



For Immediate Release
November 1, 2023

Somerset County-Operated Senior Centers Offer Exciting Activities in November



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

There will be no in-person or hybrid classes/programs on Election Day (Nov. 7), Veteran's Day (Nov. 10), Thanksgiving Day (Nov. 23) and Thanksgiving Friday (Nov. 24).

Lunch

Attendees can invite a friend or neighbor to join them for lunch. All county-operated senior centers provide a nutritionally balanced lunch on Monday through Friday 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 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.

Participants can join Zoom programs through a web browser without downloading any 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

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

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

Stronger Seniors, Core Strength Mondays & Fridays, 10 a.m. Join this safe and easy workout to strengthen core muscles by using resistance bands in this pre-recorded exercise program. ****Participants can bring resistance bands or borrow bands from the senior center. For more information, call 908-204-3435.****

Knitting/Crocheting/Stitching Club – Mondays, 12:30 – 4 p.m. Bring knitting, crocheting or stitching projects to the senior wellness center and either practice a hobby or learn a new hobby while meeting wonderful people. ****Everyone is welcome to join this club.****

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.****

Stronger Seniors: Stretch – Mondays & Thursdays, 1 p.m. Join this simple, 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.****

Take Control with Exercise – Tuesdays & Thursdays, 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.****

Canasta Club – Tuesdays, 12:30 p.m. Play this traditional card game that requires the use of strategic and tactical thinking. ****New members are welcome. 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, Bridge. 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 1 p.m. (Nov. 29 – Jan. 17, 2024). 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 being 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 one to gain an overall sense of well-being. ****The cost is \$40 for the eight-week program. For more information, call 908-204-3435.****

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Monthly Book Club – Every Third Wednesday, 12:30 p.m. Join the book club on Nov. 15 to discuss historical fiction “The Matchmaker’s Gift: A Novel,” by Lynley Cohen Loughan. ****New members are always welcome!****

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. ****For more information, call 908-204-3435.****

Chair Yoga with Jillian. Fridays, 1 p.m. Gain health benefits by practicing yoga poses with the support and safety of your favorite chair. Increase bone density, and improve strength, flexibility, and balance while being 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 to gain an overall sense of well-being. ****The cost is \$40 for the eight-week program. The next session will begin Jan. 5 to Feb. 23. For more information, call 908-204-3435.****

Nov. 1, 11 a.m. – Craft: Dandiya Sticks with Kelly. Learn how to make Dandiya Sticks using wooden sticks, ribbon, and construction paper for the Diwali Celebration on Wednesday, Nov. 8. ****All supplies will be provided. The class size is limited. For more information, call 908-204-3435.****

Nov. 2, 11 a.m. – “POLST: What Is It and Should I Have One?” by Chris Kellogg, NightingaleNJ. Learn all about Physician Orders for Life Sustaining Treatment (POLST), including when and why a POLST is necessary.

Nov. 2, 9, 16 & 30, 11 a.m. – Line Dancing with David Cross. Have fun getting fit while dancing. Studies have shown 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.****

Nov. 3 & 29, 11 a.m.– Bingo. Partake 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.

(Hybrid) Nov. 6, 11 a.m. – “Party Hearty in the Middle Ages” by Michael Norris. Explore art and archaeology and learn about medieval foods, the preparation of feasts, how sumptuous foods were presented with rules and ceremonies, and what types of entertainment was popular.

Nov. 8, 10 a.m. – Blood Pressure Screenings. Get a free blood pressure screening from an Atlantic Health nurse. ****No appointment is necessary.****

Nov. 8, 11 a.m. – Diwali Celebration with Rajul Shah, Quail Brook Senior Center Participant. Celebrate and learn about Diwali, also known as “the festival of lights.” Diwali celebrates light over darkness and good over evil. During the celebration, find out about traditions, dance and dandiya sticks. ****For more information, call 908-204-3435.****

Nov. 9, 11 a.m. – “Animals Go To War” by Joan Schaible. Meet the pets, rodents, farm and circus animals, birds and even insects that helped save lives and comfort men and women in uniform when facing hardships, conflict and danger during World War I from 1914-1918.

Nov. 13, 11 a.m. – A Time of Thankfulness by Karen Muha, Toastmasters International. Celebrate Thanksgiving with Karen who will toast the seniors.

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SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

Nov. 14, 11 a.m. – “Genetics and Cancer” by Ashley Purper, Rutgers Cancer Institute of New Jersey. Learn how genetics can impact the development of cancer, and how to limit the risk of cancer through modifications to lifestyle.

Nov. 15, 11 a.m. – Thanksgiving Cards with Jerry Garris-Happ. Create a beautiful Thanksgiving-themed greeting card for a loved one. ****All supplies will be provided. For more information, call 908-204-3435.****

Nov. 16, 11 a.m. – “All About Diwali Saris” by Senior Wellness Center at Basking Ridge Participants Kishori Patel and Panna Parikh. Learn about the purpose and history of saris, which are traditional clothing worn by women in Southeast Asia. A sari is a single unstitched piece of fabric that is arranged over the body like a robe. Participants will see a stitched and embroidered sari on display.

Nov. 20, 11 a.m. – Craft: Thanksgiving Wreath with Certified Dementia Practitioner Andi Noble, Residence at Basking Ridge. Create a beautiful Thanksgiving wreath to hang on a door or window in honor of the season. ****All supplies will be provided. For more information, call 908-204-3435.****

Nov. 21, 11 a.m. – “Poison Control: Chemical and Food Safety” by Eward Greene, New Jersey Poison Control Center. Learn food safety tips including how to prevent food poisoning, limit cross contamination, safe food storage and how to keep cleaning products separate from food products.

Nov. 22, 11 a.m. – Floral Arranging Workshop with the Bernardsville Garden Club. Join a seasonal floral workshop to start the Thanksgiving season. ****Register by Nov. 17. To register and for more information, call 908-204-3435.****

Nov. 27, 11 a.m. – Holiday Decorating Day. Get into the holiday spirit by decorating the Christmas trees and setting up Hanukkah menorahs while holiday music is playing in the background.

Nov. 28, 11 a.m. – Rock, Country, and More with John Sudia. Enjoy this guitar and vocal performance of classic country, rock, and other hits.

Nov. 28, 12:30 p.m. – Poetry Workshop with Senior Wellness Center at Basking Ridge Participants Jack Bernardo and Carolyn Moretti. Read, write, share, and interpret favorite poems in this beginner workshop. ****New members are always welcome!****

Nov. 30, 11 a.m. – Table Games with Connie Ledder. Play Pokeno, Left-Center-Right Dice Game, Scrabble, Dominoes, and other games for a fun day. ****Connie will teach participants how to play any games they have never played.****

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

Billiards Room – Available daily, Monday to Friday on a first-come, first-serve basis.

Computer Lab – Available daily, Monday to Friday. Senior wellness center members are welcome to use the computers at their leisure.

Ping Pong – Available Monday – Friday. Take a shot at this fun game for a great way to improve hand-eye coordination, concentration and agility.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Table Shuffleboard – Available Monday – Friday.

Qigong Practices with Michael – Mondays, 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 and then practice sets of exercises (like Tai Chi) until each movement and posture is perfected.

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

(Virtual) Tai Chi for Arthritis & Fall Prevention with Phillip Chan – Mondays, 1 p.m. & Thursdays, 10 a.m. (Sept. 11 to Jan. 22). Learn how to practice reducing falls and improving balance. 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 have shown that practicing tai chi can help reduce pain, fatigue, and stiffness, and help participants achieve a greater sense of well-being. ****This program can be practiced while either standing or sitting. To be added to the waitlist, or for more information, call 908-203-6101.****

(Virtual) Hatha Yoga with Bharti – Tuesdays & Thursdays, 9:30 a.m. Improve body posture through breath control and meditation. Practicing Hatha Yoga may provide participants with many health benefits, including aligning the body, and improving balance, flexibility, and circulation. ****To register, call 908-203-6101 or email donlin@co.somerset.nj.us.****

Line Dancing with Connie and Debbie. 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. ****This class is suitable for participants with limited mobility. All levels of skill 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.
- **Friday Mornings** – 9 a.m. to 12 p.m.

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, presented in a video format. ****Exercises can be practiced while either standing or sitting.****

Monthly Book Club – Every Fourth Thursday, 10 a.m. Join fellow book lovers on Nov. 16 to discuss "The Life We Bury," a mystery novel by Allen Eskens. ****New members are always welcome!****

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

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Ukulele Boot Camp – Thursdays, 12:30 p.m. (Sept. 14 – Nov. 2). Learn how to play the ukulele in just eight weeks while also connecting with others. In this musical boot camp, participants will start playing songs on the first day. The uke is incredibly easy to learn and has a wonderful way of making complicated music simple to play. The instrument has only four strings, and finger placement and chords are simple to learn. ****The class is currently full. No previous experience or musical training is necessary. There are a limited number of ukuleles available to borrow. Players from previous sessions, newcomers, vocalists and percussionists are welcome. For more information, call 908-203-6101.****

(Hybrid) Gentle Aerobics with Lisa & Caitlin – Wednesdays & Fridays, 10:30 a.m. Exercise without putting undue pressure or strain on the body. Learn movements to increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. ****The class will start at 10 a.m. on Oct. 13. This class will be presented via Zoom and conducted live at the center by an instructor. Exercises can be practiced while standing or sitting. The class is open to all skill levels.****

Stronger Seniors, Core Strength – Thursdays, 1 p.m. Join this safe and easy workout to strengthen core muscles by using resistance bands in this pre-recorded exercise program. ****Participants can bring resistance bands or borrow bands from the senior wellness center. For more information, call 908-203-6101.****

Project Healthy Bones – Mondays, 10:30 a.m. (Aug. 14 – March 4). 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.****

Project Healthy Bones – Fridays, 12:45 p.m. (Aug. 16 – Feb. 16). 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.****

Crafts Club – Fridays, 12:30 – 2 p.m. Crafting and chatting is a great way to spend a Friday afternoon. Knit, crochet, embroider or bring any type of crafting project. ****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!****

Nov. 1, 11 a.m. – Natural Aging vs. Dementia by Certified Dementia Practitioner Andi Noble, Residence at Basking Ridge. Discuss the many types of dementia including its symptoms and how to identify normal aging.

Nov. 2, 11 a.m. – Fact or Fiction by Caitlin. Test the memory, the imagination, and maybe learn something new or shocking. When playing this game, participants might find the answers surprising.

Nov. 3, 11 a.m. – Musical Performance by Paul Elwood. Dance and sing along to these upbeat songs.

Nov. 6, 9, 27 & 29, 9 a.m. – Blood Pressure Screenings by Nursing students from the Rutgers School of Nursing. Get a free blood pressure screening from a nursing student.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Nov. 6, 11 a.m. – “Aging in Your Own Space: Tips for Seniors on Staying in Your Home” by Healthy Aging Coordinator Rebecca Abenante, M.A., M.S.W., L.S.W., A.S.W.-G. Learn what advanced planning is necessary when creating an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations.

Nov. 8, 11 a.m. – “How to Prepare for a Flood,” by Disaster Program Specialist Allie Calascibetta, American Red Cross. Learn how to best prepare for natural disasters.

Nov. 9, 11 a.m. – Cards for Veterans with Lisa and Caitlin. Create special cards for servicemen and women to thank them for the sacrifices they have made for the country. ****All supplies will be provided. The class size is limited. Registration is required. For more information, call (908) 203-6101.**

Nov. 13, 11 a.m. – Musical Performance by Andrew Lobby. Enjoy this voice and guitar performance featuring favorite songs from the past.

Nov. 14, 10:30 a.m. – Diwali Floral Arrangements. Create center pieces for the Diwali Celebration with Bridgewater Garden Club. ****The class size is limited. Registration is required. For more information, call 908-203-6101.****

Nov. 14 & 28, 11 a.m. – Bereavement Support Group. 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.****

Nov. 15, 11 a.m. – Mini Mandala Hanging Décor Craft. Learn how to create a mini mandala to hang at the senior wellness center. ****All supplies will be provided. The class size is limited. Registration is required. To register and for more information, call 908-203-6101.****

Nov. 16, 11 a.m. – “Beating the Holiday Blues for the Elderly” by Chris Kellogg, NightingaleNJ. Join this session to learn tools and techniques for managing the holiday blues.

Nov. 17, 10 – 11:15 a.m. – Free Blood Pressure Screenings. Get a free blood pressure screening from a Somerset County Vo-Tech nursing student to help them learn while you learn about your blood pressure. ****No appointment is necessary.****

Nov. 17, 11 a.m. – Diwali Celebration presented by the clients of the Senior Wellness Center at Bridgewater. Celebrate Diwali, also known as the five-day Festival of Lights, which signifies new beginnings and the triumph of good over evil and light over darkness. ****For more information, call 908-203-6101.****

(Hybrid) Nov. 20, 11 a.m. – “Fall Cleaning Jumpstart: A 10-Day Tidy-Up Challenge” by Author and Expert Organizer Jamie Novak. Learn ten tiny tasks that will make a big difference when feeling overwhelmed and not sure how to start your fall cleaning.

Nov. 21, 11 a.m. – Hillsborough Rockers & Rockettes. Lift your spirits at this performance by the Hillsborough Township Rockers and Rockettes Senior Dance Group.

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SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

Nov. 22 & 30, 11 a.m. – Bingo. Partake 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.

Nov. 27, 11 a.m. – Community Service Craft Project: Snowflake Ornament with Volunteer Coordinator Shelley DeMarco, Ennoble Care. Create a beautiful ornament which will be donated to seniors with life-threatening illnesses. ****All supplies will be provided. Class size is limited. Registration is required. To register and for more information, call 908-203-6101.****

Nov. 28, 11 a.m. – Innovative Approach to Parkinson's Disease by Moves Certified Therapist Samantha Jozwik, P.T., D.P.T., P.W.R. Learn to help manage Parkinsons through movement. In this class, patients will discover core movements that can be performed in various positions to improve mobility and flexibility.

Nov. 29, 11 a.m. – Fun & Games with Lisa and Caitlin. Play your favorite oldies, such as Dominoes, Left-Center-Right, and Pass the Pigs and have a relaxing day.

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 playing this game.

Sit & Stitch Club – Mondays, 1 p.m. Bring your 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 tile-based game that requires use of skill, 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 teaches proper breathing and proper positioning.

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 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.

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

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. The class is presented via video. All exercises will be demonstrated while standing and sitting. ****For more information, call 908-369-8700.****

Hillsborough Discussion Group with Al Alvaro – Every Second Thursday (Nov. 9), 1 p.m. The group will discuss what they are thankful for and how they celebrate the holiday. **For more information, call 908-369-8700.****

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

Nov. 1, 10 a.m. – “Using Your Wits: Part 5” by Lisa Bayer, C.D.P., Always Best Care Senior Services. Learn about the correlation between sleep and dementia, why people don't sleep well, how to achieve quality sleep, and the different stages and chronotypes of sleep. Participants also will engage the brain with interactive and stimulating brain fitness to help support quality sleep.

Nov. 2, 11 a.m. – Brain Games. Keep your brain young by playing games, puzzles, and trivia. Studies show that playing brain games may help sharpen certain thinking skills that tend to wane with age, such as thought-processing speed, planning skills, reaction time, decision-making and short-term memory.

Nov. 3 & 16, 11 a.m. – Bingo. Partake 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.

Nov. 6, 10 a.m. – Scarecrow Door Hanger Craft. Create a simple, eye-catching scarecrow to hang on the front door. ****All supplies will be provided. Supplies are limited. For more information, please call 908-369-8700.****

Nov. 9, 11 a.m. – “When Do You Need the County Surrogate” by Somerset County Surrogate Bernice “Tina” Jalloh. What is the County Surrogate? Tina will discuss estate planning, i.e., preparing a will, Power of Attorney (POA) and living will and why it is important.

Nov. 13, 10 a.m. – Diwali Celebration by the Senior Wellness Center at Hillsborough Clients. Celebrate Diwali, also known as the five-day Festival of Lights, which signifies new beginnings and the triumph of good over evil and light over darkness. **For more information, call 908-369-8700.**

Nov. 14, 10 a.m. – Card Games. Play your favorite card games like Rummy, Poker, Crazy Eights, and Solitaire and share gaming skills. **** All levels are welcome.****

Nov. 17, 11 a.m. – “Diabetes & A Healthy Lifestyle” by Jennifer Korneski, Rutgers Cooperative Extension. We're entering the season of feasting, which can make managing diabetes a real challenge. Join Jennifer to learn some healthy eating tricks and foods to help keep diabetes on track.

Nov. 20, 10 a.m. –Jeopardy with Shirley. Play this intellectually stimulating game for fun.

Nov. 21, 10 a.m. – Game Day. Join fellow senior wellness center members to play favorite games, including hangman, checkers, chess, and more. Playing games is a great way to socialize while taking part in friendly competition.

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SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

Nov. 27, 10 a.m. – Remember that Song Trivia. What was the name of that song? Who sang that? Oh, you remember the one, it was so popular! Join us for a fun trivia game of songs.

Nov. 28, 10 a.m. – Drumming Circle Gathering with Dave Miller, EarthMovers Collective. Soothe the mind, body, and spirit when participating in this drumming circle. Learn how to hold a drum and make different tones. During this holistic experience, participants will feel a sense of joy while healing. Drumming will incite self-expression, deep relaxation, lower blood pressure and reduce stress.

Nov. 30, 11 a.m. – “Beating the Holiday Blues” by Chris Kellogg, NightingaleNJ. Join this session to learn tools and techniques for managing the holiday blues.

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.

Computer Lab – Available daily. Senior center members are welcome to use the computers at their leisure.

Card Club: Rummy 500. Get your game on and play a fun and relaxing version of the card game Rummy. You don't want to miss the fun.

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.****

Bocce Ball – Fridays, 10 a.m. – 2 p.m. Enjoy the outdoors while playing bocce ball! ****All levels of skill are welcome. Instructions are available. The game is available when weather permits.****

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 the exercises while either standing or sitting.****

Nia Melt with Alida Westfield – Mondays, 11 a.m. – Get a full body workout that includes moving to music using the MELT Method, which is a lightweight series of exercises, that uses little balls on specific positions of the hands and feet to help eliminate trapped stress and pain in the body. The class ends when participants stand or sit to practice 15-20 minutes of non-impact Nia movements that were created especially for seniors to stimulate HIT (High-Intensity Interval Training), which is known to burn fat. ****There will be no class in Nov. or Dec. Class will resume in Jan. 2024****

(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 may help participants increase bone density, strengthen muscles, improve balance, relieve stress, and achieve an overall sense of well-being. ****No class on Nov. 14 Exercises can be practiced while standing or sitting. The class is open to all skill levels. This class will be presented via Zoom and conducted live at the center by an instructor.****

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MONTGOMERY SENIOR CENTER – CONT'D

Intermediate Ukulele Lessons with John Fitzpatrick –Fridays 9 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. ****For more information, call 609-466-0846.****

Tai Chi with Herb – Wednesdays, 10 a.m. Reduce the risk of falls by practicing Tai Chi. In this class, participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that most participants reduced their pain, fatigue, and stiffness and achieved a greater sense of well-being when practicing Tai Chi. ****Participants can practice 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 easy-to-follow lessons over six weeks. ****Next session to start on Jan. 10, 2024. To register and/or to reserve a ukulele, call 609-466-0846 or email Crowley@co.somerset.nj.us.****

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

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 your brain sharp and supercharged! This club is for anyone who wants to learn the game or loves playing it. ****This is not a competitive club. All levels of experience are welcome.****

Nov. 1, 11 a.m. – “Fall Prevention” by Joslynn Brown, R.N., B.S.N., Public Health Nurse, Montgomery Township Health Department. The CDC reports more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again. This brief educational session is designed to raise awareness and provide knowledge about fall prevention, as well as how to reduce falls, improve overall health and well-being and provides referrals and resources.

Nov. 2 & 16, 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.****

Nov. 3, 10:15 a.m. – TED Talk: Loretta LaRoche. Loretta LaRoche is a force of nature. As brilliant as she is hilarious, Loretta's witty wisdom is grounded in solid science and cutting-edge positive psychology. Her practical advice about stress will set you free to claim peace, creativity, humor, and happiness.

(MORE)

MONTGOMERY SENIOR CENTER – CONT'D

Nov. 3 & 8, 11 a.m. – Bingo. Partake 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.

Nov. 5, 14, 20 & 28, 11 a.m. – Ageless Grace Fitness Program with Certified Ageless Grace Educator Roz Gerken. Take this fitness program, to activate all five functions of the brain 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 both functionally and structurally. ****Participants of all skill levels will be thoroughly engaged in the class while seated in a chair.****

Nov. 6 & 20, 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.

Nov. 9 & 30, 10 a.m. – Crocheting with Mary. Learn everything you need to know about crocheting, a fun hobby that can help people relax. In this class, you will find out how to hold the hook, learn common crochet stitches, and find out how to crochet "granny squares." ****All supplies will be provided. For more information, call 609-466-0846.****

Nov. 9, 10:15 a.m. – Storytelling by Gary Tully, Toastmasters International. This presentation will help participants learn about the value of "telling" a story and methods for "telling" good stories.

Nov. 13, 22, 27 & 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.****

Nov. 14, 1 p.m. – Pema Chodron Video: Working with Shenpa (Getting Hooked) in Meditation. Pema discusses working with Shenpa in meditation practice and relaxing with positive groundlessness. She will give advice to meditators on how to deal with thoughts and distractions during meditation practice.

Nov. 15, 11 a.m. – "Using Your Wits: Part 5" by Lisa Bayer, C.D.P., Always Best Care Senior Services. Learn about the correlation between sleep and dementia, why people don't sleep well, how to achieve quality sleep, and the different stages and chronotypes of sleep. Participants will also find out how to engage the brain with interactive and stimulating brain fitness to help support quality sleep.

Nov. 16, 11 a.m. – Diwali Odissi Dance Performance. Diwali is a celebration of good versus evil or light against dark, which is why it's known as the Festival of Lights. The most spiritual dance from Ancient India, Odissi, is one of the eight Indian Classical Dance Forms (Bharatanatyam, Kathak, Kuchipudi, Odissi, Kathakali, Sattriya, Manipuri, and Mohiniyattam). Please join us for this exciting performance. ****For more information, call 609-466-0846.****

Nov. 17, 10 a.m. – Acrylic Painting Program with Denise. Choose three different fall pictures that you will outline and paint. ****All supplies will be provided. For more information, call 609-466-0846.****

(MORE)

MONTGOMERY SENIOR CENTER – CONT'D

Nov. 17, 1 p.m. – Travelogue Video: Barcelona Spain. Barcelona is the capital and largest city in Spain and is a world-famous travel destination. It is a Mediterranean city with excellent beaches and good weather, art, and sports. Barcelona is also a lively city, where there is always something to do including historical parades, open-air festivals, religious traditions, and street fairs. The video has closed captioning available and comes complete with a voice-over of the text.

Nov. 21, 11 a.m. – “Bring Vegetables to the Table: Celebration of the Fall Harvest” by Jennifer Korneski, Rutgers Cooperative Extension. Studies on vegetables show that eating a variety of vegetables is not only good for you nutritionally but may almost certainly provide a decreased risk of cardiovascular disease and specific types of cancer. In addition to a review of health benefits, we will explore interesting facts and historical information about vegetables, as well as ways to store and prepare them. As a nation, we are not doing well when it comes to vegetable requirements.

QUAIL BROOK SENIOR CENTER

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

Take Control with Exercise – Monday, Tuesday, & Thursday, 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.****

Canasta Club – Mondays, 1 p.m. Canasta is a traditional card game that involves grouping your cards together to outscore your opponent or the opposing team. Join us for some friendly competition. New members are always welcome. ****For more information, call 732-563-4213.****

Walking Club – Tuesdays, 12:30 p.m. Enjoy the fresh air and outdoor activity that will keep participants moving in the right direction, as well as improving flexibility, lowering blood pressure, elevating the mood, and socializing with friends. ****The session takes place when weather permits. For more information, call 732-563-4213.****

Geri-Fit with Susan Pfeiff – Tuesdays & Fridays, 12:30 p.m. (Oct. 3 – Jan. 5) Rebuild your strength for better functioning through Geri-Fit, a unique and beneficial exercise program that 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. **** The class is currently full. This exercise program can be practiced while sitting or standing. Participants need a set of light dumbbell weights (2 lbs.), a sturdy chair, a stretch band, and water to drink during the workout. This is a 45-minute class that takes place twice a week, for 12 weeks (24 classes). To be added to the waitlist, and for more information call 732-463-4213.****

Geri-Fit with Karen Jessie – Wednesdays & Fridays, 10 a.m. (Oct. 4 – Jan. 5). Rebuild your strength for better functioning through Geri-Fit, a unique and beneficial exercise program that 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. **** The class is currently full. This exercise program can be practiced while sitting or standing. Participants need a set of light dumbbell weights (2 lbs.), a sturdy chair, a stretch band, and water to drink during the workout. This is a 45-minute class that takes place twice a week, for 12 weeks (24 classes). To be added to the waitlist, and for more information call 732-463-4213.****

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

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!

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

(Hybrid) Wednesdays, 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. ****There will be no class on Nov. 22. 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 at 1 p.m. Learn a new line dance to 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 other classes.

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 maintain mental and physical health.

Mahjong Meet Up – Fridays, 9:30 a.m. Play this fascinating game that requires skill, strategic thinking, and a little bit of luck. This is a six-week series and is open to beginners and those who need a refresher course. ****For more information and to reserve a spot, contact the Quail Brook Senior Center at 732-563-4213.****

(Hybrid) Your Essence of Yoga with Raj Gupta, North American Vihangam Yoga – Fridays, 1 p.m. Learn traditional yoga poses as well as how to meditate through a combination of physical and mindful techniques. This class will help participants foster gentle self-awareness and help them obtain a level of serenity. ****This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom.****

Nov. 1, 11 a.m. – Tech Savvy Seniors with Cassandra Collucci, Somerset County Library System. Your tablet is more than just a tool to search the internet. Cassandra will teach you all the tips and tricks for how to use your tablet to listen to your favorite music and read your favorite magazines.

Nov. 2, 11 a.m. – “Staying Safe at Home” with Tina Romero, Synergy Home Care. Tina will discuss potential hazards to watch out for in your home and will make recommendations on basic changes that can be made to keep your home as safe as possible. Suggestions will include simple solutions to reduce falls such as increasing lighting, adjusting furniture placement, or strategically installing grab bars in the best areas.

Nov. 3, 11 a.m. – “Alzheimer’s: 10 Warning Signs” by Terrina Cherry, New Jersey Alzheimer’s Association. Terrina will discuss the ten early signs of Alzheimer’s that can easily go unnoticed. She will also discuss treatment options and lifestyle changes that can help slow the progression of Alzheimer’s.

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Nov. 6, 11 a.m. – Origami Workshop with Itoko Kobayashi, The Space Waraku. During this workshop, Itoko will give step-by-step instructions on how to create simple origami designs that may include flowers, animals, etc. ****All supplies will be provided. For more information, call 732-563-4213.****

Nov. 8, 11 a.m. – Craft: Autumn Decoupage Glass Bowl with Debra Scott, Bristol Assisted Living. Debra will give step-by-step instructions on how to create a glass decoupage bowl. This can be used to hold votive candles or flowers as a decoration for autumn. ****All supplies will be provided. For more information, call 732-563-4213.****

Nov. 9 & 29, 11 a.m. – Bingo. Partake 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.

Nov. 13, 10:30 a.m. – Smart DriverTEK Workshop by Bill Gilbert. Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can increase your confidence behind the wheel. **Please register with your name and email address prior to the program. For more information, call 732-563-4213.****

Nov. 14, 11 a.m. – Jersey Girls Performance. The Jersey Girls will perform music from the 1950s through the 1980s, including “It’s My Party,” “Sherry,” and “Build Me Up Buttercup.” Bring your dancing shoes.

Nov. 15, 11 a.m. – Diwali Celebration with Rajul Shah, Quail Brook Senior Center Participant. Celebrate and learn about Diwali, also known as “the festival of lights.” Diwali celebrates light over darkness and good over evil. During the celebration, find out about traditions, dance and dandiya sticks. ****For more information, call 732-563-4213.****

Nov. 16, 11 a.m. – Shingles Vaccine Clinic: Part 2. Wegman’s Pharmacy will be back to administer the second dose of the Shingles Vaccine. ****For more information, call 732-563-4213.****

Nov. 17, 11 a.m. – Board Games. Join other senior center members for a fun day of playing board games such as Scrabble, Checkers, and Chess. Playing board games is a great way to relax and socialize.

Nov. 17, 11 a.m. – “Home Borrowing Library Service” by Noah Anderson. Home Borrowing is for all library patrons facing health, mobility, transportation, vision, disability, or other incapacitation that prevents them from visiting the library, regardless of age. Home Borrowing can be used as long as needed, on a short-term, long-term, or permanent basis. Rolling an ankle, welcoming a new baby, or no longer driving are all equally welcome. Home Borrowing is more than Library by Mail!

Nov. 20, 11 a.m. – “New Jersey Court System” by Lawyer and Volunteer Speaker Lisa Goldman, New Jersey Board Foundation. Wonder how the court system works in New Jersey? Lisa will provide an overview on the New Jersey court system including several special cases involving senior citizens in New Jersey. Lisa will give insight as to how court cases are handled, and common cases that are seen among senior citizens.

(MORE)

QUAIL BROOK SENIOR CENTER – CONT'D

Nov. 21, 11 a.m. – “Genetics and Cancer” by Ashley Purper, Rutgers Cancer Institute of New Jersey. Today we will learn how genetics can play a role in the development of cancer, and how we can limit our cancer risk in other ways through lifestyle alterations.

Nov. 21, 1 p.m. – Wordle with Chris. Play a fun vocabulary-building game to stimulate your brain.

Nov. 27, 11 a.m. – “Recycling in Somerset County” by Certified Recycling Professional Melissa Harvey, Somerset County Division of Solid Waste Management. This program will inform residents about what is acceptable and what is not in the county’s recycling program. Melissa will discuss China’s impact on the marketing of recyclables and where the recyclables are being disposed of. She will also discuss how to dispose of household hazardous waste and electronics and the shredding events throughout the county in 2023.

Nov. 28, 11 a.m. – Karaoke Competition. Participate in a karaoke competition for musical fun and friendship.

Nov. 30, 11 a.m. – Handyman Program by Laurie Roome, Office of Volunteer Services. The Handyman Program was created to provide support services to enhance the quality of life for seniors and physically disabled citizens of the county. The goal is to keep these individuals living safely and independently in their homes. Laurie will discuss the types of services this program offers and touch on the qualifications for these programs.

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 center.

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

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

1-on-1 Computer with Sal DiBianca – Mondays, 10 a.m. – 3 p.m. Learn how to email, play solitaire and search the web. At the end of the eight-week, one-on-one class, participants will finally understand what their grandkids have been trying to explain. ****To register and for more information, call 908-753-9440.****

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Stretch – Mondays, 10:15 a.m. – Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Warrenbrook Senior Center volunteers Kanwaljit Minhas and Emma (Connie) Deversterre will guide you through the exercises to improve flexibility & balance. **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. (Sept. 15 – Nov. 10). 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 & Fridays, 1 – 3 p.m. Play Bridge, a mentally challenging card game that provides intellectual and social interaction. Playing bridge regularly 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. (Sept. 14 – Nov. 2) Practice Hatha yoga poses, while either sitting or standing, to increase bone density and improve strength, flexibility, and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. The class is perfect for relieving stress, and 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 – Wednesdays, 10:15 a.m. – This exercise program utilizes resistance bands to give you a safe and easy workout for your core muscles. Warrenbrook Senior Center volunteer Kanwaljit Minhas will guide you through the exercises to improve flexibility and balance. **There will be no class on Nov. 15. For more information, call 908-753-9440.****

Advanced Bridge – First & Third Wednesdays, 1 p.m. – 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates one's brain and helps keep the memory active and alert. ****This group is for advanced players only. For more information, call 908-753-9440.****

Gentle Yoga with Jillian – Thursdays, 10 a.m. Practice Hatha yoga poses while either sitting or standing, to increase bone density and improve strength, flexibility, and balance while 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.****

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Art Hour – Thursdays, 1 – 3 p.m. This is a great opportunity for an artist to meet new people while creating an art piece using either watercolors or acrylics. ****All supplies will be provided. For more information, call 908-753-9440.****

Canasta – Thursdays, 1 – 3 p.m. Join fellow senior wellness center members to play this fun and interesting game Canasta, which requires the use of tactical and strategic thinking.

Tai Chi with Roger – Fridays, 10 a.m. Reduce your risk of falling by practicing Tai Chi. In this class, participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that participants experience a reduction in pain, fatigue and stiffness and have gained a greater sense of well-being. ****This program can be practiced while either standing or sitting.****

Bridge – Fridays, 1 – 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Regularly playing bridge stimulates the brain and helps keep the memory active and the brain alert. ****For more information, call 908-753-9440.****

Nov. 1 & 22, 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.

Nov. 2, 11 a.m. – Paint with Stickers. Paint with stickers to create vibrant, full-color pictures using low-poly images, and geometric polygon shapes to create a 3-D effect. This is a compelling activity for artists, crafters, and doodlers of all ages. ****All supplies will be provided. To register, and for more information, call 908-753-9440.****

Nov. 3, 11 a.m. – Brain Games and Hand Bells with Adrienne Graubard. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

Nov. 6, 11 a.m. – Diwali. Diwali, the “Festival of Lights,” is an ancient Hindu festival and is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. Let’s learn and watch Indian dances performed by our Warrenbrook seniors, try some Indian snacks like “samosas” (made with potatoes), “mathiyas” (a lentil flour/fried food) and sweets brought by our Warrenbrook participants. ****For more information, call 908-753-9440.****

Nov. 8, 11 a.m. – Craft Day with Parul. Throughout the year, we have done so many crafts and some of us missed some crafts because of our other commitments. We will be hosting a Craft Day where we will have all of the unused crafts from different craft activities over the course of the year and participants will select a craft they want to do. Selections will be on a first-come, first-serve basis. ****All supplies will be provided. For more information, call 908-753-9440.****

Nov. 9, 11 a.m. – Veteran’s Day Trivia. Today we will test our knowledge with World War II Trivia, Missing Word Patriotic Song Titles, Veteran’s Day Secret Quotes and solve puzzles.

Nov. 13, 11 a.m. – “Wills” by Autonomy Team Leader Colleen Cunningham, Esq., Legal Services of Northwest Jersey. Colleen will discuss the importance of creating wills and other documents and also provide information about where and who to access for help in creating these documents.

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WARRENBROOK SENIOR CENTER – CONT'D

Nov. 13, 1 p.m. – Breathing Techniques for Mental Wellness by Dr. Prabha Srinivas. Learn techniques to distract the mind and induce calm when experiencing an anxiety attack. Find out what preventative measures can be practiced on a regular basis to develop an awareness of anxiety triggers to help calm and regulate the nervous system.

Nov. 14, 1:30 p.m. – Monthly Book Club (Every Second Tuesday). Join us to discuss the historical fiction novel “The Vanishing Half,” by Brit Bennett and select the next book to read. ****Only for Warrenbrook Senior Center Participants. New members are always welcome.****

Nov. 15, 10:30 a.m. – Blood Pressure Screenings. Get a free blood pressure screening from an Atlantic Health nurse. ****No appointment is necessary.****

Nov. 15, 11 a.m. – Musical Tribute to the 1950s and 1960s with Lorri Woodward. Join Lorri as she performs a variety of songs from the 1950s and 1960s with a taste of country as well. Bring your dancing shoes!

Nov. 16, 11 a.m. – “Armchair Travels: Peru with Parul.” Unearth the secrets of ancient civilizations and immerse yourself in the breathtaking landscapes that have captivated adventures for centuries. We will watch a Peruvian folk dance and find out the best places to visit in Peru.

Nov. 17, 11 a.m. – Performance by the Raritan Valley Dance Ensemble. The Raritan Valley Dance Ensemble’s performance will include dances created by Raritan Valley Community College faculty, students, and guest artists and can be tailored to meet specific needs and will run approximately 30-45 minutes. Dance techniques will vary from ballet to modern to jazz and beyond. Also included in the performance are improvisations and a Q&A session with the dancers.

Nov. 17, 1 p.m. – Physical Therapy Screenings with Nicholas Matthes, Trinity Rehabilitation Center of Warren. Nicholas will provide 10-minute physical therapy screenings to registered clients. ****For more information and to sign up, call 908-753-9440.****

Nov. 20, 11 a.m. – Craft: Ceramic Bisque Heart Photo Frame. Join us and make a memorable masterpiece of a Ceramic Bisque Heart Photo Frame with an easel back. This craft can be painted and embellished with the materials provided by the center. ****All materials will be provided. For more information, call 908-753-9440.****

Nov. 20, 1 p.m. – “Elder Abuse” by Eldercare Educator Josh O’Neal, Somerset County Office on Aging & Disability Services. Roughly 1 in 10 seniors experiences some kind of elder abuse, but only 1 in 24 cases are reported to the authorities. Join Josh as he discusses how to identify elder abuse and what to do to stop it.

Nov. 27, 11 a.m. – “Signature Analysis” by Calligrapher and Graphologist Terry Antoniewicz, Anton Expert Handwriting. For law enforcement, financial institutions, and even Queen Elizabeth II, Ms. Antoniewicz has determined psychological characteristics and key personality traits unique to each person. Every downward/upward stroke, line flourish, T cross, and dotted I defines some characteristics unseen by many. In this unique program, Ms. Antoniewicz will look at a signature and analyze key traits as if the letters of your name are speaking to her. So, brush up on your penmanship!

Nov. 29, 11 a.m. – “Bringing Vegetables to the Table: A Celebration of the Harvest” by Program Coordinator Jennifer Korneski, Rutgers Cooperative Extension. Jennifer will provide us with information on how to reduce food waste at home and will share tips for preserving food to save money and creative leftover recipe ideas.

(MORE)

WARRENBROOK SENIOR CENTER – CONT'D

Nov. 30, 11 a.m. – *Decorating the Senior Centers for the Holidays.* Christmas is right around the corner. We will spend the day decorating the Warrenbrook Senior Center and the Christmas tree.

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

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