



## 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

October 16, 2024

Updated November, 15 – Warrenbrook Senior Center

# Somerset County-Operated Senior Centers Offer Exciting Activities in November



**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 Tuesday, Nov. 5 for a staff in-service meeting; Monday, Nov. 11 for Veterans Day; and Thursday and Friday, Nov. 28 and 29 for the Thanksgiving holiday.

### 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

The schedule notes Hybrid and virtual programs. Participants can attend hybrid programs in person with an instructor or via Zoom.

Participants can join Zoom programs through a web browser without downloading applications or software. **A camera (audio and video) is required to participate in Zoom programs.**

### 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 virtual program or class, call 908-203-6101 or email [Donlin@co.somerset.nj.us](mailto:Donlin@co.somerset.nj.us).

## **SENIOR WELLNESS CENTER AT BASKING RIDGE**

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

**Meet the Care Manager Cathryn Chamberlain, Office on Aging & Disability Services. Nov. 21, 10 a.m. – 1 p.m.** Cathryn will be available on the **third Thursday** 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.\*\***

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

**Stronger Seniors Stretching – Mondays 1 p.m. & 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.** Learn how to develop a green thumb. Share gardening tips and tricks and find out how to care for indoor or 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.\*\***

**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. **\*\*The cost is \$40 for the eight-week program. Pre-registration is required. The next sessions are on Wednesdays, Oct. 16 to Dec. 4, and Fridays, Oct. 18 to Dec. 13. For more information and to pre-register, call 908-204-3435.\*\***

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## SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

**(NEW) Active Living Every Day – Wednesdays, 2 p.m. (Nov. 6 – Feb. 5).** 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 \$10.00. 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.

**Nov. 1 & 15, 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.

**Nov. 4, 11 a.m. – November-Themed Trivia with Roberto.** Play this fun and challenging game of November trivia with categories in history, pop culture, science, nature, and other general topics about November.

**Nov. 5 – The senior center is closed for a staff in-service meeting.**

**Nov. 6, 11 a.m. – “Toastmasters International: A Tribute to Seniors.”** Find confidence and overcome the fear of public speaking with the help of Toastmasters, a speaking and leadership group. The topic of this presentation will feature advocacy for seniors.

**Nov. 7, 11 a.m. – “Fraud and Scams” with Joel Schneider, Jewish Family Services of Middlesex County.** Learn strategies and techniques for protecting personal information from cyber criminals and find out how to avoid being scammed.

**Nov. 7 & 14, 11 a.m. – Line Dancing with David.** Improve coordination, balance, and memory while exercising the body during line dancing.

**Nov. 8, 11 a.m. – “Hoarders Express” with Jordina.** Learn the best ways to declutter areas in your home to maximize space and keep the home safe.

**Nov. 11 – The senior center is closed for Veterans Day.**

**Nov. 12, 11 a.m. – Hillsborough Rockets & Rockettes.** Enjoy the Hillsborough Rockets & Rockettes perform dance in sparkly, spectacular costumes, and perform in small musical groups. **\*\*Direction is by Hillsborough resident Gloria Padgett. Costumes were granted through funds from the municipality.\*\***

**Nov. 13, 10 a.m. – National Caregivers Month: Card Making with Gerry.** Create a thank you card for your caregiver in honor of National Caregivers Month. **\*\*All supplies will be provided.\*\***

**Nov. 13, 11 a.m. – “Wildlife & Your Home” with Vanessa Darras, Somerset County Environmental Education Center.** Find out what to do when encountering wildlife in your backyard.

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## SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

**Nov. 18, 11 a.m. – Friendsgiving.** Partake in Friendsgiving, a Thanksgiving-themed feast typically eaten before the traditional Thanksgiving day. Friendsgiving began as an alternative to the traditional Thanksgiving with family. At this shindig, center members will share for (two to three minutes) about why they are grateful. **\*\*Center members who would like to share, please tell Roberto so everyone will have time to speak.\*\***

**Nov. 19, 11 a.m. – Emotional Freedom Techniques with Alicia Grey.** Uncover and rid yourself of unhealthy thoughts and emotions through tapping to help live a vibrant and fulfilling life. More than 100 clinical studies have shown that tapping on certain pressure points on the face and upper body, effectively and quickly lowers stress for people of all ages.

**Nov. 20, 12:30 p.m. – Book Club “Happiness Falls” by Angie Kim.** Join center member friends to discuss “Happiness Falls” by Angie Kim, then choose the next book to read.

**Nov. 21, 11 a.m. – Craft: Medley Wood Birdhouses.** Enhance fine motor skills, hand-eye coordination, and joint flexibility through painting a wood birdhouse. **\*\*Pre-registration is required. All supplies will be provided.\*\***

**Nov. 22, 11 a.m. – Diwali Celebration.** Join other clients to celebrate Diwali, a five-day Festival of Lights celebrated by millions of Hindus, Sikhs, and Jains, across the world. Diwali is a festival of new beginnings, the triumph of good over evil, and light over darkness. **\*\*Pre-registration is required. Space is limited. Everyone is welcome to attend.\*\***

**Nov. 25, 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.\*\***

**Nov. 26, 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.

**Nov. 26, 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.\*\***

**Nov. 27, 11 a.m. – “Substance Abuse Awareness” with Certified Prevention Specialist and Coordinator Bill Lillis, Partnership for a Drug-Free New Jersey.** Learn about the important role grandparents have in raising their grandchildren. In this presentation, participants will discover effective communication strategies that are helpful in preventing underage drinking, vaping with e-cigarettes, marijuana use, and misuse of opioids and other prescription medications.

**Nov. 28 & 29 – The senior center is closed for Thanksgiving.**

## SENIOR WELLNESS CENTER AT BRIDGEWATER

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

(MORE)

## **SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**Meet Care Manager Darren Lau, Office on Aging & Disability Services. Friday, Nov. 15, 10 a.m. to 1 p.m.** Darren will be available on the second Friday of each month to answer questions about the Office on Aging & 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. **\*\*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.** 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. **\*\*Sessions are Oct. 7 to Dec. 23. The cost is \$40 for the eight-week program. 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.

**(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. **\*\*There will be no class on Nov. 5 & 29. Exercises can be practiced while either standing or sitting. The class is open to all skill levels. 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.

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## **SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**Take Control with Exercise – Wednesdays, 1 p.m. (Starts Oct. 23).** 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.\*\***

**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.\*\***

**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, eye-hand coordination, and social interactions. **\*\*No previous musical training or experience is necessary. The class size is limited. 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.\*\***

**Somerset Seniors Hootenanny Band, Thursdays, 10 – 11:30 a.m.** Calling all musicians, singers, toe tappers, hand clappers, and folk music rockers. People who play guitar, drums, or harmonicas 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 exercise program. **\*\*Bring a band if you have one.\*\***

**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!\*\***

**Crafts Club – Fridays, 12:30 – 2 p.m.** Craft and chat, knit, crochet, embroider, or bring any crafting project and have fun socializing. **\*\*The senior wellness center has limited supplies available.\*\***

**Pinochle Club – Fridays, 1 – 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.

**Nov. 1, 11 a.m. – Harp Performance with Patty Turse.** Enjoy listening to various genres of harp music, from popular, Celtic, to classical Bollywood, and learn about different types of harps.

**Nov. 4, 11 a.m. – Making Cards and Boutonnieres for our Veterans.** Make patriotic cards and boutonnieres for our Veterans. **\*\*All supplies will be provided. To register call, 908-203-6101.\*\***

**Nov. 5 – The senior center is closed for a staff in-service.**

**Nov. 6, 11 a.m. – Honoring Our Veterans with The Pettets and Mary Ellen Day, Grace Healthcare Services.** Enjoy this patriotic performance in honor of the veterans, by the Pettets who have performed at the White House, on Broadway, and more!

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## **SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**Nov. 7, 11 a.m. – “ProCure Proton Therapy” by Clinical Educator Jerry Rymar, ProCure.** Learn about proton therapy, an advanced form of radiation cancer treatment, and find out about the clinical benefits of proton therapy, as well as the types of tumors including prostate, breast, and lung cancers that can be treated with this progressive therapy.

**Nov. 8, 11 a.m. – Diwali Celebration.** Join clients of the Somerset County Senior Wellness Center of Bridgewater to celebrate Diwali, a five-day Festival of Lights celebrated by millions of Hindus, Sikhs, and Jains, across the world. Diwali is a festival of new beginnings, the triumph of good over evil, and light over darkness. **\*\*Pre-registration is required. Space is limited.\*\***

**Nov. 11 – The senior center is closed for Veterans Day.**

**Nov. 12, 10 – 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.\*\***

**Nov. 12 & 19, 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.\*\***

**Nov. 12, 11 a.m. – Poetry Share Extraordinaire with Yolanda.** Share poems you love and maybe even write to engage the senses and revive memories.

**Nov. 13, 11 a.m. – Musical Performance by Joshua Van Ness.** Get ready to enjoy a toe-tapping, hand-clapping time with Joshua, who will perform Rock & Roll, R&B, and pop music.

**Nov. 14, 10 a.m. – Monthly Book Club with Nan.** Join fellow center members to discuss “Tom Lake” by Anne Patchett. **\*\*New members are always welcome.\*\***

**Nov. 14, 11 a.m. – “Grandparenting for Drug-Free Kids” with Certified Prevention Specialist and Coordinator Bill Lillis, Partnership for a Drug-Free New Jersey.** Learn about the important role grandparents have when helping to raise their grandchildren. In this presentation, participants will discover effective communication strategies for underage drinking, vaping with e-cigarettes, marijuana use, and misuse of opioids and other prescription medications.

**Nov. 14, 15, 18 & 22, 9 a.m. – 1 p.m. Blood Pressure Screenings with Rutgers School of Nursing.** Get a free blood pressure screening from the Rutgers School of Nursing students.

**Nov. 15 & 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.

**Nov. 18, 11 a.m. – “Virtual Safari” with a Naturalist from the Somerset County Park Commission.** Take a virtual safari via armchair to amazing Tanzania deep into the wilds of the African ‘bush’ and see elephants, lions, gazelles, and many more fascinating animals.

**Nov. 19, 11 a.m. – National Caregivers Month: Cards for Caregivers.** Create a thank you card for your caregiver in honor of National Caregivers Month. **\*\*All supplies will be provided.\*\***

**(MORE)**

## **SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D**

**Nov. 19, 1 p.m. – Sunshine Committee.** Bring a little sunshine into someone's life by creating special greeting cards to give to senior center clients. **\*\*Supplies will be provided.\*\***

**Nov. 20, 11 a.m. – Terrific Ted Performance Sponsored by Sunrise Senior Living.** Enjoy this musical performance of favorite hits from music's best decades from the 40s to the 60s.

**Nov. 20 & 21, 1 – 4 p.m. – AARP Driver Safety Course (Two-Part Series) by Bill Gilbert.** Refresh your driving skills and learn techniques for navigating tricky turns and traffic patterns to help keep you and your loved ones safe. **\*\*Participants must attend both sessions. The class size is limited. Pre-registration is required. To register, call 908- 203-6101. The cost is \$20 for AARP members and \$25 for non-members. Payment will be collected at the first session. Credit cards will NOT be accepted.\*\***

**Nov. 21, 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.

**Nov. 22, 11 a.m. – “Fight the Fall” with Amanda DeKleine, DPT from Fyzical Therapy and Balance Center.** Learn ways to reduce the risk of falls to avoid being the one in four seniors who fall each year. **\*\*Screenings may be provided for the risk of falls and ways to help with balance.\*\***

**Nov. 25, 11 a.m. – Fun & Games.** Relax while playing your favorite games such as Dominoes, Left-Right-Center, and Pass the Pigs.

**Nov. 26, 11 a.m. – “Fraud and Scams” with Joel Schneider, Jewish Family Services of Middlesex County.** Learn strategies and techniques to protect your personal information from being stolen by cyber criminals.

**Nov. 28 & 29 – The senior center is closed for Thanksgiving.**

## **SENIOR WELLNESS CENTER AT HILLSBOROUGH**

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

**Meet Care Manager Max Rosenheck, Office on Aging & Disability Services. Nov. 13, 10 a.m. to 1 p.m.** Max 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. **\*\*Max will be available to meet one-on-one upon request.\*\***

**Rummikub – Available Daily, 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 & 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 monthly and will 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 in the gym for exercise, which can improve one's balance, mood, memory, and sleep. **\*\*Appropriate footwear is required.\*\***

***(NEW) Active Living Every Day – Wednesdays, 10 a.m. (Nov. 6 – Feb. 5).*** 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. 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 instructed by 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 that combines 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.\*\***

***Nov. 1, 11 a.m. – Diwali Lantern Craft.*** Celebrate Diwali, the Festival of Lights, by creating a DIY Diwali lantern. **\*\*Pre-registration is required. Supplies will be provided.\*\***

***Nov. 4, 11 a.m. – Brain Games and Mind Puzzles.*** Test logic, critical thinking, and problem-solving skills, by solving brain-teaser questions. **\*\*All skill levels are welcome.\*\***

***Nov. 5 – The senior center is closed for a Staff In-service Meeting.***

***Nov. 6, 1 p.m. – Diwali Celebration with Regi and Binu.*** Enjoy this celebratory performance of popular Bollywood songs with solos and duets during a relaxing hour, which celebrates Diwali, the five-day Festival of Lights that is celebrated by millions of Hindus, Sikhs, and Jains, across the globe. **\*\*For more information, call 908-369-8700.\*\***

***Nov. 7, 11 a.m. – Diamond Painting with Caitlyn, Foothill Acres.*** Create a sparkling masterpiece by affixing vibrantly colored resin rhinestones to a self-adhesive canvas with a diamond art kit. This is a fun, engaging craft that has taken the crafting world by storm. **\*\*Pre-registration is required. Supplies will be included.\*\***

***Nov. 8, 11 a.m. – Veterans Day Celebration.*** Learn more about Veteran's Day, share stories and pictures, and watch part of the Anthem Veteran's Memorial annual ceremony, which takes place at exactly 11:11 a.m. annually on Nov. 11 on Veterans Day when the sun's rays pass through the ellipses of the five-Armed Services pillars to form a solar spotlight on the glass mosaic of The Great Seal of the United States.

***Nov. 11 – The senior center is closed for Veterans Day.***

***Nov. 12, 11 a.m. – Chair Yoga with Alyssa Rudic, Alvita Care.*** Breathe, stretch, and move with a certified yoga instructor who has a passion for practicing yoga, which is for everybody and **EVERY BODY**.

***Nov. 14, 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.

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## SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

**Nov. 15, 11 a.m. – Drumming Circle with Touch Mother Earth Productions.** Join this drumming circle for better cardio and mental health. Participants will learn proper posture and how to strike the drum as they learn to play African-based and popular easy rhythms.

**Nov. 18, 11 a.m. – Raritan Valley Trombone Quartet Performance.** Enjoy this one-hour concert by the Raritan Valley Trombone Quartet when they perform “The American Songbook.” Seniors will appreciate the rich treasury of American songs, particularly from Jazz artists, Big Bands, Frank Sinatra, and hear the stories behind the music.

**Nov. 19, 11 a.m. – National Caregivers Month: Cards for Caregivers.** Create a thank you card for your caregiver in honor of National Caregivers Month. **\*\*All supplies will be provided.\*\***

**Nov. 21, 11 a.m. – “Stress Management” with Patricia Sihlanick, Health New Life.** Join Patricia, who is a regenerative science specialist to discuss effective methods for managing and reducing stress in the body, which is essential to improve one’s overall health.

**Nov. 22, 11 a.m. Board Game Party.** Take part in this hour of board game fun! **\*\*All levels of experience are welcome.\*\***

**Nov. 25, 11 a.m. – Bollywood Movie and Discussion Hour.** Join other senior center members for a fun, relaxing hour of discussion about Bollywood cinema.

**Nov. 26, 11 a.m. – “Genetics & Cancer: Controlling Your Cancer Risk” with Ryan Moulton, Rutgers Cancer Institute.** Learn how genetic mutations initiate cancer, the hereditary risk factors for cancer, the relationship between gene function and cancer, and how individuals can manage their risk of cancer by understanding their family history of cancer.

**Nov. 27, 10 a.m. – Thanksgiving History and Celebration with Sandy.** Join fellow center members before the holiday weekend to celebrate and give thanks. There will be a short presentation on the history of Thanksgiving and a group discussion about why participants are grateful this year.

**Nov. 28 & 29 – The senior center is closed for Thanksgiving.**

## MONTGOMERY SENIOR CENTER

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

**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.

**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.\*\***

(MORE)

## MONTGOMERY SENIOR CENTER – CONT'D

**Meet Care Manager Max Rosenheck, Office on Aging & Disability Services. Nov.15, 10 a.m. – 1 p.m.** Max will be available on the third Friday of each month to answer questions about the Office on Aging & Disability Services, assist with referrals for services, and provide information and support. **\*\*Max will be available to meet one-on-one upon request.\*\***

**Take Control with Exercise – Mondays, 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 trapped 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. **\*\*There is no class on Nov. 5. 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.\*\***

**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 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.\*\***

**(NEW) Chronic Pain Self-Management Program – Wednesdays, 1 – 3:30 p.m. (Nov. 6 – Dec. 11).** 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 program (proven results through research). **\*\*The session takes place once per week for six weeks (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, both 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.\*\***

**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. **\*\*There will be no class on Nov. 7. To register and reserve a ukulele, call 609-466-0846, or email [crowley@co.somerset.nj.us](mailto: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/or reserve a ukulele, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\***

(MORE)

## MONTGOMERY SENIOR CENTER – CONT'D

**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.\*\***

**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.\*\***

**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.\*\***

**Nov. 1, 11 a.m. – Learn How to Play Ping Pong.** Learn how to play Ping Pong with student Daniel Feng who will help participants understand the basic rules of the game, as well as serving, scoring, and how to win and lose (with grace). Participants will practice shots and get comfortable with the game. **\*\*No experience necessary.\*\***

**Nov. 1, 12:30 p.m. – Timing Singing and Rhythm with JAK Music Studios.** Learn skills to improve your singing ability while also playing an instrument. Participants will practice different techniques for breath control, diction, rhythm, tempo, and projecting.

**Nov. 5 – The senior center is closed for a Staff In-service Meeting.**

**Nov. 6, 11 a.m. – Diwali Celebration with Regi and Binu, Grace Musical Events.** Enjoy this celebratory performance of popular Bollywood songs with solos and duets during a relaxing hour, which celebrates Diwali, the five-day Festival of Lights that is celebrated by millions of Hindus, Sikhs, and Jains, across the world.

**Nov. 7, 10 a.m. – Veterans Day Games.** Play these fun, Veterans Day-themed word searches and crossword puzzles to celebrate the men and women who have served in the military.

**Nov. 7 & 21, 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.\*\***

**Nov. 7 & 21, 10 a.m. – Crocheting with Mary.** Learn how to crochet, such as holding the hook and common crochet stitches while having fun and enjoying a hobby. **\*\*All supplies will be provided. For more information, call 609-466-0846.\*\***

(MORE)



## MONTGOMERY SENIOR CENTER – CONT'D

**Nov. 7, 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 that are two, three, and four chords. **\*\*This session is a good transition for beginners moving up to advanced beginners.\*\***

**Nov. 8, 10 a.m. – Community Service Project.** Spread holiday cheer and gratitude to our nation's heroes by creating personalized Christmas Cards for Veterans to help brighten their holiday season.

**Nov. 8, 11 a.m. – Touch Drawing Part 2 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 and the subconscious to flow through their fingers to create images on paper. This is a relaxing, and cathartic art project of self-discovery.

**Nov. 11 – The senior center is closed by Veterans Day.**

**Nov. 12, 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.

**Nov. 13 & 27, 11:15 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.\*\***

**Nov. 13, 1 p.m. – Time for Chess with Jess.** Exercise both sides of the brain and improve focus, creativity, and confidence by playing chess. Jess is available to teach everyone who wants to learn the game. **\*\*Experienced and new players are welcome!\*\***

**Nov. 14, 10 a.m. – Intergenerational Game Day with Saint Paul's School of Princeton.** Play checkers on a giant board, cornhole, and bingo for a lively and enjoyable day with students.

**Nov. 15 & 22, 11 a.m. – Ageless Grace with Certified Ageless Grace Educator Roz Gerken.** Activate all five brain functions when participating in this program, including strategic planning, memory, recall, analytical thinking, creativity, imagination, and kinesthetic thinking. 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.\*\***

**Nov. 19, 11 a.m. – "Winter Adaptation" with Somerset County Park Commission.** Explore how wildlife survives the long winter in this interactive discussion, when the concepts of habitat, niche, and adaptation will be discussed and animal artifacts will be used to further illustrate these strategies.

**Nov. 20, 11 a.m. – "Introduction to Mindfulness" with Mamta Mozumdar.** Learn how to integrate mindfulness into your daily life, which means being fully present in the moment and not overly reactive or overwhelmed by external forces. Mindfulness techniques have been proven to decrease anxiety and stress as well as being more resilient and performing more effectively under stress.

(MORE)

## **MONTGOMERY SENIOR CENTER – CONT'D**

**Nov. 21, 11 a.m. – Watercolor with Jerry.** Experience the ease and enjoyment of watercolor painting. **\*\*All levels of skill are welcome. All supplies will be provided.\*\***

**Nov. 26, 11 a.m. – Motown and the Soul Explosion of the 1960s with Gordon James.** Enjoy this performance of hits from the Temptations, The Four Tops, The Supremes, Martha and the Vandellas, and many more bands from the '60s.

**Nov. 28 & 29 – The senior center is closed for Thanksgiving.**

## **QUAIL BROOK SENIOR CENTER**

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

**Meet Care Manager Shaquana Thompson, Office on Aging & Disability Services. Nov. 7, 10 a.m. – 1 p.m.** Shaquana will be available on the **first Thursday** of each month to answer questions about the Office on Aging & 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.

**Geri-Fit with Deb – Mondays and Tuesdays, 1 p.m. (Oct. 21 – Jan. 6).** 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. **\*\*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 (2 lbs. to start), a sturdy chair, a stretch band, and water to drink during the workout. Pre-registration is required. To pre-register, call Karen Kowalski at 908-704-6327. \*\***

**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. Walking regularly can improve one's balance, mood, memory, and sleep. **\*\*This club will meet when the weather permits. \*\***

**(MORE)**

## QUAIL BROOK SENIOR CENTER – CONT'D

***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 session takes place from Oct. 23 to Jan. 22). 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 (2 lbs. to start), a sturdy chair, a stretch band, and water to drink during the workout. Pre-registration is required. To pre-register, call Karen Kowalski at 908-704-6327. \*\***

***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.

***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.\*\***

***Gentle Aerobics with Lisa – Thursdays, 10 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 is a six-week series and is open to beginners, and those who need a refresher course.\*\***

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

***Nov. 1, 11 a.m. – Fun & Games with Lisa.*** Relax while playing your favorite games such as Dominoes, Left-Right-Center, and Pass the Pigs.

(MORE)

## QUAIL BROOK SENIOR CENTER – CONT'D

**Nov. 4, 11 a.m. – “Hail to the Chief” with Meg Wastie.** Enjoy listening to stories about each of our U.S. Presidents along with interesting facts and myth-busters.

**Nov. 5 – The senior center is closed for a Staff Inservice meeting.**

**Nov. 6, 11 a.m. – Musical Performance by Lorri Woodward, sponsored by Foothill Acres Rehabilitation and Nursing Center.** Start tapping your toes while listening to hits from the 1970s and 1980s. Bring your dancing shoes.

**Nov. 6 & 20, 1 p.m. Zumba Gold with Laurie Fetcher.** Get your blood pumping to zesty music during this hearty workout to help build cardiovascular health. In this class, participants will exercise the hip, leg, and arm muscles and practice fun, rhythmic moves while sitting in a chair.

**Nov. 7 & 18 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.\*\***

**Nov. 8, 11 a.m. – “Famous Forgeries: The Scam, The Scammers and The Scammed” with Terry Antoniewicz.** Find out what forgers needed to create their documents, and what mistakes they made. Abraham Lincoln's nephew forged and sold his uncle's signature Clifford Irving forged documents to sell the Howard Hughes autobiography and there were more.

**Nov. 11 – The senior center is closed for Veterans Day.**

**Nov. 12, 11 a.m. – The Somerset County System Mobile 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.

**Nov. 13, 11 a.m. – Diwali Celebration.** Join other center members to celebrate Diwali, a five-day Festival of Lights celebrated by millions of Hindus, Sikhs, and Jains, across the world. Diwali is a festival of new beginnings, the triumph of good over evil, and light over darkness. **\*\*Pre-registration is required. Space is limited.\*\***

**Nov. 13 & 27, 10 a.m. Take Control with Exercise –** 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.\*\***

**Nov. 14, 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.

(MORE)

## QUAIL BROOK SENIOR CENTER – CONT'D

**Nov. 15, 11 a.m. – “Mothers of Invention” with Carol Simon Levin.** Enjoy this great portrayal of women innovators, such as Margaret Knight (the 19th-century “Female Edison”), Hollywood superstar Hedy Lamarr, and more. These “Mothers of Invention” had a significant impact on society, but were often ignored, discounted or the credit was given to others.

**Nov. 19, 11 a.m. – “Fraud and Scams” with Joel Schneider, Jewish Family Services of Middlesex County.** Learn strategies and techniques for protecting your personal information from being stolen by cyber criminals.

**Nov. 20, 11 a.m. – Keeping up the Beat: Heart Health Presentation and Blood Pressure and Cholesterol Screenings with Nicole Katula, Stacey Toolen, and Dianne Bautista, Somerset County Department of Health.** Learn how to take an active role in one’s health, which can lead to healthier outcomes and decreased illnesses and disabilities associated with chronic disease. Participants will also receive free health screenings.

**Nov. 21, 11 a.m. – “Cancer & The Environment” with Gabriella Dumbrique, Rutgers Cancer Institute.** Find out how environmental factors impact the risk for cancer including pollution, chemicals, and lifestyle choices, and how mitigating environmental exposures can reduce the risk and promote one’s overall health.

**Nov. 22, 11 a.m. – “Genetics & Cancer” with Ryan Moulton, Rutgers Cancer Institute.** Learn how genetic mutations initiate cancer growth, how cancer genes can be inherited, and the relationship between gene function and cancer.

**Nov. 25, 11 a.m. – Drumming Circle with David Miller.** Learn how to hold a drum and make different tones to help soothe the mind, body, and spirit in this holistic experience that promotes healing and incites self-expression. Participants will achieve deep relaxation, lower blood pressure, and better communication skills.

**Nov. 26, 11 a.m. – Karaoke with Crystal.** Join fellow crooners for a morning of rousing fun. Get ready to sing and clap along.

**Nov. 27, 11 a.m. – “Lighting the Way: Light Houses of New Jersey” with Meg Wastie.** Learn the mysterious and interesting stories about lighthouses found on the New Jersey coastline. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\***



**Nov. 28 & 29, The senior center is closed for Thanksgiving.**

## WARRENBROOK SENIOR CENTER

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

(MORE)



## WARRENBROOK SENIOR CENTER – CONT'D

**Meet the Care Manager Cathryn Chamberlain, Office on Aging & Disability Services. Nov. 13, 10 a.m. – 1 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 the 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.

**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. – 12 p.m.** Meet new people and practice your craft with other artists. **\*\*All supplies are included.\*\***

**Yoga with Kartika – Mondays, 10 a.m.** Practice Hatha yoga poses while either 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. **\*\*There is no class on Nov. 4. This class is open to all levels of skill. Classes are free. For more information, call 908-753-9440.\*\***

**Mahjong for Intermediate Players – Tuesdays, 9:30 a.m. – 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. **\*\*This class is great for participants who need modifications to their exercise routines. The cost is \$40 for the eight-week program. For more information, call 908-753-9440.\*\***

**Chair Belly Dance – Tuesdays, 1 p.m.** Take part in this seated dance class, which is fun for all fitness levels. This class offers participants a workout for the entire body to help improve posture, flexibility, and endurance. **\*\*These classes are free. There will be no class on Nov. 12.\*\***

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## **WARRENBROOK SENIOR CENTER – CONT'D**

**Bridge Group with Ronnie – Tuesdays, 1 – 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.\*\***

**Stretch & Strength with Mikaela Kane, Rutgers Co-operative Extension – Wednesdays, 10 a.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. **\*\*There is no class on Nov. 27. The exercises can be practiced with or without weights, but 2 to 5-pound hand weights are recommended. 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 diagnosis. **\*\*The class is currently full. For more information, call 908-753-9440.\*\***

**Craft Activities with Jean – Wednesdays, 1 – 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 & Third Wednesdays, 1 – 3:30 p.m.** Play Bridge to stimulate the brain and keep the memory active and alert. **\*\*This club is for advanced players.\*\***

**Line Dancing with Lynda Hyland – Thursdays, 9:30 – 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.

**Chair Kickboxing – Thursdays, 1 p.m.** Join this fun, heart-pumping, cardio kickboxing class for all skill levels while sitting in a chair.

**Card/Table Games – Thursdays, 1 – 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. **\*\*This program can be practiced while standing or sitting.\*\***

**Bridge – Fridays, 1 p.m. – 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.\*\***

**Nov. 1, 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.

**(MORE)**

## WARRENBROOK SENIOR CENTER – CONT'D

**Nov. 4, 10:30 a.m. – “Fraud and Scams” with Joel Schneider, Jewish Family Services of Middlesex County.** Learn strategies and techniques for protecting your personal information from being stolen by cyber criminals.

**Nov. 4, 1 – 4 p.m. Studio 60+.** 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 wellness center members are welcome to participate in this planning and participation club.\*\***

**Nov. 5 – The senior center is closed for a Staff Inservice meeting.**

**Nov. 6 & 13 11 a.m. – “Mastering Nutrition for Type 2 Diabetes” with Kruti Thakore, Radiant Confidence.** Learn about a holistic approach to managing Type 2 diabetes through a balanced diet, and healthy food choices including meal planning, nutrition labels, and portion control through the Ayurvedic wisdom that embraces the concept of individualized nutrition based on one's unique constitution (Prakriti) and dosha (biological energy patterns).

**Nov. 7, 11 a.m. – “Diwali” with Seema Moondra, Enjoy Explore India.** Learn about Diwali, also called the Festival of Lights, one of the oldest, biggest, and brightest festivals in India, which spiritually signifies the victory of light over darkness. Participants will also enjoy watching the Warrenbrook seniors perform Indian dances in this cultural celebration.

**Nov. 8, 11 a.m. – Craft: Pumpkin Bowls.** Create beautiful ceramic mini pumpkin bowls with acrylic paint. **\*\*All materials will be supplied. Pre-registration is required.\*\***

**Nov. 11 – The senior center is closed for Veterans Day.**

**Nov. 12, 11 a.m. – Wordle.** Play this challenging game where players will have six chances to guess a five-letter word.

**(Virtual) Nov. 12, 1:30 p.m. – Monthly Book Club. Meets every second Tuesday of the month.** Join fellow book club members to discuss the book of the month and select the next book to read. **\*\*This club is only for Warrenbrook Senior Center clients. New Warrenbrook clients are always welcome! \*\***

**Nov. 14, 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 system.

**Nov. 15, 11 a.m. – “Apple Season Recipes” with Vanessa Young, Thirsty Radish.** Discover a new recipe featuring apples during this cooking demonstration where participants will learn how to infuse flavors from apples for cider-braised chicken with pan sauce.

**CANCELED Nov. 18, 11 a.m. – Autumn (Musical) Colors with Discovery Orchestra.** Enjoy this live performance of “The Four Seasons: Autumn” one of Vivaldi’s famous collections of violin concertos.

(MORE)

## WARRENBROOK SENIOR CENTER – CONT'D

**Nov. 18, 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.

**CANCELED Nov. 19, 11 a.m. – Craft: Hedgehog.** Use recycled books to fold and make a decorative hedgehog using your creativity. **\*\*All materials will be provided. Pre-registration is required.\*\***

**CANCELED Nov. 20, 11 a.m. – Musical Entertainment with The Pettet Sisters.** Kick off the holiday season with the Pettet's rendition of favorite American classics for a handclapping, toe-tapping performance.

**CANCELED Nov. 21, 11 a.m. – Bingo with Bob Mazet.** Play a fun game of Bingo, which is more than just an exciting activity. Researchers have found that playing Bingo promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

**CANCELED Nov. 22, 11 a.m. – Turkey Glass Craft, sponsored by Brandywine Senior Living of Warren.** Make a glass turkey by painting and embellishing a glass during this creative craft session. **\*\*Pre-registration is required. Supplies will be provided.\*\***

**CANCELED Nov. 25, 11 a.m. – “Bridge Builder in Petticoats: Emily Warren Roebling” and the Brooklyn Bridge with Carol Simon Levin.** Enjoy this riveting portrayal of Emily Warren Roebling, the woman who helped build the Brooklyn Bridge, one of the most amazing technological achievements of its time.

**CANCELED Nov. 27, 11 a.m. – “Historical Overview of Native Americans in Somerset County” with Olinda Young, the Somerset County Historical Society.** Learn about Native American people, the Lenni Lenapes, a semi-nomadic tribe who inhabited the east coast relying on hunting, gathering, and fishing for survival.

**Nov. 28 & 29 – The senior center is closed for Thanksgiving.**

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

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