

**News from the Somerset County Board of Chosen Freeholders**  
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FOR IMMEDIATE RELEASE  
July 6, 2020

## Somerset County Senior Centers Now Have Virtual Programs and Activities Via Zoom

**SOMERVILLE** – All county-operated senior centers that are managed by the Somerset County Office on Aging and Disability Services are temporarily **closed until July 31**. The Somerset County management team continues to follow state-mandated public healthcare guidelines as they assess the centers' reopening dates.

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

For the safety of senior center clients and for quality assurance, clients may only attend Zoom exercise classes that are hosted by the center they regularly attend.

### **Zoom Activity Release Forms Are Required**

Participants must obtain and complete an **Activity Release Form from the senior center that 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.

### **Learn How to Use Zoom**

Learn how to use Zoom, visit <https://support.zoom.us/hc/en-us>, or sign-up for a virtual tutorial class occurring Wednesdays at 10 a.m.

**Zoom 101 with Anant and Aryan – Wednesdays, 10 a.m.** Have your devices and questions ready for Anant and Aryan, high school students who will offer their expertise about how to use Zoom, which is compatible with a smartphone, tablet or computer. **\*\*This tutorial is open to all Somerset County Senior Wellness Center Members. To register, email [scswc@co.somerset.nj.us](mailto:scswc@co.somerset.nj.us) or call 908-203-6101.\*\***

### **Class Cancellation Dates**

**There will be no virtual Zoom classes/programs on July 16** when senior center staff will be attending a professional in-service.

**Farmers Market Program** – Farmers market vouchers will be available beginning in July. Eligible participants can obtain vouchers worth \$30 for the purchase of fresh produce at participating Somerset County farm stands. For more information, contact the Somerset County Office on Aging & Disability Services toll-free at 1-888-747-1122 or call 908-704-6346 where a staff member will be available to answer questions about the Farmer's Market Program.

## **Virtual Zoom Programs Available to All Senior Center Clients**

### **July 7-10**

**July 7 – Total Brain Workout with Kristen, 11 a.m.** Join Kristen for some Independence Day trivia, fun and laughter. **Hosted by the Senior Wellness Center at Basking Ridge.**

**July 8 – Making a Change with Sigrid Solis, Rutgers Cooperative Extension, 11 a.m.** Learn how to make small, simple changes that can make a big impact on one's health just by learning healthy strategies such as meal planning, using grocery lists, and varying physical activity. **Hosted by the Senior Wellness Center at Bridgewater.**

**July 9 – Learn to Draw with Nadeen, 11 a.m.** Learn a practical drawing technique, and apply this technique when drawing an ice cream cone. **\*\*Bring paper and a pencil. No experience is required.\*\* Hosted by the Warrenbrook Senior Center.**

**July 10 – Trivia & Tunes: Famous Crooners, 11 a.m.** Enjoy live entertainment with Josh Menzies, a Broadway singer and actor will entertain participants with songs from famous crooners. After the performance, play a game of trivia about Frank Sinatra and other famous crooners. **Hosted by the Somerset County Senior Wellness Center at Hillsborough.**

### **July 13-17**

**July 13 – Eight-Week Savory Summer Cooking School – Week 2 – Summer Appetizer with Chef Kim, 11 a.m.** Beat the heat, grab your ingredients and imagination, and join Chef Kim to learn how to whip up savory summer delights that are recipes filled with healthy ingredients. A list of items will be provided before the demonstration so that participants can purchase the ingredients and can create an appetizer by following the chef's instructions.

- Balsamic Bruschetta – Tangy tomato salsa atop garlic toast

**Hosted by the Quail Brook Senior Center.**

**July 13 – “Daily Life in an Italian City” with John Fitzpatrick, 1 p.m.** Take a trip in your mind's eye with John, who will present his photographic depiction of daily life in Terni an Umbrian city which he has been visiting for the past twenty years. **Hosted by the Montgomery Senior Center.**

**July 14 – Total Brain Workout with Kristen, 11 a.m.** Join Kristen for some summer song trivia. **Hosted by the Senior Wellness Center at Basking Ridge.**

**July 15 – “The Battle of Brooklyn” with Barry Singer, Historical Society of Princeton, 11 a.m.** Join Barry for a vivid recount of The Battle of Brooklyn, the largest battle of the American Revolution, which took place just shortly after Declaration of Independence was signed. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\* Hosted by the Senior Wellness Center at Bridgewater.**

**July 15 – Seven-Week Horticulture Series – Week 1 – “Introduction to Horticulture & Flower Arranging” with Kim Minerley, 2 p.m.** Tap into your green thumb and learn about horticulture, as it relates to the production and use of plants for food, comfort and beautification. A list of items that participants can purchase for the class will be provided before each demonstration. No experience is required to participate in this program. **Hosted by the Hillsborough Senior Center.**

**July 16 – Staff In-Service – No virtual Zoom programs.**

**July 17 – Pictionary, 11 a.m.** Not a Picasso or Rembrandt? You don't have to be an actor to play this charades-like game, which asks players to draw instead of acting-it-out. Bring paper and pencils. **Hosted by the Senior Wellness Center at Hillsborough.**

## **July 20-24**

**July 20 – Eight-Week Savory Summer Cooking School – Week 3 – “Summer Chilled Soups” with Chef Kim, 11 a.m.** Beat the heat, grab your ingredients and imagination, join Chef Kim and learn how to whip up recipes for savory summer delights that have healthy ingredients. A list of items that participants can purchase from the grocery store will be provided before the virtual demonstration. All skill levels are welcome to join the program series. Recipes include:

- Dill Gazpacho Chilled – A fresh and mild summery soup.
- Cantaloupe Soup with Basil Cream – A refreshing fruit soup, served chilled.

**Hosted by the Quail Brook Senior Center.**

**July 20 – The Art of Origami – Instructed by Team Lego Dragons, 2 p.m.** Relax and let the day's tension melt away. Participants creating beautiful origami will they are having fun folding paper into little animal shapes. Researchers are finding that folding paper can help improve hand-eye coordination, fine motor skills and mental concentration. **\*\*Pre-registration is required. Supplies will be mailed to registrants. For more information, call 908-369-8700.\*\*** **Hosted by the Hillsborough Senior Center.**

**July 21 – “Football & New Jersey: A Historical Celebration” with Alan Delozier, Seton Hall University, 11 a.m.** Take a fun and informative look into the beauty of football, its origins, Greek and British ties and the reasons for its enduring popularity. Also discuss memorable players, teams, and milestones. **\*\* This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission \*\*** **Hosted by the Quail Brook Senior Center.**

**July 22 – Sing-along with Caitlyn, 11 a.m.** Join Caitlyn Campbell of Foothill Acres and enjoy her performance when she sings a selection of popular songs. Participants can request their favorite songs. **Hosted by the Senior Wellness Center at Bridgewater.**

**July 22 – Seven-Week Horticulture Series – Week 2 – “Garden Therapy” with Kim Minerley, 2 p.m.** Tap into your green thumb and learn about horticulture topics, such as the production and use of plants for food, comfort and beautification. Before each virtual demonstration, a list of items will be provided for participants who would like to purchase items that they can use while participating. No experience is necessary to join the interactive program series. **Hosted by the Hillsborough Senior Center.**

**July 23 – “Nine Staple Foods of the Mediterranean Diet Eating Plan” with Jennifer Korneski, Rutgers Cooperative Extension, 11 a.m.** Learn how eating adding just a few key Mediterranean foods to one's diet may improve one's overall heart health, and help lower the risk of a heart attack, stroke, and death by up to 30%. **Hosted by the Warrenbrook Senior Center.**

**July 24 – Trivia & Tunes: Christmas in July, 11 a.m.** Enjoy entertainer Josh Menzies, a Broadway singer and actor, who will fill your summer day with an array of Christmas tunes.

Participants can test their knowledge with Christmas trivia. **Hosted by the Senior Wellness Center at Hillsborough.**

## **July 27-31**

**July 27 – Eight-Week Savory Summer Cooking School – Week 4 – “Summer Salads” with Chef Kim, 11 a.m.** Beat the heat, grab your ingredients and imagination, and join Chef Kim to learn how to whip up recipes that are savory summer delights with healthy ingredients. A list of items will be provided before each class so that participants can purchase their items before the class. All levels of culinary talent are invited to this interactive program series.

- Pasta Salad – Yummy pasta with lots of vegetables!
- Lime Salad – A fluffy lime and pineapple treat!

**July 27 – The Art of Origami – Instructed by Team Lego Dragons, 2 p.m.** Relax and let the day’s tension melt away. Participants will be creating beautiful origami while having fun folding paper into little animal shapes. Researchers are finding that folding paper can help improve hand-eye coordination, fine motor skills and mental concentration. **\*\*Pre-registration is required. Supplies will be mailed to registrants. For more information, call 908-369-8700. Hosted by the Hillsborough Senior Center.**

**July 28 – Total Brain Workout with Kristen, 11 a.m.** Join Kristen for some summer fun, and play Beach Vacation Trivia. **Hosted by the Senior Wellness Center at Basking Ridge.**

**July 29 – Pickets & Persistence: War Service & Women’s Suffrage, 11 a.m.** Learn about Jeannette Rankin, America’s first female member of Congress. Her story will come to life when told by presenter Carol Simon Levin. Become enrapt with historical stories about women’s suffrage, female activism, war service, and how women gained the right to vote. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\* Hosted by the Senior Wellness Center at Bridgewater.**

**July 29 – Seven-Week Horticulture Series – Week 3 – “Garden Tour” with Kim Minerley, 2 p.m.** Tap into your green thumb and learn about horticulture as it relates to the production and use of plants for food, comfort and beautification. A list of items that participants can purchase for the class will be provided before each demonstration. No experience is required to participate in this program.

**July 30 – Discussion Day: Your Favorite Vacation with Nadeen, 11 a.m.** Join Nadeen and enjoy a light-hearted discussion about your favorite vacation. Show your pictures and discuss the memories of your favorite trip. **Hosted by the Warrenbrook Senior Center.**

**July 31 – Let’s play Boggle with Donna, 11 a.m.** Give your brain a workout. Join others for a few laughs and play Boggle, one of the most popular word search games. It’s fun and challenging to create the most words with the letters given. **Hosted by the Senior Wellness Center at Hillsborough.**

## **Virtual Zoom Programs Available Only to Clients Who Are Members of the Senior Center That Is Hosting the Class**

**SOMERSET COUNTY SENIOR WELLNESS CENTER AT BASKING RIDGE**

202 Mt. Airy Road

Basking Ridge, NJ 07920

**For more information and to register, call 908-204-3435**

The following virtual Zoom programs and clubs are only open to Senior Wellness Center at Basking Ridge participants. **Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**Knitting/Crocheting/Stitching Club – Mondays, 9:30 – 10:30 a.m.** Bring your own knitting/crocheting/stitching project to learn a new hobby or practice an old one while socializing. Participants are encouraged to donate their blankets and other items to the Menlo Park Veterans Memorial Home.

**Take Control with Exercise – Tuesdays & Thursdays 9 – 10 a.m.** 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.

**Monthly Book Club – Every Third Thursday, 12 p.m.** Join us on **July 16** for a discussion about “Persuasion” by Jane Austen, then select the next book to read. New members are always welcome! This book is available for free online at <http://literatureproject.com/persuasion/>

#### **SOMERSET COUNTY SENIOR WELLNESS CENTER AT BRIDGEWATER**

876 East Main Street  
Bridgewater, NJ 08807

**For more information and to register, call 908-203-6101**

The following virtual Zoom programs and clubs are only open to Senior Wellness Center at Bridgewater participants. **Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**Gentle Aerobics with Lisa & Caitlin – Tuesdays, 10 a.m.** 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 you 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.

**Chair Yoga with Manjula – Tuesdays, 2 p.m.** Increase bone density, improve strength, flexibility and balance while you are 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 levels of skill and can be practiced while either standing or sitting.

**Hatha Yoga with Bharti – Wednesdays & Fridays, 9:30 a.m.** Hatha Yoga combines improving body posture, controlled breathing, and meditation. Practicing Hatha Yoga has many benefits, such as aligning the body, improved balance and flexibility, a suppler spine and better circulation.

**Monthly Book Club with Nan – Every Fourth Thursday, 10 a.m.** Join us, on **July 23**, to discuss, “Persuasion” by Jane Austen, then select the next book to read. New members are always welcome! This book is available for free online at <http://literatureproject.com/persuasion/>

#### **SOMERSET COUNTY SENIOR WELLNESS CENTER AT HILLSBOROUGH**

339 South Branch Road  
Hillsborough, NJ 08844

**For more information and to register, call 908-369-8700**

**The following virtual Zoom programs and clubs are only open to Senior Wellness Center at Hillsborough participants. Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**Chair Yoga with Manjula – Mondays, 10 a.m.** Increase bone density, improve strength, flexibility and balance while you are 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 levels of skill and can be practiced while either standing or sitting.

**Fit & Flex with Rose – Tuesdays at 10:45 a.m. & Thursdays at 10 a.m.** 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.

### **MONTGOMERY SENIOR CENTER**

356 Skillman Road  
Skillman, NJ 08558

**For more information and to register, call 609-466-0846**

**The following virtual Zoom programs and clubs are only open to Montgomery Senior Center participants. Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**Silver Strength with Linda – Mondays, 10:15 a.m.** Join this 45-minute exercise class, when 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. **\*\*Sneakers are required.\*\***

**Forever Your Readers Theatre Club with Lili Carrick, Ph.D. – Monday, 11 a.m.** Have fun at this multi-mix of performing arts which integrates oral reading, literature, and performing arts. Participants will read aloud from the script, using facial expression and body movement to interpret emotions, beliefs, motives and attitudes of the character. Everyone is welcome.

**Beginner Ukulele Virtual Lessons with Denise – July 8, July 15 and July 22 – Wednesday, 1 p.m.** This class will get beginners started on the right note to learn the foundation of playing the ukulele in easy-to-follow lessons. Participants will learn how to hold, tune, and strum simple chords. **\*\*Register by July 7. For more information, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).**

**Intermediate Ukulele Lessons with Chris – Tuesdays, Thursdays & Fridays, 10 a.m.** Now that participants know the basics of ukulele playing, they will be ready to take intermediate lessons! Using a wide range of musical genres, participants will learn more about chords and melody playing, improvisation, and will play a multi-part arrangement in a band.

**Yoga with Elizabeth – Tuesday, 10 a.m.** Practicing yoga can help to increase bone density, strength and balance. Learn techniques to help gain flexibility and improve strength 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 either standing or sitting.

**Exercise for Arthritis with Elizabeth – Tuesday & Thursday, 11 a.m.** Reduce pain, fatigue and stiffness and increase flexibility, strength, balance and endurance while practicing exercises in a safe and positive environment.

**Creative Wellness with Shirin Stave-Matais – Second & Fourth Wednesday of the Month, 11 a.m.** 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 may join, and the class can be practiced while either standing or sitting.

**July 9 – Ageless Grace Fitness Program with Roz Gerken, Certified Ageless Grace Educator,**

**1 p.m.** 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. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for people of all abilities with participants being thoroughly engaged while seated in a chair.

**July 10 & 31 – Let Your Yoga Dance with Kate Denby, Certified Yoga Instructor, 1 p.m.**

Join this fun class and get your body moving in a safe environment. Practice a fusion of gentle yoga and dance to exciting music. The class will accommodate everyone and is open to participants of all skill levels.

**QUAIL BROOK SENIOR CENTER**

625 New Brunswick Rd.

Somerset, NJ 08873

**For more information and to register, call 732-563-4213**

**The following virtual Zoom programs and clubs will only be open to Quail Brook Senior Center participants. Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**The Regime Exercise Class with Allyson – Mondays, Wednesdays & Fridays, 1**

**p.m.** 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 may help with weight loss. These exercises can help decrease falls and increase the ability to better accomplish day-to-day 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 **\*\*Wear comfortable and loose-fitting clothing and sneakers.\*\***

**Yoga and Meditation with Dr. Prabha Srinivas – Thursdays, 1:30 p.m.** Take control of your emotional and physical well-being and reduce stress in your life through the practice of yoga and meditation. **\*\*Participants should have mats and wear comfortable clothing that will allow for movement.\***

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

500 Warrentown Rd.

Warren, NJ 07059

**For more information and to register, call 908-753-9440**

**The following virtual Zoom programs and clubs are only open to Warrenbrook Senior Center participants. Note: Activity Release Forms and the use of a camera (audio and video) are required.**

**Monthly Book Club – Every Second Tuesday, 1:30 p.m.** Join us, on **July 14**, to discuss “The Martian” by Andy Weir, then select the next book to read. New members are always welcome!  
**Line Dancing with Linda – Thursdays, 1 p.m.** Line Dancing is so much fun it doesn’t seem like exercise! This form of dance can help participants stay healthy both mentally and physically, and is suitable for people with limited mobility, can improve cardiovascular and muscular strength, and can increase coordination and balance.

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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