

News from the Somerset County Board of County Commissioners
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FOR IMMEDIATE RELEASE

April 9, 2021

Office on Aging & Disability Services to Offer Zoom Exercise Classes for
Seniors

Tai Ji Quan: Moving for Better Balance

SOMERVILLE, NJ – Sign up for Tai Ji Quan: Moving for Better Balance (TJQMBB), a workshop designed specifically for older adults who are at risk of falling or have balance disorders and are interested in improving their balance, strength, and maintaining their active lifestyle. No experience is necessary. Individuals who need assistance walking with a cane can attend.

Class Schedule & Registration Instructions

Classes will be held virtually two times per week for 24 weeks beginning **May 3 to Oct. 25**, on **Mondays** and **Fridays** from **8:30 to 9:30 a.m.** Participants should register early for this workshop because there is a limit to the number of participants that can attend this Zoom class.

For more information or to register for the class, call Health Promotion Specialist Al Offredo at 908-704-6346 or send an email to offredo@co.somerset.nj.us. **Note:** Because there is a limit to the number of participants that can attend the Zoom class, registration may be mailed back to participants if the class is filled.

Class Guidelines

TJQMBB will only be held virtually via Zoom. All participants **MUST** use a webcam during the entire class. If participants do not have the proper equipment, they should not register for this class. Phone participation is not allowed.

Donation Cost

There is a suggested donation of \$50.00, as with all Older Americans Act programs, donations are based only on a participant's ability to pay. Donations help to expand programming.

This program is hosted by the Quail Brook Senior Center, which is supported by funds from the County of Somerset, the State of New Jersey, the Federal Older Americans Act and sponsored Somerset County Board of Commissioners.

All Somerset County-operated senior centers are overseen by the Somerset County Office on Aging and Disability Services. The Office on Aging and Disability Services

connects seniors, their caregivers and adults with disabilities to the programs and services they need to remain independent and active in their community.

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