

Somerset County Senior Wellness Centers Offer Exciting Activities in January



SOMERVILLE, 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.

There will be no in-person, hybrid classes or programs on Jan. 15 (Martin Luther King Jr. Day).

Lunch

Attendees can invite a friend or neighbor to join them for lunch. All county-operated senior 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 Programs

Hybrid and virtual programs are noted throughout the schedule. Participants can attend hybrid programs either in person with an instructor or via Zoom.

Virtual and/or Hybrid Program Guidelines

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 how to use Zoom or 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.

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

Geri-Fit with Connie Ledder – Mondays & Wednesdays, 10 a.m. (Jan. 3 – April 1). Rebuild strength that's been lost through the aging process to help ensure a higher level of function in older adults. Participants can practice Geri-Fit as a seated (standing optional) program that requires a set of light dumbbell weights (2 lbs. to begin), a sturdy chair, a stretch band, and water to drink during the workout. The Geri-Fit physical activity program incorporates 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 evidence-based exercise program is facilitated 2x/week, for 12 weeks (total 24 classes), 45-minute class, class size 12-24. ****Pre-registration is required. For more information, call 908-204-3435.****

Stronger Seniors: Stretch – Mondays & Thursdays, 1 p.m. Join this simple, 45-minute pre-recorded exercise program. Use a chair for a safe and thorough stretching routine to feel more flexible. ****For more information, call 908-204-3435.****

Mahjong Club – Mondays & Wednesdays, 12:30 – 4 p.m. Learn to play Mahjong, an interesting game that helps keep the brain sharp and supercharged! 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.****

Canasta Club – Tuesdays, 12:30 p.m. – 4 p.m. Play this traditional card game that requires strategic and tactical thinking. ****New members are welcome. For more information, call 908-204-3435.****

Stronger Seniors: Stretch – Tuesdays & Fridays, 10 a.m. Join this simple, 45-minute pre-recorded exercise program. Use a chair for a safe and thorough stretching routine to feel more flexible. ****For more information, call 908-204-3435.****

Bridge Club – Wednesdays, 9:30 a.m. – 1 p.m. Get intellectual and social stimulation when playing this mentally challenging card game. Studies show when participants regularly play Bridge it can stimulate the brain to keep it alert and help one's memory stay active. ****New members and beginners are welcome. For more information, call 908-204-3435.****

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 gain well-being. ****The cost is \$40 for the eight-week program. To register for the next session and for more information, call 908-204-3435.****

Take Control with Exercise – Thursdays at 10 a.m. Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program presented in a

video format. ****Exercises can be practiced while either standing or sitting. There is no fee for this class. Call 908-204-3435 for more information.****

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

Monthly Book Club – Every Third Wednesday, 12:30 p.m. Join fellow book lovers on Jan. 17 to discuss the current book selection.

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

Jan. 2 & 19, 11 a.m. – Table Games. Join Basking Ridge Senior Wellness Center participants and play Pokeno, Left-Center-Right Dice Game, Scrabble, Dominoes, and other games for a fun day of table games. Volunteers will teach participants how to play.

Jan. 3, 11 a.m. – Puzzles and Games Trivia. Test your knowledge during puzzle and games trivia and also learn some history and interesting facts.

Jan. 4, 11 a.m. – Basking Ridge New Year Goals and Aspirations. Learn how to make a 2024 vision board with goals and aspirations for the New Year. The boards will be hung up at the center for participants to remember and work towards their goals.

Jan. 4, 11, 18, 25, 11 a.m. – Line Dancing with David Cross. Have fun getting fit while dancing. Studies show line dancing increases cardiovascular and muscular strength and improves coordination and balance. Participants don't need a partner, and it's an easy way to stay healthy, both mentally and physically. ****For more information, call 908-204-3435.****

Jan. 5, 11 a.m. – New Year's Celebration with Andrew Lobby. Celebrate the New Year while enjoying Andrew's performance of favorite songs from the 60s and 70s.

Jan. 9, 11 a.m. – Craft: Paper Snowflakes. Learn how to create simple, paper snowflakes using decorative paper to hang at the senior wellness center.

Jan. 10, 10 a.m. – Blood Pressure Screenings. Get a free blood pressure screening by a nurse from Atlantic Health. ****No appointment is necessary.****

Jan. 10, 11 a.m. – "Africans in America." Learn about the descent of Africans in America, and where in Africa most Africans originated. Participants will also find out about the history of slavery in the United States, and Martin Luther King Junior.

Jan. 11 & 25 11 a.m. – Brain Games. Join fellow center members to play various games, puzzles, and trivia challenges to help keep the brain young. Studies show that brain games may help sharpen thinking skills that wane with age, such as processing speed, planning skills, reaction time, decision-making, and short-term memory.

Jan. 12 & 26, 11 a.m. – Bingo. Partake in a friendly competition and play 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.

Jan. 17, 11 a.m. – Cards with Jerry Garris-Happ. Learn how to create a beautiful winter-themed greeting card to give to a family member or friend. ****All supplies will be provided. For more information, call 908-204-3435.****

Jan. 18, 11 a.m. – “Vision Loss” with Anna Delanoy from the New Jersey Commission for the Blind and Visually Impaired. Learn simple strategies you can implement in your home including assistive devices, coverings for the buttons on a microwave, stove, and more.

Jan. 22, 11 a.m. Cardiovascular Health with Dr. Venkatesh Alapati from Hunterdon Cardiovascular Associates with Hunterdon Healthcare. Learn about common cardiac conditions in older adults including prevention and treatment options. Participants will also learn how to enhance their heart health with exercise and a healthy diet.

Jan. 23, 11 a.m. – “How to Prepare for a Winter Storm” with Allie Calascibetta, American Red Cross. Find out how to prepare for severe winter weather.

Jan. 24, 11 a.m. – “When Do You Need the County Surrogate?” by Somerset County Surrogate Bernice “Tina” Jalloh. Learn about the surrogate’s role at the county including estate planning, preparing a will, power of attorney, and why a living will is important.

Jan. 29, 11 a.m. – Crazy Daisy. Enjoy this impersonation performance of Juliette Gordon Low, who was an impulsive, nearly deaf, eccentric, and fun-loving transatlantic socialite. She also founded an inclusive movement that has empowered tens of millions of girls worldwide.

Jan. 30, 11 a.m. – “Brain Power” with Reena Yaseen from Brandywine Living. Learn the importance of keeping your brain powerful with brain exercises, good nutrition, and an active lifestyle.

Jan. 31, 11 a.m. – Craft: Chinese New Year Fans. Decorate a fan for the Chinese New Year celebration at the senior wellness center. ****All supplies will be provided. For more information, call 908-204-3435.****

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

Project Healthy Bones – Mondays at 10:30 a.m. and Fridays at 12:45 p.m. Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. ****To be added to the waitlist, or for more information call 908-203-6101.****

Qigong Practices with Michael – Mondays & Wednesdays, 10 a.m. – Learn the traditional practice of Qigong, a sitting meditation that teaches participants to get acquainted with their minds, bodies, and spirits. Beginners will learn to coordinate their breathing techniques with movements while practicing exercises (like Tai Chi) until each movement and posture is perfect.

Stronger Seniors: Stretch – Mondays, 1 p.m. Join this simple, pre-recorded exercise program for a safe and thorough stretching routine. This class will help participants feel much more flexible.

(Virtual) Hatha Yoga with Bharti – Tuesdays & Thursdays, 9:30 a.m. Improve body posture through breath control and meditation. Practicing Hatha Yoga can provide participants with 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 fellow center members at the senior wellness center.

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.

Bereavement Support Group. 11 a.m., Tuesdays, Jan. 2, 16 and 30. Share common feelings about grief and the renewal process in this support group, which 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. For more information, call 908-203-6101.****

Mahjong Club – 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.

- **Wednesday Mornings** – 9 a.m. to 12 p.m. (Beginners)
- **Wednesday Afternoons** – 1 to 4 p.m. (Advanced players)
- **Friday Mornings** – 9 a.m. to 12 p.m. (Advanced players)

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

Monthly Book Club with Nan – Jan. 25 at 10 a.m. Join fellow book lovers to discuss “At The Water's Edge” by Sarah Gruen. ****New members are always welcome!****

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 exercise program is appropriate for all skill levels and can be practiced while either standing or sitting.****

Stronger Seniors: Core Strength – Thursdays at 1 p.m. Get a safe and easy workout for core muscles by using resistance bands in this pre-recorded exercise program. ****Bring exercise bands, if you prefer.****

(Hybrid) Gentle Aerobics with Lisa & Caitlin – 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.****

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. For more information, call 908-203-6101.****

Pinochle Club – Fridays, 1 – 4 p.m. Play Pinochle! ****New members are welcome!****

Jan. 2 & 29, 11 a.m. – Bingo. Partake in a friendly competition and play Bingo, which is more than just 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.

Jan. 3, 11 a.m. – “Benefits of Alternative Therapies in Dementia” by Mallory Dubuisson of the Atlantic Adult Day Center. Learn about the different types of therapies that positively impact individuals living with dementia and find out about the benefits of incorporating these therapies into one’s daily routines.

Jan. 4, 11 a.m. – “Making Resolutions for Better Health” by Program Coordinator, Jennifer Korneski, M.P.H. Healthy Living, Rutgers Cooperative Extension of Somerset County Family & Community Health Sciences. Learn ways to improve your health in the new year.

Jan. 5, 11 a.m. – DJ Winston Freeman. Enjoy favorite music from the 40s through the 90s including music from Frank Sinatra, Stevie Wonder, Elton John, Earth Wind and Fire, Ed Sheeran, Mo-town, and Michael Jackson.

Jan. 8, 11 a.m. – “New Year, New Me” by Clinical Director Connor Stevenson, JAG. Learn how to prevent injuries while reaching weight loss goals.

Jan 9, 11 a.m. – HomeSharing by HomeSharing, Inc. Learn about Homesharing, Inc. a non-profit organization that was established in 1984 to help provide affordable housing in Central New Jersey; representatives help match homeowners with people who need affordable housing in their communities.

Jan. 10, 11 a.m. – Big Band, Swing and More by Kelly Carpenter. Enjoy hit songs that span the ages including Big Band/Swing, music from the 70s, Country, and Broadway.

Jan. 11, 11 a.m. – Mindfulness and Art Therapy by Ellie Mental Health of Central New Jersey with presenters Jordan Mealey, M.A., L.P.C., A.C.S., N.C.C., C.G.R.S., C.C.T.P., and Laura Bancone, M.A., L.P.C., L.P.A.T., A.T.R.-B.C., N.C.C. Learn about mindfulness meditation (focusing on the present) and find out how to practice mindfulness techniques through art.

Jan. 12, 11 a.m. – Snowflake Crafts. Create two different beautiful snowflake decorations using paper bags and cardboard tubes. ****Participants should bring toilet paper/paper towel tubes. Registration is required.****

Jan. 16, 11 a.m. – “Natural Aging vs. Dementia” by Andi Knoble, C.A.D.D.C.T., C.A.L.A., C.D.P. of the Residence at Basking Ridge. Learn about the many types of Dementia and its symptom diseases and how to identify normal aging factors.

Jan. 17, 11 a.m. – “Maple Sugaring” by a Naturalist from the Somerset County Parks Commission. Discover the secrets inside a maple tree and learn the techniques used to tap a tree as well as the history of maple sugaring, which includes interesting facts about Native Americans.

Jan. 18, 11 a.m. – “Home Borrowing Program” by the Somerset County Library System (SCLS). Learn about the services at the county’s local libraries, such as different ways to borrow books and movies without leaving the house.

Jan. 19, 11 a.m. – Games and Trivia Challenge by Raritan Valley UNICO. Have fun playing Extreme Pick Up Sticks and Trivia Challenge. Prizes will be awarded to the winners!

Jan. 22, 11 a.m. – The Jersey Girls. Enjoy this talented duo performing an upbeat mix of favorite tunes from the 50s to 80s. Dance and sing to the Shirelles, The Crystals, The Four Seasons, the Orlons, Meghan Trainer, the Drifters, and more.

Jan. 23, 11 a.m. – “HOME (Housing Outreach Multifaith Empowerment) of Somerset County.”

Learn about HOME and how it empowers at-risk families to achieve and maintain independence through strength-based case management services by partnering with a network of religious congregations, government, business, and community organizations.

Jan. 24, 11 a.m. – “Van Horn Comes to Call” by Cynthia Blumenkrantz of the Heritage Trail Association. Enjoy this portrayal of Mrs. Van Horne and learn about the Philip Van Horne house, known as Phil’s Hill, which was used as a headquarters for both American and British officers during the Revolutionary War.

Jan. 25, 11 a.m. – Fun and Games. Play Dominoes, Left-Right-Center, Close the Box, and more for a relaxing day of fun.

Jan. 26, 11 a.m. – Draw, Paint & Print Winter Scenes with Karen Haake. Create a beautiful winter scene on a card or frame in a three-step, guided process using styrofoam trays, white paper, and watercolors. ****All supplies will be included. Supplies are limited. Registration is required.****

Jan. 30, 11 a.m. – Poetry. Listen and share a favorite poem or one you have written.

Jan. 31, 11 a.m. – “Open Enrollment (Medicare Advantage) and Fraud.” Learn about enrolling, changing plans, and tips to prevent fraud during Medicare Advantage’s open enrollment period, which is Jan. 1 – March 31.

SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

Rummikub – Mondays, Wednesdays & Fridays, 9:30 a.m. Play this fast-moving board game, which requires players to have some luck and use strategic thinking. Playing Rummikub promotes social interaction, mental stimulation, and relaxation. Time flies when participants play this game.

Sit & Stitch Club – Mondays, 1 p.m. Bring knitting, crocheting, and sewing projects to the club, and share your skills and talents with other members. ****Beginners are welcome.****

Mahjong – Wednesdays, 10 a.m. Play this stimulating game that requires the use of skill, some strategy, and a little bit of luck. ****For more information, call 908-369-8700.****

Fit & Flex with Rose – Tuesdays (Virtual) & Wednesdays, 11 a.m. Get fit while performing 20 minutes of low-impact exercise to music, use weights for 15 minutes, and then use resistance bands for 15 minutes. Perform stretching exercises with a chair and other movements while standing. The instructor will teach participants to achieve proper breathing and positioning techniques.

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. For more information, call 908-369-8700.****

Tai Chi Exercises – Wednesdays, 1 p.m. and Fridays, 10 a.m. – Reduce pain, fatigue, and stiffness, decrease the risk for falls, and gain a greater sense of well-being when 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. ****This program can be practiced while standing or sitting.****

Puzzle Club – Wednesdays & Fridays, 1 p.m. Strike up a conversation, make new friends, and enjoy assembling puzzles. The senior wellness center has a wide variety of puzzles available.

Vitality: Cardio Boxing Series with Curtis Adams – Tuesdays at 1 p.m. & Thursdays at 10 a.m. Partake in an exciting blend of easy-to-follow exercises for older adults in this class presented via video. All exercises will be demonstrated while standing and sitting. ****For more information, call 908-369-8700.****

Hillsborough Discussion Group, Every Second Tuesday, 1 p.m. Discuss what you are thankful for and how you celebrate Thanksgiving.

Walking Club – Thursdays, 1 p.m. Join fellow walkers to walk outside for exercise. Walking regularly can improve one's balance, mood, memory, and sleep. ****This club will meet when weather permits. Wear comfortable clothing and closed-toed shoes. For more information, call 908-369-8700.****

Bingo – Thursday, Jan. 4 at 11 a.m. Partake in a friendly competition and play 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.

Jan. 8, 22, 29 and Feb. 5, 12, 11 a.m. – “Living in Harmony: A Five Week Mindfulness-Based Stress Reduction Program for Seniors.” Join this Mindfulness-based stress reduction journey to learn the principles and practices of meditation.

Jan. 11, 11 a.m. – “Maple Sugaring” by Somerset County Parks Commission. Discover the

secrets inside a maple tree and learn how to tap a tree as well as the history of maple sugaring to include the Native Americans.

Jan. 18, 11 a.m. – “Using the Dimensions of Wellness for Better Health in the New Year” by Rutgers Cooperative Extension. Learn the eight components of wellness as defined by the Substance Abuse Services and Mental Health Services Administration (SAMSHA) and how to apply these principles to reaching your wellness goals.

Jan. 19, 11 a.m. – “Heads Up Seniors! A Fall Prevention Presentation” by the Brain Injury Alliance of New Jersey. Learn fall-prevention strategies and pedestrian safety in this one-hour interactive discussion. Each participant will receive a home and community safety checklist.

Jan. 25, 11 a.m. – Landscape Painting with Yvette. Learn tips and tricks for landscape painting while improving your skills.

MONTGOMERY SENIOR CENTER

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

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

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 center. ****No appointment is necessary.****

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

(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 participants increase bone density, strengthen muscles, improve balance, relieve stress, and achieve 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 conducted live at the center by an instructor.****

Tai Chi with Herb – Wednesdays, 10 a.m. Reduce the risk of falls by practicing Tai Chi. In this class, participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies show that most participants reduce their pain, fatigue, and stiffness and achieve a greater sense of well-being when practicing Tai Chi. ****Participants can practice these exercises while either standing or sitting.****

Beginner Ukulele Lessons with Denise – Wednesdays, 1 p.m. Learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele in six weeks with easy-to-follow lessons. ****The next session will begin on Jan. 10, 2024. To register and/or to reserve a ukulele, call 609-466-0846 or email Crowley@co.somerset.nj.us****

Intermediate Ukulele Group –Fridays 10 a.m. Build on the skills learned in the beginner's class to master chords, melodies, and improvisation. Participants will also play a multi-part arrangement in a band and perform a wide range of musical genres in front of an audience.

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

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

Mahjong Club – Fridays, 10 a.m. Join this club to meet new people while learning to play the game, 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, Daily – 1 p.m. Enjoy a nice time playing card games with friends.

Walking Club – Daily, 1 p.m. Join fellow walkers and walk in the gym for exercise, which can improve one's balance, mood, memory, and sleep. ****Wear comfortable clothing and close-toed shoes. For more information, call 609-466-084.****

Jan. 4, 18, 10 a.m. – Creative Wellness with Shirin Stave-Matais. Achieve calm, gain control, and learn meditative practices through imaginative, joyful, and social interaction. This class combines wellness exercises with Hatha and Chair yoga. Participants will learn gestural, improvisational, and world dance forms, sound therapy, creative play, guided relaxation, and meditation techniques. ****Participants of all skill levels are welcome, and the class can be practiced while standing or sitting.****

Jan. 5, 12, (Hybrid) Gentle Aerobics with Lisa & Caitlin Friday, 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.****

Jan. 5, 11 a.m. – “Name that instrument Part 2 and Where in the World?” Experience the joy of music with this educational and entertaining interactive video. In addition to listening to and learning about instruments, the video offers intriguing trivia and engaging questions for discussion. Participants of all hearing abilities can enjoy the trivia, discussion, and vibrant slideshow accompanying the music. All aboard for this orchestral journey featuring five instruments. ****No previous musical experience required!****

Jan. 6, 11 a.m. – Where In The World? (Island Edition). Enjoy this fun activity where participants guess the locations of seven ancient wonders worldwide. Participants will receive plenty of clues and photographs. There will also be discussion questions to encourage participants to share their travel stories and experiences.

Jan. 8, 16, 22, 30, 11 a.m. – Ageless Grace Fitness Program with Certified Ageless Grace Educator Roz Gerken. Activate all five functions of the brain, such as 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 for better health. ****Participants of all skill levels will be thoroughly engaged in the class while seated in a chair.****

Jan. 2, 9, 11 a.m. – Fit & Flex with Rose (Hybrid) – Get fit while performing 20 minutes of low-impact exercise to music, use weights for 15 minutes, and then use resistance bands for 15 minutes. Perform stretching exercises with a chair and other movements while standing. The instructor teaches proper breathing and proper positioning. ****The program will be presented simultaneously live with an instructor at the senior wellness center and via Zoom. This program is hosted by the Senior Wellness Center at Hillsborough Senior Center.****

Jan. 11, 25, 10 a.m. – Crocheting with Mary. Learn everything you need to know about crocheting, such as how to hold your hook and the most common crochet stitches. Crocheting is the process of creating textiles by using a crochet hook to interlock loops of yarn, thread, or strands of other material. This is a fun, relaxing hobby for everyone. ****All supplies will be provided. For more information, call 609-466-0846.****

Jan. 10, 24, 29, 11:15 a.m. – Creative Wellness with Shirin Stave-Matais. Achieve calm, gain control, and learn meditative practices through imaginative, joyful, and social interaction. This class combines wellness exercises with Hatha and Chair yoga. Participants will learn gestural, improvisational, and world dance forms, sound therapy, creative play, guided relaxation, and meditation techniques. ****Participants of all skill levels are welcome, and the class can be practiced while standing or sitting.****

Jan. 17, 11 a.m. – Aroma Therapy Part 2: Tinted Lip Balm / Invigorating Foot Scrub, by Lisa Bayer. Create aroma therapy products to take home. Participants will also learn about the history of essential oils as well as the different ways essential oils can be incorporated into one's daily life.

Jan. 19, 11 a.m. – “Winter Adaptations” by the Somerset County Park Commission Environmental Education Center. Explore how wildlife survives the long winter in this interactive discussion. Participants will find out about habitat, niche, and adaptation through a presentation that includes animal artifacts.

Jan. 11, 18, 22, 29, 1 p.m. – Left-Center-Right Game. Play this fun dice game to pass the time. There aren't a lot of rules, so learning the game is a piece of cake.

Jan. 23, 11 a.m. – Making Resolutions for Better Health by Healthy Living Program Coordinator Jennifer Korneski, M.P.H., Rutgers Cooperative Extension of Somerset County. Learn how to start the new year on the right foot for a healthier year.

Jan. 26, 10 a.m. – Game Day with Saint Paul's School. Help bridge the generation gap and have intergenerational fun while playing trivia and other games with eighth graders.

QUAIL BROOK SENIOR CENTER
625 New Brunswick Road

Somerset, NJ 08873
732-563-4213

Take Control with Exercise – Monday, Tuesday, Wednesday & Thursday, 10 a.m.

Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program, which is presented in a video format. ****Exercises can be practiced while either standing or sitting. There is no fee for this ongoing class. For more information, call 732-563-4213.****

Canasta Club – Mondays, 1 p.m. Join fellow center members for a friendly competition playing Canasta, a fun card game. ****New members are always welcome. For more information, call 732-563-4213.****

Wordle Tuesdays, 1 p.m. – Play a fun vocabulary-building game to stimulate your brain.

Running with Rummikub – Wednesdays, 10:30 a.m. Play this fast-moving board game that requires some luck and strategic thinking. Playing Rummikub fosters social interaction, mental stimulation, and relaxation. This game is so much fun! ****All levels of skill are welcome.****

Boggle Bonanza with Valerie Fryar – Wednesdays, 10:30 a.m. Picture this – seniors yelling out mono or multi-syllabic words. It's Boggle, and it's fun, but this game isn't just fun, it provides multiple health benefits such as boosting memory and concentration and relieving stress. Enjoy playing Boggle as a warmup to prepare for Wordle!

(Hybrid) Zumba Gold with Laurie Fetcher, Wednesdays – 1 p.m. 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. ****This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom.****

Introduction to Line Dancing 101 with Deborah Gibson – Thursdays, 1 p.m. Learn how to line dance and become familiar with the line dancing steps and movements. Each class will incorporate a new movement to build on the line dancing skills learned in the previous class.

Line Dancing – 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 skill, strategic thinking, and luck. This session is a six-week series and is open to beginners and those who need a refresher course. ****For more information and to join, call 732-563-4213.****

Jan. 2 & 30, 11 a.m. – Board Games. Join other senior center members for a fun day of playing board games including Scrabble, Checkers, and Chess. Playing board games is a great way to relax and socialize.

Jan. 3, 11 a.m. – New Year, New Beats! Soothe the mind, body, and spirit in this drumming circle, which is a holistic experience that will give participants a sense of joy! This is an ancient approach to holistic healing, that promotes healing and incites self-expression, fosters deep relaxation, lowers blood pressure, reduces stress, and helps build communication skills.

Jan. 4, 11 a.m. – Quail Brook New Year’s Vision with Donna Smith from Arbor Terrace. Help make a 2024 vision board filled with goals and aspirations for the New Year. The board will be displayed at the senior wellness center to help participants remember their goals.

Jan. 5, 10 & 19, 11 a.m. – Bingo. Partake in a friendly competition and play Bingo, which is more than just 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.

Jan. 8, 11 a.m. – “How to Prepare for a Winter Storm” with Allie Calascibetta, American Red Cross. Learn safety tips to help prepare for severe winter weather.

Jan. 9, 11 a.m. – Casino Night with Caitlyn Meador, Foothill Acres. Take part in the excitement of a slot machine, the challenge of poker, and the thrill of roulette at the Quail Brook Senior Center where there will be a taste of Las Vegas.

Jan. 11 & 25, 11 a.m. – Brain Games. Join fellow center wellness center members for games, puzzles, and trivia challenges designed to keep the brain young. Studies show that brain games may help sharpen thinking skills that wane with age, such as processing speed, planning skills, reaction time, decision-making, and short-term memory.

Jan. 16, 11 a.m. – Knight Life. Learn how medieval knights prepared for war and enjoyed the pleasures of peace through works of art from the Morgan Library and Museum, the Metropolitan Museum of Art, and The Cloisters.

Jan. 17, 11 a.m. – Making Resolutions for Better Health by Healthy Living Program Coordinator Jennifer Korneski, M.P.H., Rutgers Cooperative Extension of Somerset County. Learn how to start the new year on the right foot for a healthier year.

Jan. 18, 11 a.m. – “When Do You Need the County Surrogate?” by Somerset County Surrogate Bernice “Tina” Jalloh. Learn about the surrogate’s role at the county including estate planning, preparing a will, power of attorney, and why a living will is important.

Jan. 22, 11 a.m. – Karaoke with Crystal. Take part in a friendly Karaoke Competition.

Jan. 23, 11 a.m. – “Winter Adaptations” by the Somerset County Park Commission Environmental Education Center. Explore how wildlife survives the long winter in this interactive discussion. Participants will find out about habitat, niche, and adaptation through a presentation that includes animal artifacts.

Jan. 24, 11 a.m. – Art Instruction with Karen. Create a design to take home using acrylic paints, step-by-step instructions, and a brief demonstration. ****Participants will be provided with paintbrushes and acrylic paints.****

Jan. 25, 11 a.m. – “Mood Disorders” by a representative from Robert Wood Johnson. Explore the reasons why some people experience long periods of extreme happiness, sadness, or both. Participants will also learn the symptoms, causes, and how to improve one’s mood.

Jan. 26, 11 a.m. – The American Jazz Song Book by Nancy Petrucelli. Enjoy this saxophone performance of popular hits from the 1950s-1980s including favorite songs from the Beatles, Elvis Presley, Aretha Franklin, and more.

Jan. 29, 11 a.m. – Pedal Steel Guitar Exploration with Gordon Wells. Learn the difference between a pedal steel guitar and a normal guitar and enjoy a musical performance with background music as an accompaniment.

Jan. 31, 11 a.m. – “Fall Prevention” with Debbie Aidelman from Brain Injury Alliance of New Jersey. Learn how to prevent brain injuries using fall-prevention strategies, which include practicing exercises for balance and strength and removing tripping hazards in your home.

WARRENBROOK SENIOR CENTER

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

Billiards Room – Available daily. The pool table is available daily on a first-come, first-serve basis.

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

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

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

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

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

Watercolor Paint Class – Monday & Wednesday, 9 a.m. to 12 p.m. Meet new people and practice your craft with other experienced artists. ****All supplies are included.****

1-on-1 Computer with Sal – Mondays, 10 a.m. – 2 p.m. Learn how to email, play solitaire, and search the web in this eight-week, one-on-one class when participants will finally understand what their grandkids have been trying to explain to them. ****Pre-registration is required. For more information, call 908-753-9440.****

Stretch with Warrenbrook Senior Center Volunteers Kanwaljit Minhas and Emma (Connie)

Deversterre – Mondays, 10:15 a.m. – Improve flexibility and balance by stretching, which keeps the muscles flexible, strong, and healthy, to maintain a range of motion in the joints. **For more information, call 908-753-9440.******

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

Zumba Gold with Judith – Tuesdays and Fridays, 10:15 a.m. Get your blood pumping with zesty music and a hearty workout. Build cardiovascular health by challenging your heart and exercising, the hip, leg, and arm muscles when performing fun and rhythmic moves while sitting in a chair. ****The cost is \$40 for the eight-week program. This class is suitable for beginners or anyone who needs modifications to their exercise routine. To register or for more information, call 908-753-9440.****

Bridge Group with Ronnie – Tuesdays, 1 – 3:30 p.m. Play Bridge, a mentally challenging card game that provides intellectual and social interaction. Playing bridge can stimulate the brain to keep it alert and help it stay active. ****New members and beginners are always welcome. Lessons are available.****

Gentle Yoga with Jillian – Tuesdays, 1 p.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 achieve an overall sense of well-being. ****The cost is \$40 for the eight-week program. This class is appropriate for all skill levels. For more information and to register for the next session, call 908-753-9440.****

Project Healthy Bones – Wednesdays, 10 a.m. (Oct. 4 – March 13) – Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. ****This class is currently full. To hear about other opportunities, call 908-753-9440.****

Strength with the Warrenbrook Seniors – Wednesdays, 10 a.m. – Improve flexibility and balance by using resistance bands. ****There will be no class on Jan. 10. Two-to-five-pound hand weights are recommended. There is no cost for this class. For more information, call 908-753-9440.****

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

Gentle Yoga with Jillian – Thursdays, 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 lots 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. ****The cost is \$40 for the eight-week program. This class is appropriate for all skill levels. For more information and to register for the next session, call 908-753-9440.****

Art Hour with Jean – Wednesdays, 1 – 3:30 p.m. This is a great opportunity for an artist to meet new people while creating a piece of artwork using watercolors or acrylics. ****All supplies will be provided.****

Ukulele with John, Wednesdays, 1 – 3:30 p.m. Learn different chords and play songs on the ukulele. ****Participants must bring their own Ukulele. This is a closed group.****

Card/Table Games – Thursdays, 1 - 3:30 p.m. Join other senior wellness center members to play favorite games such as dominoes, Left-Right-Center dice games, Rummikub, Canasta, and more.

Chair Exercise with Warrenbrook Seniors – Fridays, 10 a.m. –

Use resistance bands to strengthen the abdominal muscles, lower back, and pelvic floor muscles. ****There is no cost for this class. For more information, call 908-753-9440.****

Bridge – Fridays, 1 –3:30 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.

Jan. 3, 31, 11 a.m. – Bingo with Rashmi. Take part in a little bit of friendly competition and play Bingo, which is more than just 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.

Jan. 4, 11 a.m. – “The Fascinating World of Insects.” Watch an amazing documentary on the world of insects, which clean up the planet for us, pollinate the plants we depend on, and provide the basis of the food chain.

Jan. 5, 19, 11 a.m. – Brain Games and Hand Bells with Adrienne Graubard. Solve puzzles and stimulate the brain to enhance creative and critical thinking in this mind-tingling, brain-stumping, and fun-filled musical workout using hand bells.

Jan. 8, 11 a.m. – “Joyfully Neat” by Joy Jacobs, of Joyfully Neat. Learn how to become clutter-free, to prepare for a move, home sale or just to get organized.

(Virtual) Jan. 9, 1:30 p.m. – Monthly Book Club – Meets Every Second Tuesday of the month. Join fellow book lovers to discuss “Lillian Boxfish Takes a Walk” by Kathleen Rooney and select the next book to read. ****New members are always welcome! This book club is only for Warrenbrook Senior Center Participants.****

Jan. 10, 10 a.m. – Hearing Screening by Tracy Walker from HearingLife – Get a free hearing screening to detect hearing loss, or to be used as a baseline for individuals who experience hearing loss in the future. ****Pre-registration is required.****

(Virtual) Jan. 11, 11 a.m. – Breathing Techniques for Mental Wellness Meditation by Dr. Prabha Srinivas. Learn techniques to distract the mind and induce calm during an anxiety episode. These techniques can be practiced regularly to calm and regulate the nervous system consistently and develop an ongoing awareness of situations that trigger anxiety.

Jan. 12, 11 a.m. – Snowflake Bracelet Craft. Make a snowflake bracelet craft using beads and other materials. ****All supplies will be provided. Pre-registration is required.****

Jan. 17, 11 a.m. – “Medicare Patrol: Part 2” by Joel Schneider from Senior Medicare Patrol. Learn how to protect yourself from Medicare fraud, waste, and abuse.

Jan. 18, 11 a.m. – “Passports to Penguins” by Naturalist Vanessa Darras, Somerset County Parks Commission. Learn about the different types of penguins including where they live, what they eat, and much more in this one-hour presentation.

Jan. 22, 11 a.m. – “Legends of Liberty Hall” by Hannah Gaston. Explore the mysteries and legends of the Liberty Hall Museum, which include stories of ghosts, murder, love affairs, and more!

Jan. 22, 1 p.m. – Breathing Techniques for Mental Wellness Meditation by Dr. Prabha Srinivas. Learn techniques to distract the mind and induce calm during an anxiety episode. These techniques can be practiced regularly to calm and regulate the nervous system consistently and develop an ongoing awareness of situations that trigger anxiety.

Jan. 24, 11 a.m. – Music Through the Ages: 1950s-1980s. Take a musical journey through the 1950s, '60s, '70s, and '80s, and get ready to dance.

Jan. 25, 11 a.m. – Armchair Travels to Iceland. Take a captivating journey without ever leaving the comfort of your chair and visit the land of fire and ice, where majestic glaciers collide with volcanic vistas, and the ethereal whispers of elf folklore drift upon the winds. Participants will see the best places to visit in Iceland and learn Icelandic folk songs. There will be time to play Icelandic trivia at the end of the presentation.

Jan. 26, 11 a.m. Casino Games with Caitlyn Campbell. Take a gamble and enjoy this casino experience. ****Pre-registration is required.****

Jan. 29, 11 a.m. – “Over the Counter Drugs Interactions” by Shivani Shah from Walmart Pharmacy. Learn about drug interactions with over-the-counter (OTC) drugs.

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