paints. ****Pre-registration is required. Supplies will be provided.****

Dec. 19, 11 a.m. – “Be Wise About Your Medications” with Nicole Katula, MPH, CHES, Somerset County Department of Health. Learn why aging bodies can affect how medication is metabolized and how to avoid common drug-drug and drug-food interactions, as well as learn strategies for safe medication use.

Dec. 20, 11 a.m. – The Somerset County System Traveling Library. Browse a collection of books, movies, and music, renew or register for a library card, return a book from any branch, learn about the services and programs the library offers, or find out how to set up your phone or tablet. Each month the library will visit the senior wellness center to offer new books and information.

Dec. 24 and 25 – The senior center is closed for Christmas Eve and Christmas.

Dec. 26, 11 a.m. – Fun and Games with Lisa. Relax while playing your favorite games such as Dominoes, Left-Right-Center, and Pass the Pigs.

Dec. 27, 11 a.m. – Hanukkah Celebration. Celebrate and learn about Hanukkah, also known as the Festival of Lights, is an eight-day Jewish holiday observed by lighting a menorah, reciting prayers, and enjoying traditional foods.

Dec. 30, 11 a.m. – Bingo. Partake in a friendly game of Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

Dec. 31, 11 a.m. – New Year’s Celebration with DJ Gio. Say farewell to 2024 and hello to 2025 at this festive celebration. Dress for the occasion!

WARRENBROOK SENIOR CENTER

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

Meet a Care Manager From the Office on Aging & Disability Services, Cathryn Chamberlain, Dec. 11, 9:30 a.m. – 3:30 p.m. Cathryn will be available on the **second Wednesday** of each month to answer questions about the Office on Aging & Disability Services, assist with referrals for services, and provide information and support. ****Cathryn will be available to meet one-on-one upon request.****

Billiards Room – Available daily. The pool table is available on a first-come, first-served basis, Monday to Friday.

Computer Lab – Available daily. Senior wellness center members can use computers at their leisure.

Carrom – Available daily. Play this fun game that is similar to billiards and table shuffleboard.

Games/Cards (Scrabble, Uno, Canasta, Rummikub, etc.) – Available daily. Have fun playing these games or suggest other favorites.

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WARRENBROOK SENIOR CENTER – CONT'D

Jigsaw Puzzles – Available daily. Strike up a conversation, make new friends, and have fun putting together puzzles. There are a variety of puzzles to choose from at the senior wellness center.

Lending Library – Available daily. Borrow a paperback book and return it when finished reading.

Watercolor Paint Class – Mondays & Wednesdays, 9 a.m. to 12 p.m. Meet new people and practice your craft with other artists. ****All supplies will be provided.****

Yoga with Kartika – Mondays, 10 a.m. Practice Hatha yoga poses while sitting or standing, to 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. The class is perfect for relieving stress, and it also helps participants achieve an overall sense of well-being. ****This class is open to all skill levels. Classes are free. For more information, call 908-753-9440.****

Studio 60+ – First and Third Mondays, 1 to 4 p.m. Meet twice a month with fellow event planners to brainstorm about quarterly community service projects, craft work, musical entertainment, and topics for Jeopardy. Participants will also practice for their quarterly musical entertainment and drama performances. ****All senior center members are welcome to participate in this planning and participation club.****

Mahjong for Intermediate Players – Tuesdays, 9:30 a.m. to 12 p.m. Join other intermediate-level mahjong players to play an interesting and fun game of strategy and calculation. ****For more information, call 908-753-9440.****

Take Control with Exercise – Tuesdays, 10 a.m. Strengthen core muscles and improve flexibility and balance while boosting stamina in this gentle exercise program. ****Participants can practice exercises while standing or sitting. These classes are free. For more information, call 908-753-9440.****

Zumba Gold with Judith – Tuesdays, 10:15 a.m. Get the blood pumping with zesty music and a hearty workout. Build cardiovascular health by challenging the heart and exercising the hip, leg, and arm muscles while performing fun and rhythmic moves when sitting in a chair. ****There is no class on Dec. 24. This class is great for participants who need modifications to their exercise routines. The cost is \$40 for the eight-week program. This current session is on Tuesdays from Nov. 19 to Jan. 14. For more information, call 908-753-9440.****

Bridge Group with Ronnie – Tuesdays, 1 to 4 p.m. Play bridge, a mentally challenging card game that provides intellectual and social interaction. Playing this game can stimulate the brain to keep it alert and help it stay active. ****New members and beginners are always welcome. Lessons are available.****

Strength Exercise – Wednesdays, 10 a.m. Develop strength and enhance the ability to function in daily life. Participants can practice exercises with or without weights, but two-to-five-pound weights are recommended. ****These classes are free. 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 the condition. ****The class is currently full. For more information, call 908-753-9440.****

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WARRENBROOK SENIOR CENTER – CONT'D

Craft Activities with Maritza – Wednesdays, 1 to 4 p.m. Take this opportunity to meet new people while creating a piece of artwork for community service projects including creating cards for the clients of the Home Delivered Meals program. ****All supplies will be provided.****

Advanced Bridge – First and Third Wednesdays, 1 to 3:30 p.m. Play Bridge to stimulate the brain and keep the memory active and alert. ****This club is for advanced players only.****

Line Dancing with Lynda Hyland – Thursdays, 9:30 to 10:15 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! Line dancing doesn't require a partner, and it's a great way to maintain one's mental and physical health.

Card/Table Games – Thursdays, 1 to 4 p.m. Join senior wellness center members to play popular games such as dominoes, Left-Right-Center dice games, Rummikub, Canasta, and more.

Tai Chi with Roger – Fridays, 10 a.m. Reduce pain, fatigue, and stiffness and gain a greater sense of well-being. In this class, participants will practice shifting body weight through light, controlled movements that flow rhythmically into one long gesture. Practicing Tai Chi can help reduce the risk of falls, especially for those with balance problems. ****These classes are free. This program can be practiced while standing or sitting. For more information, call 908-753-9440.****

Bridge – Fridays, 1 p.m. to 4 p.m. Play Bridge, a mentally challenging card game that stimulates the brain, keeps the memory active and the brain alert while providing intellectual and social stimulation. ****For more information, call 908-753-9440.****

CANCELED Dec. 2, 11 a.m. – Tapping Solution with Certified Tapping Practitioner Alicia Grey. Learn Tapping, which is a simple technique and an incredible self-help tool to lower stress. Clinical studies have shown that tapping on certain pressure points on the face and upper body lowers the stress hormone cortisol and helps the mind break free of limiting beliefs and negative emotions, including fear, anxiety, and anger.

CANCELED Dec. 3, 11 a.m. – Decorating the Senior Center for the Holidays. Spend the day decorating the Warrenbrook Senior Center and the Christmas tree to get into the holiday spirit.

Dec. 4, 11 a.m. – “Living Well with Diabetes” with Jennifer Korneski, Rutgers Cooperative Extension. Learn healthy eating tricks and find out what foods can help keep diabetes on track during the holiday season.

Dec. 5, 11 a.m. – Christmas Bingo with Emily. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

Dec. 6, 11 a.m. – Holiday Party with Sal Di Bianca. Have fun with the annual tradition of getting together and enjoying the festivities. There will be food, musical entertainment, and singing and dancing to the music of Sal Di Bianca food. Expect a surprise visit by a special guest.

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WARRENBROOK SENIOR CENTER – CONT'D

Dec. 9, 11 a.m. – Timeless Protection: Handwashing Proven by History, Perfected by Science, Demonstrated for You with Cristina Lu. See how the simple practice of handwashing can help keep one safe this season as the respiratory infection season arrives. In this presentation, participants will learn how handwashing remains the best defense against infections, its historical and scientific importance, and she will demonstrate the correct way to wash hands for effective protection.

Dec. 9, 1 p.m. Drum Circle with Anil Sachadev. Soothe the mind, body, and spirit in this drumming circle when participants play different tones using drums. Drumming is an ancient approach to healing that can incite self-expression, inspire a sense of joy, lower blood pressure, reduce stress, and stimulate open communication.

Dec. 9, 11 a.m. – “Hallelujah!” by Discovery Orchestra with Maestro George Marriner Maull. Enjoy this rendition of Handel’s Messiah, a magnificent musical expression through this chorus, which will stir one’s emotions from the toes to the top of the head.

Dec. 10, 11 a.m. – Christmas Cards with Parul. Spread the joy during the holiday season and create warm and festive Christmas cards with thoughtful messages of hope, love, and encouragement to be sent to our Home Delivered Meals clients and senior living homes. ****Supplies will be provided.****

(Virtual) Dec. 10, 1:30 p.m. – Monthly Book Club. Meets Every Second Tuesday of the month. Join fellow book lovers to discuss the book of the month and select the next book to read. ****New Warrenbrook members are always welcome! This book club is only for Warrenbrook Senior Center Participants****

Dec. 11, 11 a.m. – Shell Angel Ornament Craft with Parul. Create a beautiful and unique holiday angel decoration using seashells, beads, and metallic pipe cleaners. All materials will be provided. ****Pre-registration is required. Supplies will be provided.****

Dec. 12, 11 a.m. – Breathing Techniques for Mental Wellness with Dr. Prabha Srinivas. Learn useful techniques to distract the mind and induce calm during an episode of anxiety. These techniques will help participants identify situations that may trigger anxiety and then calm their nervous systems.

Dec. 13, 11 a.m. – Brain Games and Handbells with Adrienne Graubard. Take part in mind-tingling, brain-stumping word games, and have a fun-filled musical workout using handbells to help stimulate the brain and enhance creative and critical thinking skills.

Dec. 16, 11 a.m. – “Holidays Around the World” with Mary Ellen, Grace Healthcare Services. Learn about holidays and traditions from other cultures to admire the depth and diversity of the traditions that have been practiced throughout history.

Dec. 17, 11 a.m. – Boxed In for the Holidays with Parul. Get boxed in to win. Learn this fun and easy board game, which is similar to Bingo, but players will cover numbers in the shape of a box.

Dec. 18, 11 a.m. – Sing Along with Warrenbrook Seniors. Sing Christmas carols while getting into the Christmas spirit with Warrenbrook Senior Ken Tekel, who will lead the group.

Dec. 20, 11 a.m. – Christmas Ornament Craft Sponsored By Brightview Senior Living. Create a beautiful Christmas ornament to brighten up the season. ****Pre-registration is required. Supplies will be provided.****

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Dec. 23, 11 a.m. – Clothespin Reindeer Craft with Parul. Transform ordinary wooden clothespins into cute reindeer ornaments or decorations using googly eyes and pom-poms. ****Pre-registration is required. Supplies will be provided.****

Dec. 24 and 25 – The senior center is closed for Christmas Eve and Christmas.

Dec. 26, 11 a.m. – Dreidel Games for Hanukkah. Celebrate the Festival of Lights, Hanukkah, by playing the traditional game of dreidel.

Dec. 27, 11 a.m. – Kwanzaa with Warrenbrook Staff. Play Kwanzaa tribute games, such as African Countries Trivia, Crosswords, Maze, and Secret Message. In honor of the week-long holiday beginning Dec. 26, which honors African heritage, unity, and culture.

Dec. 30, 11 a.m. – Bingo. Partake in a friendly game of Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

Dec. 31, 11 a.m. – New Year's Eve Trivia with Warrenbrook Staff. Play New Year's resolutions word scramble, NYE Word Search, and learn some New Year's traditions from around the world.

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

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