

**News from the Somerset County Board of County Commissioners**  
Shanel Y. Robinson, Commissioner Director • Sara Sooy, Commissioner Deputy Director  
Melonie Marano, Commissioner • Paul Drake, Commissioner • Doug Singleterry, Commissioner

FOR IMMEDIATE RELEASE  
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## Somerset County-Operated Senior Centers Offer New Virtual Programs and Activities Via Zoom in March *Remote Classes and Programs Help Seniors Stay Connected and Fit During the COVID-19 Pandemic*

**SOMERVILLE, NJ** – Due to the coronavirus pandemic, all county-operated senior centers managed by the Somerset County Office on Aging and Disability Services are **temporarily closed until March 31, 2021**. The county's management team is following state-mandated public healthcare guidelines while they continue to assess the centers' reopening dates.

Senior Center programs that were offered on-site have been modified and are now available via Zoom, which is a secure, video-based, user-friendly, online platform that can be accessed through a smartphone, tablet, or computer and allows residents to see and hear others.

### **Zoom Guidelines**

Unless otherwise specified, residents who are age 60 and above can join any of the Zoom programs listed in this schedule even if they are not a client at the center hosting the Zoom program.

### **Zoom Activity Release Forms**

**Participants are required to** obtain and complete an Activity Release Form from the senior center they regularly attend. After submitting the form to that center, participants will receive an email with information about all Zoom classes and programs listed in this schedule. All programs are **FREE** for registered members!

### **Zoom Tutorial and Registration**

Learn how to use Zoom or sign-up for a virtual tour, at <https://support.zoom.us/hc/en-us>. To register for a program or class, call 908-203-6101 or email [Donlin@co.somerset.nj.us](mailto:Donlin@co.somerset.nj.us).

## **Virtual Programs and Classes for All Senior Center Clients**

### **March 1-5**

**March 1, 11 a.m. – “Frank Owen Gehry, CC, FAIA: The Most Important Architect of Our Age”** by Lisa Bayer. Learn about contemporary architecture of the 21<sup>st</sup> century including the process and interplay of creating a design concept and constructing the building through the eyes of Frank Owen Gehry who used different design approaches such as postmodernism, high-tech, conceptual, and expressionism. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**March 2, 11 a.m. – “The Statue of Liberty”** by Kevin Woyce, author, photographer & lecturer. Step back in time and learn about the Statue of Liberty, which was finally unveiled on October 28, 1886. Find out about the renowned people who helped launch the project including sculptor Frederic Bartholdi, engineer Gustave Eiffel, architect Richard Morris Hunt and newspaper publisher Joseph Pulitzer. Participants will also learn about the history of Ellis Island and Liberty State Park through original photographs and vintage images of people, places and events. \*\* This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**March 2, 3 p.m. – Guided Meditation with Cate.** Take a break and soothe yourself with calming music and meditation, which will help reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 3, 11 a.m. – New Jersey Intergenerational Orchestra Virtual Concert.** Enjoy classical music by the New Jersey Intergenerational Orchestra (NJIO), which has been bridging generations of musicians and audiences through music. For more than 20 years, NJIO has been providing opportunities for musicians of all ages and abilities to study and perform classical music by rehearsing, learning and performing side-by-side with professional musicians and experienced players. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 3, 2 p.m. – Word Games with Donna.** Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 4, 11 a.m. – The Power of Poetry Virtual Workshop** by Ellen Parker, an artist. Rediscover the power of poetry in this interactive workshop. Participants are invited to read aloud, recite, or share a favorite poem. A discussion will follow each reading. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**March 5, 11 a.m. – “Seeing America”** by the Newark Art Museum. Take a private virtual tour of artwork from Colonial America, the Early Republic and the Gilded Age. Discuss selected artwork including paintings, photography, sculpture, textiles, and decorative art. Learn how these pieces influenced and reflected social movements, and how American culture was shaped. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 5, 2:45 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

## **March 8-12**

**March 8, 11 a.m. – “*Master Your Thoughts and Emotions*”** by Dr. Prabha Srinivas. Hone your meditative techniques to help manage your emotions and improve mental wellness and learn to identify the root cause of your emotions. \*\*This program is hosted by the **Quail Brook Senior Center.**\*\*

**March 8, 12 p.m. – *Fact or Fiction.*** Test your memory, stretch your imagination, and maybe learn something shocking, while you try to identify which statements are true or false. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 8, 3 p.m. – *Virtual Tour: SAVE Animal Shelter in Skillman*** with Heather Achenbach, executive director. Take a virtual tour of the SAVE Animal Shelter in Skillman with life-long animal lover Heather who left a successful corporate job to pursue her dream of helping homeless animals. \*\*This program is hosted by the Montgomery Senior Center.\*\*

**March 9, 11 a.m. – *Strawberry Salsa Demonstration with Kristen.*** Learn how to make fresh strawberry salsa with only a few ingredients. **\*\*Ingredient List: 3 cups of fresh strawberries, ½ cup red onion, ¼ cup fresh cilantro, 2 limes, salt, tortilla chips and 1 jalapeno pepper if you like a little heat.** This program is hosted by the Senior Wellness Center at Basking Ridge\*\*

**March 9, 3 p.m. – *Virtual Bingo.*** Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills. Participants can use the gameboard on their screen. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 10, 10 a.m. – “*Acupuncture: The Traditional Chinese Medicine (Theory & Practice)*”** by Justin Jaucian. Learn about acupuncture, an ancient treatment method that is often used in conjunction with traditional medicine and has been practiced in China for thousands of years. In 1995, the FDA classified acupuncture needles as medical instruments and by 1997 the practice of acupuncture became known as an effective/alternative way to treat a wide range of health conditions. \*\* This program is hosted by the Quail Brook Senior Center.\*\*

**March 10, 11 a.m. – “*Personalize Your Plate*”** by Sigrid Solis, Rutgers Cooperative Extension. Celebrate National Nutrition Month. This year’s theme is “personalize your plate!” In this discussion, Sigrid will discuss several popular fad diets and food trends and talk about which ones to avoid. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 10, 2 p.m. – *Word Games with Donna.*** Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! \*\*Hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 11, 11 a.m. – “Armchair Birding: Coral Reef”** by Ben Barkley, naturalist, Somerset County Park Commission Environmental Educational Center. Go Armchair Birding and listen to first-hand stories about birds from the Coral Reefs. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**March 12, 10 a.m. – Prestidigitation! Legerdemain! It’s Magic!** with Eddie and Gavin. Be regaled by magic tricks performed by clever high school students. Afterward, learn how to perform simple sleight-of-hand tricks in a short demonstration workshop. \*\* This program is hosted by the Quail Brook Senior Center.\*\*

**March 12, 11 a.m. – “Celebrate the Irish”** with Mary Ellen Day, volunteer coordinator, Grace Healthcare Services. Learn the history and interesting facts about Ireland. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 12, 2:45 p.m. – Brain Games and Trivia with Kristen.** Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**March 25, 11 a.m. – “Animals Are Coming!”** with Maestro George Mahl from the Discovery Orchestra, Maestro Maull has designed a program that will allow participants’ imagination to guess which animals and other creatures were depicted in Saint-Saens’s Carnival of the Animals, and he will also teach the listening skills that will help participants connect with classical music. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

## **March 15-19**

**March 15, 11 a.m. – Mental Fitness through Brain Exercise** by Lisa Bayer. Learn about what areas of the brain control what cognitive skills and how to incorporate brain exercises into a daily routine. Participants will also perform exercises to help stimulate the brain, such as brain teasers, word challenges and puzzles. Through these simple activities, participants will stimulate certain physical and functional changes in the brain. \*\*This program is hosted by the **Quail Brook** Senior Center.\*\*

**March 15, 2:30 p.m. – Pun & Games with Donna & Denise.** Join the fun with puns. \*\*This program is hosted by the Senior Wellness Center at Hillsborough & Montgomery Senior Center.\*\*

**March 16, 11 a.m. – “Beyond the Obvious: How to Stay Healthy All Year”** by Dr. Roberta Kraus. Learn tricks of the trade for staying healthy all year round with Dr. Kraus, who is an internationally renowned sports psychologist, the President of the Center for Sports Psychology in Colorado Springs, and was a coach for the gold-medal winning United States Paralympic Basketball Team in Rio de Janeiro. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**March 16, 1 p.m. – *Sing-Along*** with Lori & James, entertainers. Celebrate St. Patty's Day with entertainers Lori and James. Bring a lunch, sing-along or just relax and enjoy the music. \*\*This program is hosted by the **Warrenbrook** Senior Center.\*\*

**March 16, 3 p.m. – *Guided Meditation with Cate***. Take a break and soothe yourself with calming music and meditation, which will help reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*Hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 17, 11 a.m. – “*Maximize Your Health While Minimizing Costs*”** by Laurie Roome, M.S., community educator, Somerset County Office on Aging & Disability Services. Did you know that you can live healthily and save money? Learn how to get the most out of healthcare dollars and tap into **FREE** Medicare benefits. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 17, 2 p.m. – *Let the Games Begin: Word Games*** with the Senior Wellness Center at Hillsborough. Join a collective word game competition for brain fitness and cognitive health. This is a beneficial, fun, program that can become quite addictive! \*\*This program is hosted by the Senior Wellness Center at Hillsborough & Quail Brook Senior Center.\*\*

**March 18, 11 a.m. – “*Plant-Based Eating*”** by Daryl Minch, M.Ed., community health sciences educator, associate professor, Rutgers Cooperative Extension. Join this educational discussion on the hot topic of plant-based eating. Learn ways to incorporate more plant-based foods into your diet without sacrificing protein and flavor or and still eating meat. \*\*Hosted by the **Warrenbrook** Senior Center.\*\*

**March 19, 11 a.m. – “*Discover Your Cooking Style*”** by Vanessa Young, Thirsty Radish. Uncover your cooking style with a short quiz. Then, based on the quiz results, participants will learn tips for planning meals and celebrations including recipes, table décor, and creative ideas that reflect their style. Participants will also learn practical tips for more enjoyable, less stressful cooking. \*\* This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 19, 2:45 p.m. – *Brain Games and Trivia with Kristen***. Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

## **March 22-26**

**March 22, 11 a.m. – “*From Mindfulness to Compassion*”** by Monica Townsend, COPSA Institute for Alzheimer's Disease and Related Disorders. Learn to look inward and extend outward to build compassion and enjoy a more positive life. Find out how a

small, positive shift in feelings can generate a big change. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**March 22, 12 p.m. – AARP Smart DriverTEK Workshop** by Bill Gilbert. Join Bill for an interactive workshop to learn about the new driving technologies and how to be safer on the road. Smart DriverTEK is a 90-minute workshop, which was developed by AARP Driver. \*\*Registration is required and class size is limited to 30 participants. To register, call the Senior Wellness Center at Bridgewater at 908-203-6101. This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 23, 11 a.m. – “Eating for One or Two”** by Amanda Fano, M.S., RDN., Far Hills Pharmacy. Learn various ways to shop and prepare food when feeding either one or two people. Find out how to reduce food waste to save money. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**March 23, 1 p.m. – Learn to Draw a Lucky 4-Leaf Clover with Nadeen.** Bring a pencil and paper and learn how to draw a 4-Leaf Clover using a practical drawing technique. \*\*This program is hosted by the Warrenbrook Senior Center.\*\*

**March 23, 1:30 p.m. – Flow and Flair (Part 1)** with Mykel Dicus, Eec! Productions. Dance, create and improve your range of motion through a series of fun dance step movements. Stimulate visual and auditory senses, improve tactical and analytical abilities, and boost sequential memory and creativity. Bring a small flag or pillowcase, hand towel, scarf, or handkerchief. \*\*Space is limited. This program is hosted by the Montgomery Senior Center.\*\*

**March 24, 10 a.m. – “The Legendary Boxty!”** With Chef Kim Minerley. Learn about the boxty – a traditional Irish potato pancake, and its history, how it relates to the Great Famine, the European political environment, and the impact that it had on Irish society and culture. Find out also how to make the Boxty a unique St. Patty’s Day treat by adding different ingredientsboxty. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**March 24, 11 a.m. – “Listen, My Children”** by Meg Wastie, a historian. Join Meg to learn about Longfellow’s famous poem “The Midnight Ride of Paul Revere” and how it relates to the historic facts about Paul Revere. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**March 26, 11 a.m. – “Are Your Ducks in a Row?”** By Laurie Powsner, the Funeral Consumers Alliance of Princeton. Learn practical advice about how to plan ahead, but not pay ahead, choose a funeral home, and save money. This is a fun and fascinating presentation about the funeral industry. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 26, 2:45 p.m. Brain Games and Trivia with Kristen.** Join Kristen for various trivia and brain games. Studies show that brain games may help sharpen certain

thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. **\*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\***

## **March 29-31**

**March 29, 11 a.m. – “It’s No Joke: Laughing Your Way to Better Health”** by Lori Morell. Join this presentation for a few laughs. Laughter is the best medicine. Studies have shown that laughter helps people socialize and strengthen their communal ties. Laughter also helps to releases endorphins, lowers stress levels, and can lighten one’s mood. **\*\*This program is hosted by the Quail Brook Senior Center.\*\***

**March 29, 2:30 p.m. – *Pun & Games with Donna & Denise.*** Join the fun with puns. **\*\*This program is hosted by the Senior Wellness Center at Hillsborough & Montgomery Senior Center.\*\***

**March 30, 11 a.m. – “Stay Positive”** with the Raritan Valley Community College Students. Join these students who have some ideas about looking on the bright side of things even when staying positive is not always easy especially during a pandemic. **\*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\***

**March 30, 1:30 p.m. – *Flow and Flair (Part 2)*** with Mykel Dicus, Eec! Dance, create and improve your range of motion through a series of fun dance step movements. Stimulate visual and auditory senses, improve tactical and analytical abilities, and boost sequential memory and creativity. Bring a small flag or pillowcase, hand towel, scarf, or handkerchief. **\*\*Space is limited.** This program is hosted by the Montgomery Senior Center. **\*\***

**March 31, 11 a.m. – *Music with Paul Elwood.*** Join Paul and sing-along to favorites from the 50s, 60s, and 70s. **\*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\***

**March 31, 2 p.m. – *Word Games with Donna.*** Dust off the cobwebs and get the brain revved up. Join Donna to play fun games like Pictionary, Boggle, Name 5 and more. Interact with old friends, make new ones, and laugh! **\*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\***

## **Virtual Exercise Classes: Open to All Senior Center Clients**

**Note: An Activity Release Form and the use of a camera (audio and video) are required.**

**Mondays, 10 a.m. – *Chair Yoga with Manjula.*** Gain the benefits of practicing yoga poses from the support and safety of your favorite chair. This class is an excellent opportunity to increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an

overall sense of well-being. The class is open to all skill levels and can be practiced while standing or sitting. **\*\*A maximum of 25 participants is allowed in class. To register, call 908-369-8700 or email [AgingQuaiBrook@co.somerset.nj.us](mailto:AgingQuaiBrook@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**March 1, 15 & 29, 1 p.m. – *Chair Exercises with Nadeen.*** Join Nadeen for fun chair exercises that will help increase one's blood circulation, flexibility and strengthen muscles. Participants can sit in a chair or stand to practice exercises. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-753-9440 or email [HrevnackDickey@co.somerset.nj.us](mailto:HrevnackDickey@co.somerset.nj.us).** This program is hosted by the Warrenbrook Senior Center.\*\*

**Mondays, 2 p.m. – *Take Control with Exercise.*** This is an ongoing exercise program for all skill levels and can be practiced while either standing or sitting. Strengthen core muscles and improve flexibility and balance while boosting stamina. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email [Grieco@co.somerset.nj.us](mailto:Grieco@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Tuesdays & Thursdays, 9 a.m. – *Take Control of Exercise.*** This is an ongoing exercise program for all skill levels and can be practiced while either standing or sitting. Strengthen core muscles and improve flexibility and balance while boosting stamina. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email [Grieco@co.somerset.nj.us](mailto:Grieco@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Tuesdays at 12 p.m. – *Yoga/Meditation & Breathing Techniques with Dr. Prabha Srinivas.*** Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences, Bangalore India. Take control of your emotional and physical well-being and reduce stress in your life through the practice of yoga and meditation. **\*\*Participants should wear comfortable clothing that will allow for movement. A maximum of 25 participants is allowed in the class. To register call 732-563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

**March 31, 10 a.m. – *TLC (Tender Loving Care) Chair Exercise*** with Laurina Kuligowski. Unite the mind and body and restore the spirit with Laurina. In this class, participants will practice slow, deliberate and graceful stretching movements with integrated deep breathing while seated in a chair. **\*\*Wear comfortable clothing. A maximum of 25 participants is allowed in the class. To register call 732-563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us).** This program is hosted by the Senior Wellness Center at Quail Brook Senior Center.\*\*

**Thursdays, 10:45 a.m. – *Yoga for All! Chair Yoga with Manjula.*** Gain the benefits of practicing yoga poses from the support and safety of your favorite chair. This class is an excellent opportunity to increase bone density, improve strength, flexibility and balance



while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an overall sense of well-being. The class is open to all skill levels and can be practiced while standing or sitting. **\*\*A maximum of 25 participants is allowed in class. To register, call 732-563-4213 or email [AgingQuaiBrook@co.somerset.nj.us](mailto:AgingQuaiBrook@co.somerset.nj.us).** This program is hosted by the Quail Brook Senior Center.\*\*

**March 11, 1:30 p.m. – Ageless Grace with Roz Gerken**, certified ageless grace educator. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. This program is designed to activate all five functions of the brain (i.e. memory, planning, analytical thinking, creativity and kinesthetic thinking). Participants will be thoroughly engaged in the class while seated in a chair. **\*\*The program is for people of all abilities. A maximum of 25 participants is allowed in the class.** To register please call (732) 563-4213 or email [AgingQuailbrook@co.somerset.nj.us](mailto:AgingQuailbrook@co.somerset.nj.us) This program is hosted by the Quail Brook Senior Center.\*\*

**Thursdays, 2 p.m. – Fit & Flex with Rose.** This **FREE** weekly exercise program changes frequently and is suitable for all skill levels. Classes will help participants learn stretching, strength training, laughter-yoga, breathing exercises and more. **\*\*A maximum of 25 participants is allowed in the class. To register call 908-369-8700 or email [AgingHillsborough@co.somerset.nj.us](mailto:AgingHillsborough@co.somerset.nj.us).** Hosted by the Senior Wellness Center at Hillsborough.\*\*

**Fridays, 11:30 a.m. – Zumba Gold (Chair) with Laurie Fetcher.** Get your blood pumping to zesty music that will inspire a hearty workout. This class is manageable for people age 60 and above, beginners, or others who need modification to their exercise routine, and who would like to build cardiovascular health by challenging the heart, and working hip, leg, and arm muscles with fun and rhythmic moves while sitting in a chair. **\*\*A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email [AgingQuailBrook@co.somerset.nj.us](mailto:AgingQuailBrook@co.somerset.nj.us).** Hosted by the Quail Brook Senior Center.\*\*

## **Virtual Programs, Classes and Clubs Only Open to Clients of the Senior Wellness Centers that Is Hosting the Class**

**NOTE: For safety and quality assurance, the following programs are ONLY available to clients who regularly attend the senior center that is hosting the class. An Activity Release Form and the use of a camera (audio and video) are required to participate.**

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

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

**March 18, 12:30 p.m. – *Monthly Book Club (Every Third Thursday)*.** Join us for an exciting book club every month! This month we will be selecting the next book to read. Discuss thought-provoking details about new books, or just enjoy the company of fellow book club members. New members are always welcome!

### **SENIOR WELLNESS CENTER AT BRIDGEWATER**

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

**NEW FOR MARCH! Mondays, 9:45 a.m. – *Aerobic Chair Exercises* with Sabina.** Improve your heart health, reduce stress, lower the risk of depression, reduce the risk of diabetes and osteoporosis, increase body stamina, and improve metabolism, flexibility and coordination in this intense 1-hour workout session. **\*\*A maximum of 25 participants is allowed in class.\*\***

**March 8 & 22 – *Bereavement Support Group*, 10 a.m.** Share common feelings about grief and the renewal process. The purpose of this support group is to provide participants with a safe place to grieve the death of a loved one by incorporating interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, doctor of ministry, grief counselor, and pastoral psychotherapist will facilitate discussions. Everyone's presence and participation are welcome. To register, call 908-203-6101.

**Tuesdays, 10 a.m. & Fridays, 11 a.m. – *Gentle Aerobics with Lisa & Caitlin*.** Exercise and move without putting undue pressure or strain on your body. Learn movements that will increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. Gentle aerobics can help one 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. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 2 p.m. – *Chair Yoga with Manjula*.** Does the thought of getting down on the floor to practice yoga seem daunting? If so, this class is ideal. The class is open to all skill levels and can be practiced while either standing or sitting. Increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helps gain an overall sense of well-being. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Wednesdays & Fridays, 9:30 a.m. *Hatha Yoga with Bharti*.** Hatha Yoga combines the practice of improving one's body posture through controlled breathing and meditation. Practicing Hatha Yoga has many benefits, such as aligning the body and improving balance, flexibility, and circulation. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**March 25, 10 a.m. – *Monthly Book Club with Nan.*** Every fourth Thursday. Discuss “A Thousand Splendid Suns” by Khaled Hosseini, and then select the next book to read. New members are always welcome!

## **MONTGOMERY SENIOR CENTER**

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

**Mondays, 1 p.m. – *Silver Strength with Rose.*** Join this 45-minute exercise class, where participants will practice 20 minutes of cardio (or movement), followed by 20 minutes of toning (with or without weights), then a five-minute relaxing stretch. This class is great for older adults of all skill levels. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, Thursdays & Fridays, 10 a.m. – *Intermediate Ukulele Lessons with Chris.*** Build upon the skills that you have learned in the beginner’s class and also master chords, melodies and improvisation. Participants will play a multi-part arrangement in a band using a wide range of musical genres.

**Tuesdays, 10 a.m., *Yoga with Elizabeth.*** Practicing yoga can help to increase bone density, and improve one’s strength and balance. Learn techniques to help gain flexibility and improve strength while immersed in this relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and will help participants gain an overall sense of well-being. The class is open to all skill levels and can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 10:30 a.m. & Thursdays, 11 a.m. – *Exercise for Arthritis with Elizabeth.*** Reduce pain, fatigue and stiffness and increase flexibility, strength, balance and endurance while practicing exercises in a safe, positive environment. This class is perfect for stress-relief and for gaining an overall sense of well-being. **\*\* A maximum of 25 participants is allowed in the class.\*\***

**NEW FOR MARCH! *Beginner Ukulele Virtual Lessons with Denise – Wednesdays, 1 p.m. (March 3 – April 21).*** Get started on the right note and learn the basics of ukulele playing in easy-to-follow lessons. Participants will learn how to hold, tune and strum simple chords. **\*\* Lessons will start on March 3. For more information, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\***

**NEW FOR MARCH! *Thursdays, 12:30 p.m. – Advanced Beginner Ukulele Virtual Lessons with Denise. (March 4 – April 22).*** Are you ready to move to the next level? Strengthen your strumming skills and learn new ones. In this class, participants will practice chord basics, learn additional chords and new strum techniques. Participants will also learn how to play songs with more challenging chord combinations. **\*\*Lessons**

will start on March 4. To register and reserve your ukulele call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\*

**March 3 & 17, 10 a.m. – *Move Today with Elizabeth*.** Learn how to improve flexibility, balance, strength, stamina and posture to help prevent falls. Exercises can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**March 3, 2:30 p.m. – *Ageless Grace with Roz Gerken*,** certified ageless grace educator. Activate all five functions of the brain such as memory, planning, analytical thinking, creativity and kinesthetic thinking while seated in a chair. This class is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. **\*\*The program is intended for people of all abilities. A maximum of 25 participants is allowed in the class.\*\***

**March 10 & 24, 11 a.m. – *Creative Wellness with Shirin Stave-Matais*.** Achieve calm, 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 can join, and the class can be practiced while either standing or sitting. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**March 12 & 26, 10 a.m. – *Let Your Yoga Dance with Kate Denby*,** certified yoga instructor. Join this fun class and get your body moving in a safe environment. Practice a mix of gentle yoga and dance to the rhythm of exciting music. **\*\*The class will accommodate everyone and is open to participants of all skill levels. A maximum of 25 participants is allowed in the class.\*\***

#### **QUAILBROOK SENIOR CENTER**

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

**Mondays, Wednesdays & Fridays, 1 p.m. – *The Regime Exercise Class with Allyson*.** Get a head-to-toe workout when using intervals of weights, stretching and aerobic movements, which will lubricate joints for flexibility, strengthen and stabilize muscles, increase blood circulation and can help with weight loss. These exercises can also help lower the risk of falls and increase the ability to accomplish daily activities. This program can be practiced while either standing or sitting and with or without hand weights. **Monday** – Upper Body Routine, **Wednesday** – Mid Section Routine and **Friday** – Lower Body Routine. **\*\*A maximum of 25 participants is allowed in the class. Wear comfortable, loose-fitting clothing and sneakers.\*\***

**WARRENBROOK SENIOR CENTER (located on the Warrenbrook Golf Course)**

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

**March 9, 1:30 p.m. – *Monthly Book Club***, (Every Second Tuesday). Join us to discuss, “Little Bee” by Chris Cleave, and select the next book to read. New members are always welcome!

**Thursdays, 1 p.m. – *Line Dancing with Linda***. Need to improve cardiovascular and muscular strength? Join Line Dancing, which is so much fun it doesn't even seem like exercise! This class will help participants stay healthy both mentally and physically, is suitable for people with limited mobility and can increase coordination and balance. **\*\*A maximum of 25 participants is allowed in the class.\*\***

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

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