

FOR IMMEDIATE RELEASE

November 1, 2022

## Somerset County-Operated Senior Centers Offer In-Person and Virtual Activities in November

**SOMERVILLE, NJ** – The Somerset County-operated senior wellness centers continue to offer in-person and virtual programs throughout November on Monday to Friday from 9 a.m. to 4 p.m. The senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere intended to positively impact the overall health of aging adults with a variety of educational, health, and wellness opportunities. All senior center programs are FREE for members that register!

Invite a friend or neighbor to lunch. All Somerset County-operated senior centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50 for anyone age 60 and above. The menu choices include a **hot** meat-based or meatless entrée or a **cold** meat-based or meatless boxed lunch. Reservations for lunch must be made before 10 a.m. on the previous business day.

**Closures:** There will be no in-person or hybrid classes on Election Day (Nov. 8), Veterans Day (Nov. 11), Thanksgiving Day (Nov. 24), and Thanksgiving Friday (Nov. 25).

The Hillsborough Senior Wellness Center will be temporarily closed for repairs from Oct. 31 to Nov. 3.

### Hybrid Programs

Hybrid programs occur in person at the center with an instructor and are simultaneously presented virtually via Zoom. Programs that are presented virtually or as a hybrid class are noted throughout this schedule.

## Zoom Guidelines

Unless otherwise specified, senior center clients ages 60 and above can join any Zoom program listed in this schedule even if they are not a client at the center that is hosting the event.

Senior center participants can join Zoom meetings through a web browser without downloading any applications or software. All programs are FREE for registered members!

Zoom is a secure, video-based user-friendly, online platform that users can access through a smartphone, tablet, or computer, which allows them to see and hear others.

## 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 Exercise Classes for All Senior Center Clients

**NOTE:** An Activity Release Form and the use of a camera (audio and video) are required to participate. Participation is limited to 25 people for the safety of participants.

**Tuesdays & Thursdays, 9:30 a.m. – *Hatha Yoga with Bharti*.** Improve your body posture through controlled breathing and meditation. Learn how to align the body, and improve balance, flexibility, and circulation. **\*\*To register call 908-203-6101 or email [donlin@co.somerset.nj.us](mailto:donlin@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Bridgewater.\*\***

**Tuesdays, 10:45 a.m. – *Gentle Aerobics with Lisa & Caitlin*.** Exercise and move without putting undue pressure or strain on the body. Learn movements to increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual

muscles. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. **\*\*Exercises can be practiced while standing or sitting. The class is open to all skill levels. To register call 908-203-6101 or [emaildonlin@co.somerset.nj.us](mailto:emaildonlin@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Bridgewater.\*\***

**Tuesdays, 12 p.m. – *Yoga/Meditation & Breathing with Dr. Prabha Srinivas.*** Take control of your emotional and physical well-being through the practice of yoga and meditation. This class will help participants reduce their daily stress. **\*\*To register call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Center.\*\***

**Tuesdays, 1 p.m. – *Fit & Flex with Rose.*** Get fit while performing 20 minutes of low-impact exercise to music, 15 minutes using weights, and 15 minutes using resistance bands. **\*\*To register call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us). This program is hosted by the Montgomery Senior Center.\*\***

**Tuesdays, 2 p.m. – *Chair Yoga with Manjula.*** 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 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 class is open to all skill levels and can be practiced while standing or sitting. To register, call 908-203-6101 or email [donlin@co.somerset.nj.us](mailto:donlin@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Bridgewater.\*\***

**Wednesdays, 1 p.m. – *Zumba Gold (Chair) with Laurie Fetcher.*** Get your blood pumping to zesty music during this hearty workout and build cardiovascular health. In this class, participants will work the hip, leg, and arm muscles and practice fun, rhythmic moves while sitting in a chair. **\*\*This class is manageable for people ages 60 years and above, beginners, or others who need modification to their exercise routine. To register, call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Wellness Center.\*\***

**Thursdays, 10 a.m. – *Yoga for All! Stand & Chair Yoga with Manjula.*** Gain health benefits by practicing yoga poses from the support and safety of your favorite chair or practice without a chair. Increase bone density, improve strength, flexibility, and balance, relieve stress and gain an overall sense of well-being. Expect gentle stretching to bring movement to joints and muscles. **\*\*The class is appropriate for all skill levels and can be practiced while standing or sitting. To register, call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Center.\*\***

# Senior Center In-Person, Virtual and Hybrid Programs

**NOTE:** For safety and quality assurance, the following classes are **ONLY** available for participants of the senior center that is hosting the event. Cameras (audio and video) are required to participate in virtual classes. Call for more details.

## SENIOR WELLNESS CENTER AT BASKING RIDGE

202 Mt. Airy

Road

Basking Ridge, NJ 07920

908-204-3435

**Computer Lab – Available daily.** Center members are invited to use the computers at their leisure.

**Billiards Room – Available daily.** The pool table is available on a drop-in basis. Monday – Friday.

**Tai Chi for Health – Wednesdays, 10 a.m. (Nov. 2 – Feb. 15, 2023).** Focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that participants have reduced pain, fatigue, and stiffness, and have gained a greater sense of well-being. Practicing Tai Chi can also help reduce the risk of falls. **\*\*This session is currently filled. For more information, call 908-204-3435.\*\***

**Knitting/Crocheting/Stitching Club – Mondays, 9:30 – 11:30 a.m.** Bring your knitting/crocheting/stitching project or come to the center to learn a new hobby and meet wonderful friends. All are welcome to join.

**Take Control of Exercise – Mondays, Tuesdays & Thursdays, 10 a.m.** Strengthen core muscles and improve flexibility and balance while boosting stamina in this ongoing exercise program, which is presented in a video format. **\*\* There is no fee for this ongoing class. This class is for all skill levels and can be practiced while either standing or sitting. For more information, call 908-204-3435.\*\***

**Bridge Club – Wednesdays, 9:30 a.m. – 1 p.m.** Get intellectual and social stimulation when playing the mentally challenging card game Bridge. Studies show playing Bridge regularly stimulates the brain for alertness and helps the memory stay active. **\*\*New members and beginners are always welcome. For more information, call 908-204-3425.\*\***

**Mahjong Club – Mondays, Wednesdays & Fridays, 12:30 – 4 p.m.** Learn to play Mahjong, an interesting game that helps keep your 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.\*\***

**Gentle Yoga with Jillian – Thursday, 1 p.m.** Practice Hatha yoga to gain the benefits of increasing bone density, and improving strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class will help relieve stress and gain an overall sense of well-being. **\*\* The new session starts on Oct. 19. For more information, call 908-204-3435. \*\***

**Gentle Yoga with Jillian – Fridays, 1 p.m.** Practice Hatha yoga to gain the benefits of increasing bone density, and improving strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class will help relieve stress and gain an overall sense of well-being. **\*\*The new session began on Oct 21. This class can be practiced while either sitting or standing. For more information, call 908-204-3435.\*\***

**Monthly Book Club - Every Third Wednesday, 12:30 p.m.** Join fellow book club members on Nov. 16, to discuss “The Personal Librarian,” by Victoria Christopher Murray and Marie Benedict. **\*\*New members are always welcome!\*\***

**Nov. 1, 11 a.m. – Fun, Fit, and Fabulous: Stretch and Strength with Brandywine Living.** Lace-up your sneakers and let’s get moving! Learn how to improve your flexibility and mobility and stretch and strengthen muscles. These exercises will help protect against injury while you age.

**Nov. 2, 11 a.m. – “Election Education” by Somerset County Steve Peter.** Learn about the voting process, how votes are kept safe and confidential, and what information voters need to know before going to the polls or mailing in their votes.

**Nov. 3, 10:30 a.m. – Watercolor Card Making.** Create a beautiful card using watercolor paints, and tape. **\*\*This craft is suitable for all skill levels. All supplies will be provided. For more information, call 908-204-3435.\*\***

**Nov. 3, 10 & 17, 11 a.m. – Line Dancing with David Cross.** Have fun getting fit while dancing. Participants don’t need a partner and it’s an easy way to stay healthy, both mentally and physically. Studies have shown line dancing increases cardiovascular and

muscular strength and improves coordination and balance. **\*\*For more information, call 908-204-3435.\*\***

**Nov. 4, 11 a.m. – *Casino Night with Caitlyn Campbell, Foothill Acres.*** Bring your good luck charms and enjoy the excitement of Las Vegas in Basking Ridge. Have fun at the slot machine, play poker and get risk playing roulette.

**Nov. 7 & 28, 11 a.m. – *Bingo.*** Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

**Nov. 9, 10 – 11:30 a.m. – *Blood Pressure Screenings.*** Community Health Nurse Laura Cummings, R.N., Atlantic Visiting Health. Get your blood pressure taken for free and ask the nurse questions.

**Nov. 9, 10:30 a.m. – *Thanksgiving Greeting Card Craft with Jerry Garris-Happ.*** Create a beautiful Thanksgiving greeting card. **\*\*All supplies will be provided. For more information, call 908-204-3435.\*\***

**Nov. 10, 10:30 a.m. – *Thanksgiving Trivia with Kelly.*** Learn all about Thanksgiving history and traditions while testing your knowledge in this Turkey Day trivia game.

**Nov. 14, 11 a.m. – *Autumn Scategories with Kelly.*** Partake in a friendly competition and test your knowledge while playing this fun, autumn-themed game of Scategories.

**Nov. 15, 11 a.m. – “*New Jersey Facts and Firsts*” by *Eve Mandel, Historical Society of Princeton.*** Celebrate New Jersey’s 350th anniversary in this fun and interactive program. Learn about the Lenape Indians and early European settlers, the development of cities and suburbs, and the creation of New Jersey-specific technology and inventions, and play a multiple-choice game to identify New Jersey facts, symbols, and local celebrities. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission, and is hosted by the Senior Wellness Center at Basking Ridge.\*\***

**Nov. 16, 10:30 a.m. – “*Seasonal Flower Arranging Workshop with the Bernardsville Garden Club.*”** Join this interactive seasonal flower-arranging workshop to brighten your day. **\*\*Register by Nov. 11. All supplies will be provided. For more information, and to register call 908-204-3453.\*\***

**Nov. 17, 10 a.m. – “*Off the Coast*” by the *Somerset County Park Commission.*** Learn about an amazing animal, the sea turtle, how it has adapted, its thousands-of-miles migration patterns, and how it has a positive impact on the environment.

**Nov. 18, 11 a.m. – “Balance, Fall Risk and Total Joint Replacement” by Samantha Jozwik, Kessler Rehabilitation Center.** Learn how to decrease the risk of falling and what to expect from total joint replacement surgery.

**Nov. 21, 11 a.m. – Craft of the Month: Mason Jar Lanterns.** Create a beautiful fall mason jar lantern using paper leaves. **\*\*All supplies will be provided. For more information, call 908-204-3435.\*\***

**Nov. 22, 11 a.m. – Volunteer Recognition Celebration.** Enjoy a harmonious harp performance during the celebration of our volunteers. We will recognize our wonderful volunteers and acknowledge their valuable support of the center’s daily operations as well as the friendship and care they provide, which makes the center a unique place that feels like home.

**Nov. 23, 11 a.m. – “Colorectal Cancer Awareness” by Public Health Intern Isaiah Cimafranca, Community Health Department, Robert Wood Johnson University Hospital.** Learn about the warning signs and treatment options for colorectal cancer.

**Nov. 29, 11 a.m. – Turkey Trot.** Join the Thanksgiving Turkey Trot. Participants will have a chance to “bet” on which turkey will win.

**Nov. 30, 11 a.m. – Game Day.** Play any of your favorite games including scrabble, checkers, hangman and more for socialization, fun and friendly competition.

## **SENIOR WELLNESS CENTER AT BRIDGEWATER**

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

**Scrabble Club – Mondays, 9 a.m. – 12 p.m.** Exercise your vocabulary and crossword puzzle skills by enjoying a friendly game of Scrabble. If there is enough interest, the senior centers may host a Scrabble competition.

**Qigong Practice with Michael – Mondays, 10 a.m.** Learn the traditional practice of Qigong, a sitting- meditation that helps participants coordinate their mind, body and spirit (similar to tai chi). When practicing sets of exercises, beginners will learn to master a combination of breathing techniques and physical movements until each movement and posture are perfect.

**Bridge Club – Mondays, 1 – 4 p.m.** Play Bridge, a mentally challenging card game that offers intellectual and social stimulation. Playing this game regularly has been shown to stimulate the brain and help the memory stay active. **\*\*New members and beginners are always welcome.\*\***

***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 wants to have fun, meet new people, and loves to play the game.

- **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.

**\*\*This is not a competitive club. All levels of experience are welcome.\*\***

***Chair Yoga with Pushpa*** – **Wednesdays, 10 a.m.** Align the body, and improve its balance, flexibility, circulation and posture by practicing Chair Yoga through controlled breathing and meditation. **\*\*All levels of skill are welcome.\*\***

***Monthly Book Club*** – **Every Third Thursday, 10 a.m.** Join fellow club members on Nov. 17, to discuss the mystery novel “The Maid,” by Nita Prose. **\*\*New members are always welcome!\*\***

***Aerobic Chair Exercise with Sabina*** – **Thursdays, 10 a.m.** Improve heart health, reduce stress, and lower the risk of depression, diabetes and osteoporosis while increasing body 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.\*\***

***Tai Chi for Health*** – **Thursdays, 12:30 p.m. (Aug. 18 – Jan. 12).** Help reduce pain, fatigue, and stiffness, improve balance and achieve a greater sense of well-being while practicing Tai Chi. In this class, participants will practice shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. **\*\* This class can be practiced while either standing or sitting. The class is currently full. For more information, call 908-203-6101.\*\***

***Ukulele Bootcamp*** – **Thursdays, 12:30 p.m.** Learn the ukulele quickly and start playing songs on the first day of class. This is an easy-to-learn instrument. Playing the ukulele can improve focus, and hand-eye coordination, foster mental clarity and support social interaction. **\*\*The last class will be held on Nov. 10. No previous experience or musical training is necessary. There are a limited number of ukuleles available to borrow. To register call 908-203-6101.\*\***

***(New) Stronger Seniors, Core Strength*** – **Thursdays, 1 p.m.** Join a safe and easy workout to strengthen core muscles by using resistance bands in this pre-recorded exercise program. **\*\*For more information, call 908-203-6101.\*\***

***Take Control with Exercise*** – **Wednesdays & Fridays, 1 p.m.** Strengthen core muscles and improve flexibility, and balance while boosting stamina in this gentle

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

***(Hybrid) Gentle Aerobics with Lisa & Caitlin – Fridays, 10:30 a.m.*** Exercise and move without putting undue pressure or strain on the body. Learn movements to increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. **\*\*This class is presented in a hybrid format 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.\*\***

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

***Billiards Room*** – Pool table is available daily on a drop-in basis, Monday – Friday.

***Computer Lab – Available daily, Monday to Friday.*** Center members are invited 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.

***Table Shuffleboard (Carrom)*** – Available Monday – Friday.

***Nov. 1, 11:15 a.m. – Painting a Fall Scene with Joanna Picciano, Sunrise Senior Living.*** Learn how to paint a colorful fall scene. **\*\*Supplies are limited. Registration is required. For more information, call 908-203-6101.\*\***

***Nov. 2 & 16, 9 a.m. – 1 p.m. – Free Blood Pressure Screenings.*** Help students hone their blood-pressure-taking skills and get a free blood pressure reading. **\*\*No appointment is necessary.\*\***

***Nov. 2 & 17, 11 a.m. – Bingo.*** Bingo is more than just a fun activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing one's listening skills and boosting short-term memory.

***Nov. 3, 11 a.m. – “Medication Safety” by Danielle Bartsche, New Jersey Poison Control Organization.*** Learn about medication safety including drug interactions and

the possible side effects of common medications that have been the cause of more than one million emergency room visits per year. Participants will also learn facts about poisons that are often found both inside and outside of the home.

**Nov. 4, 11 a.m. – “Smart911” by Russell Corleto, Somerset County Communications.** Learn how this simple app can help provide first responders with important information before an emergency occurs.

**Nov. 7, 11 a.m. – “Cognitive Fitness” by Douglas Downs & Katie Hutzayluk, Kessler Rehabilitation Center.** Learn how to maintain cognitive function through activities to help improve the ability to multi-task, focus, and word-finding skills.

**Nov. 7 & 21, 11 a.m. – Bereavement Support Group.** Share common feelings about grief and the renewal process in this support group that 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 discussions. **\*\*Everyone’s presence and participation are welcome. To register, call 908-203-6101.\*\***

**Nov. 9, 11 a.m. – New Jersey Trivia and Games with the Raritan Valley UNICO (an Italian-American Service Organization).** Join this fun New Jersey trivia game and play other games too, for the chance to win prizes.

**Nov. 10, 11 a.m. – Remembrance Poppy Craft.** Celebrate Veterans by making poppy pins to wear as a symbol of remembrance. **\*\*Supplies are limited. Registration is required. For more information, call 908-203-6101.\*\***

**Nov. 14, 11 a.m. – “The Kitchen Historian” by Historian Dana Bala.** Learn how cookbooks, recipes, grandma’s recipe box, and the treasured community cookbook affected family life, the community, and American culture during the 1870s to 1960s. Discover how cookbooks and recipes, often overlooked as resources for historical data, have provided historians with information about a myriad of issues such as the role of women, politics, cultural issues, the ingredients available, kitchen tools and utensils, fuel sources, literacy, and economic issues. After lunch, play “Guess What’s for Dinner” when a surprising recipe of ingredients will be revealed. Participants will also receive a “Senior Wellness Center Cookbook” a compilation of recipes submitted by senior wellness center clients.

**Nov. 15 & 29, 11:15 a.m. – Fun with Games.** Have a relaxing day playing your favorite games such as dominoes, Left-Right-Center dice games and more.

**Nov. 15, 1 p.m. – Smart DriverTEK.** Learn about the latest safety technology, how it works, and how it can increase your confidence behind the wheel in your current or future car during this 90-minute workshop **\*\*The class size is limited. Registration is required. For more information, call 908-203-6101.\*\***

**Nov. 16, 11 a.m. – Harp Performance by Patricia Turse.** Enjoy the dulcet tones of the harp, a complicated and beautiful instrument, in this lovely performance by a professional musician and music therapist.

**Nov. 18, 11 a.m. – “Home Care Pros and Cons” by Evan Kerstetter, Archer Brogan, LLP & Lisa Bayer, Always Best Care.** Learn about the different levels of Home Health Care for family members or their loved ones who want to live independently and are deciding whether to remain in their own homes or seek other options.

**Nov. 21, 11 a.m. – Fall Potpourri Craft.** Create a simple and attractive potpourri to bring fall into your home. **\*\*Supplies are limited. Registration is required. For more information, call 908-203-6101.**

**Nov. 22, 11:15 a.m. – Jigsaw Puzzle Challenge.** Relax while getting a little brain workout and solve a jigsaw puzzle to exercise both sides of your brain at the same time.

**Nov. 23, 11 a.m. – “Nutrition for Colorectal Health and Cancer Prevention” by Cecilia Gomez, Rutgers Cancer Institute of New Jersey.** Learn how to help prevent cancer through better nutrition and the colorectal system. Taking preventative measures to improve health, such as a better diet, exercise, and decreasing alcohol consumption can improve the risk of certain cancers.

**Nov. 28, 11 a.m. – “Beating the Holiday Blues” by Chris Kellogg, NightingaleNJ.** Learn tools and techniques to help manage the holiday blues so you can begin to experience joy and excitement during the holidays. This class will be especially impactful for the elderly and adult children who have experienced the loss of family, friends, and function.

**Nov. 30, 11 a.m. – “Women of the Seas and Stars” by Historian Carol Simon Levin.** Learn the “out of this world” stories about overlooked women who bravely wanted to explore realms beyond the surface of Earth. In this portrayal by Ms. Levin, participants will learn the fascinating stories about female astronomers, astronauts and marine scientists who broadened our understanding of the universe with their research of outer space, and the depths of the ocean.

## **SENIOR WELLNESS CENTER AT HILLSBOROUGH**

[339 South Branch Road](#)

[Hillsborough, NJ 08844](#)

908-369-8700

**Chair Yoga with Manjula – Mondays, 10 a.m.** Gain health benefits from practicing yoga poses with the support and safety of your favorite chair. Increase bone density, and improve strength, flexibility, and balance while immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect

for relieving stress and helping to gain an overall sense of well-being. **\*\*The class is open to all skill levels and can be practiced while standing or sitting.\*\***

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

***Mahjong Club – Wednesdays, 10 a.m. – 12 p.m.*** Play Mahjong, a tile-based game of skill, strategy and luck, which was invented in China and has been played throughout the world since the early 20th century.

***Fit & Flex with Rose – 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. Proper breathing and the proper positioning of core muscles are encouraged.

***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. The teacher provides easy-to-follow lessons.

***Cardio Boxing – Tuesdays & Thursdays, 10 a.m.*** Learn this exciting blend of exercises that are easy to follow for older adults. **\*\*This class is presented in a video format. All exercises are demonstrated while standing and sitting.\*\***

***Hillsborough Discussion Group with Al Alvaro – Every Second Thursday, 1 p.m.*** Join November's discussion on the meaning of life. What is your purpose?

***Tai Chi Club with Alice – Fridays, 10 a.m.*** Practice Tai Chi, an easy-to-learn mindfulness-flowing, moving meditation. This class will help participants achieve peace of mind, better health, balance and joy.

***Card Club – Fridays, 1 p.m.*** Play Rummy, Poker, Blackjack, Solitaire, and more. **\*\*Beginners are welcome.\*\***

***Puzzle Club – Thursdays, 1 p.m.*** Strike up a conversation, make new friends, and enjoy assembling puzzles. The center has a wide variety of puzzles to choose from.

***Nov. 4, 11 a.m. – “Hereditary Cancers” by Community Cancer Control Specialist Ashley Purper, Rutgers Cancer Institute of New Jersey.*** Learn how hereditary and lifestyle risk factors may contribute to cancer, how cancer forms in cells, how to identify your risk for cancer, and find out about genetic testing and genetic risk assessment.

***Nov. 7, 11 a.m. – “I Can Use Some Expert Advice” by Eldercare Attorney Bob Shanahan, Hunterdon/Rolling Hills Care Center.*** Learn about the benefits of wills, estates, and trusts, and the importance of planning for the future. A Q&A will be held at the end of the discussion.

**Nov. 9, 10 a.m. – “Financial Literacy & Housing Workshop” with Susie Suter, Central Jersey Resource Center.** Learn about important topics that affect older adults such as defining what it means to provide “reasonable accommodations and modifications,” how co-signing can affect credit reports, how to close accounts with minimal impact to the credit score, tips and resources for homeowners and tenants of federal, state, and local senior housing, as well as how to identify scams that specifically target older adults.

**(Hybrid) Nov. 10, 11 a.m. – Broadway Plays by Marisa Merrigan Robertazzi.** Learn about the evolution of dramas and comedies in the 20th century including Tony award-winning productions and their stars. A professional actor, scenic designer, and stage manager for over 25 years in the New York/New Jersey metro area will provide fascinating stories and bonus trivia in this hybrid presentation.

**Nov. 14, 11 a.m. – Magician Fun with Magician and Performer Will Fern, Hunterdon/Rolling Hill Care Center.** Get mesmerized by memorable magic tricks and maybe even learn a new trick or two!

**Nov. 15, 11 a.m. – Bingo.** Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

**Nov. 16, 10 a.m. – Card Games.** Play your favorite card games like Rummy, Poker, Blackjack and Solitaire and share your card skills. **\*\*Beginners are welcome.\*\***

**(Hybrid) Nov. 17, 11 a.m. – Fall Theme Pencil Drawing with Sam Matthews, Art Across Borders.** Create a fall-themed pencil drawing. Learn simple pencil drawing techniques to create your signature piece. **\*\*This class will be simultaneously presented at the center live by an instructor and remotely via Zoom. Paper, a pencil, an eraser, and a sharpener will be needed.\*\***

**Nov. 18, 11 a.m. – “Medicare” by Project Director Charles Clarkson, Senior Medicare Patrol of New Jersey.** Learn how to detect and report Medicare fraud and other scams.

**Nov. 21, 11 a.m. – Art with Jen by Adult Services Department Supervisor Jen Sulligan, Somerset County Library System of New Jersey.** Create a one-of-a-kind art project with step-by-step instructions. **\*\*All supplies will be provided. For more information, call 908-369-8700.\*\***

**Nov. 22, 11 a.m. – Brain Games with Doretha.** Play various games, puzzles, and trivia challenges specially designed to keep your brain young. 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.

**Nov. 28, 11 a.m. – Fall Sing Along with Musician Andrew Lobby.** Get in the holiday spirit when Andrew performs special holiday tunes with his guitar.

**Nov. 29, 11 a.m. – Tai Chi Chih Demonstration by Certified Tai Chi Instructor Dr. Janet Oussaty.** Tai Chi Chih uses a series of 19 gentle, fluid movements and one pose that activates, circulates and balances the intrinsic energy of the body known as chi. **\*\*The practice can be performed by individuals of almost any age, ability or condition, while either standing or sitting.\*\***

## **MONTGOMERY SENIOR CENTER**

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

**Blood Pressure Screenings – First Monday of Every Month, 9:30 a.m.** Get a **FREE** blood pressure screening from a Montgomery Township nurse who will be onsite at the senior center. **\*\*No appointment is necessary.\*\***

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

**Nia Melt with Alida Westfield – Mondays, 11 a.m.** Have an hour of fun every week while practicing this combination of healthy exercise Nia and Melt. Nia combines martial arts, modern dance, and yoga in a workout set to music. MELT is a self-treatment technique that helps prevent pain, heals injury, and erases the negative effects of aging and active living. The class ends with standing or sitting while practicing 15-20 minutes of non-impact Nia movements, performed to music, which was created especially for seniors to promote HIIT (High-Intensity Interval Training).

**(Hybrid) Yoga Chair Fusion with Debbi – Tuesdays, 10 a.m.** Learn techniques to help gain flexibility and improve strength while immersing yourself in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Practicing yoga may help increase bone density, strengthen muscles, improve balance, relieve stress and help achieve an overall sense of well-being. **\*\*This class will be presented in person with an instructor and simultaneously presented via Zoom. There will be an additional class on Nov. 9.\*\***

**Intermediate Ukulele Lessons with Chris – Tuesdays, 11 a.m., Thursdays and Fridays, 10 a.m.** Build on the skills learned in the beginner's class and master chords, melodies and improvisation. Participants will play a multi-part arrangement in a band and perform a wide range of musical genres.

**(Hybrid) Fit & Flex with Rose. Tuesdays, 11 a.m.** Get fit while performing 20 minutes of low-impact exercise to music, 15 minutes using weights, and 15 minutes using

resistance bands. **\*\*This program will be presented in person with an instructor and simultaneously presented via Zoom.\*\***

***Bridge Group – First and Third Wednesday of the Month, 10 a.m.*** Play, Bridge, a mentally challenging card game, offers intellectual and social interaction. Playing bridge regularly stimulates your brain to keep it alert and it helps your memory stay active. **\*\*New members and beginners are welcome. Lessons are available. 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 have a reduction in pain, fatigue, and stiffness and achieve a greater sense of well-being. **\*\*There will be no class on Nov. 9. This program can be practiced while either standing or sitting. For more information, call 609-466-0846.\*\***

***Beginner Ukulele Lessons with Denise– Wednesdays, 2 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. **\*\*The next session will start Nov. 30. To register and/or reserve a ukulele, call 609-466-0846 or email [Crowley@co.somerset.nj.us](mailto: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.\*\***

***Bocce Ball Cub (Weather Permitting) – Thursdays, 11 a.m.*** Play Bocce Ball, a lawn and yard game with weighted balls, and the rules are easy. **\*\*People of all ages and levels of skill can play the game.\*\***

***Advanced Beginner Ukulele Lessons with Denise – Thursdays, 12:30 p.m.*** Reinforce what you have learned in the previous classes such as basic chords and strumming techniques, then learn how to play songs with more challenging chord combinations by strengthening your strumming techniques.

**\*\*Call to register and reserve a ukulele at 609-466-0846, or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\***

***Mahjong Club – Fridays, 10 a.m.*** Join the Mahjong Club and 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.\*\***

**Card Club – Fridays, 10 a.m.** Play Rummy, Poker, Blackjack, Solitaire and other favorite card games, while you share your card skills with others. **\*\*Beginners are welcome. For more information,**

**call 609-466-0846.\*\***

**Billiards Room – Available daily.** The pool table is available daily on a drop-in basis.

**Computer Lab – Available daily.** Center members are invited to use the computers at their leisure.

**Nov. 2, 11 a.m. – Performance by Tony Winchatz.** Enjoy this performance by Tony when he plays the ukulele and sings songs from the 50s, 60s and 70s.

**Nov. 4, 11 a.m. – White Lotus Qigong with Bobbi Joels, Healing Hands/Calming Touch.** Qigong is a series of slow, flowing, low-impact movements which help unify the mind, posture, and breath. Qigong will help release tension, regulate breathing, support proper body alignment, stimulate the circulation of vital energy to strengthen one's immunity to disease and help loosen neck and shoulder muscles.

**Nov. 9 & 23, 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.\*\***

**(Virtual) Nov. 15, 2:30 p.m. – “Hail to the Chief” by Historian Meg Wastie.** Hear stories about our United States presidents and learn the facts, fiction and myths. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\***

**Nov. 16, 11:15 a.m. – Volunteer Recognition Celebration.** Let's celebrate the senior center volunteers with music from the Full Monty Uke Band and by recognizing our volunteers' valuable contributions. Their friendship, support, caring and help with the daily operations are why our centers are so successful.

**Nov. 18, 10 a.m. – Fun and Games Day with Saint Joseph's School Students.** Relax and play your favorite games such as Bingo and more.

**Nov. 30, 11 a.m. – Jazz Motown and Music from the 60s by Jim Lutz.** Sit back and relax to the cool sound of jazz, Motown and music from the 60s.

**QUAIL BROOK SENIOR CENTER**

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

**(Hybrid) Stretching with Allison – Mondays, 10 a.m.** Start the day off right by stretching in a chair and then standing to keep the muscles flexible, strong, and healthy. Stretching will help maintain the range of motion in your joints. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously also offered via Zoom.\*\***

**(Hybrid) The Regime 2022: Exercise with Allyson – Mondays & Fridays, 2:15 p.m. Mondays (Upper Body + Mid-Section) and Fridays (Head-to-Toe).** Join this group and begin a new journey to fitness with a head-to-toe workout using intervals of weights, stretching, and aerobic movements. In this class, participants will lubricate joints for flexibility, strengthen and stabilize muscles, increase blood circulation, boost confidence, and maybe even spur weight loss. **\*\*There will be no class on Nov. 11 and 25. This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom. Participants can practice exercises while either standing or sitting, with modifications, and with or without hand weights. All skill levels are welcome. Wear comfortable, loose-fitting clothing and sneakers. Bring water.\*\***

**(Hybrid) Zumba Gold with Laurie Fetcher. Wednesdays, 1 p.m.** Get your blood pumping to a hearty workout inspired by zesty music. This class is manageable for people ages 60 and above, beginners, or others who need modification to their exercise routine. Participants will build cardiovascular health by challenging the heart and working the hip, leg, and arm muscles using fun, rhythmic moves while sitting in a chair. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously offered via Zoom.\*\***

**(Hybrid) Yoga for All! Stand & Chair Yoga with Manjula –Thursdays, 10 a.m.** Gain important health benefits by practicing yoga poses with the support and safety of a chair, or practicing exercises without a chair. Expect gentle stretching to bring movement to joints and muscles. Yoga exercises can increase bone density, improve strength, flexibility, and balance, relieve stress, and help participants achieve an overall sense of well-being. **\*\* The class is appropriate for all skill levels and can be practiced while standing or sitting. This is a hybrid class that will be conducted live at the center by an instructor and simultaneously offered via Zoom .\*\***

**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. **\*\*This class is suitable for participants with limited mobility.\*\***

**Nov. 1, 15 & 29, 10:30 a.m. – Line Dancing Instructions with line dancing aficionados Deb Gibson and Karen Jessie, Quail Brook Seniors.** Learn how to line

dance to popular songs with fellow center members – no critics here – just toe-tapping music in a fun-filled hour. Learning line dancing helps nurture the mind, body, and spirit.

**(Hybrid) Nov. 2, 10:30 a.m. – “Celebrate New Jersey” by Local Historian & Author Linda Barth.** Save your gas money and tour New Jersey from the comfort of the Quail Brook Senior Center. Learn about the famous and not-so-famous people, places, and events this great little state has to offer including its mountains, highlands, rivers, lakes, and seashore. Inventions like the Band-Aid, the bar code, and bubble wrap, are homegrown. Take a look at the largest clock and flag in the world – all from New Jersey. Follow George Washington’s historical path as he crisscrossed the state. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom. This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\***

**(Hybrid) Nov. 4, 10:30 a.m. – “Acorn Hall Museum” by Pat Goodfriend, Morris Historical Society.** Take a virtual tour of Acorn Hall, which was built in 1853 and named for the 200-year-old oak tree that once stood stately on the property of Dr. and Mrs. Schermerhorn. Lauded by the National and New Jersey Registers of Historic Places, and New Jersey Women’s History Trail, it is currently the location of the Morris County Historical Society. In this discussion, participants will learn about the structure’s two architectural styles, Victorian Italianate, and the wealthy families who lived there. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom. Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\***

**Nov. 4 & 18, 9:30 a.m. – 12 p.m. Mahjong with Sylvia Rubin.** Play Mahjong, a tile-based game of skill, strategy and luck was invented in China and is played throughout the world since the early 19th century. **\*\*This is a six-week series ending on Dec. 30 and is open to the first six people who are interested in learning how to play and contact the center to register. There will be another six-week session beginning on Jan. 6. At the end of the 12-week cycle, the game will be open to all players and levels. For more information, call 732-563-4213.\*\***

**Nov. 7, 10:30 a.m. – Do You Doo Wap? by Bill Turner and the Blue Smoke Band.** Pay homage to Rock-and-Roll as you “Rock Around the Clock” to a blend of rhythm-and-Blues.

**(Hybrid) Nov. 9, 10:30 a.m. – “Cognitive Neurology, Memory and Brain Fitness” by Research Teaching Specialist Victor Sotelo, William Hu, Alice Dawson, Rutgers-Robert Wood Johnson Medical School Institute for Health, Health Care Policy, and Aging Research, Rutgers Biomedical and Health Sciences.** Delve into the definition of healthy memory, aging, Alzheimer’s disease, the risk factors for Alzheimer’s and dementia, and the latest research findings on these brain diseases such as the patterns of the brain as it ages, brain health, and early detection of memory issues.

**\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**(Hybrid) Nov. 10, 12:30 p.m. – “Boots on the Ground” by Historian Dana Bala.** March through history in honor of Veteran’s Day and learn how to find your ancestor’s military service records using sources that date back to the Revolutionary War through WWII. Links and resources to help your research will be provided. A Q&A will follow the presentation and there will be an opportunity for participants to share their military stories too. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**(Hybrid) Nov. 14 & 28, 11 a.m. – Tai Chi Chair with Bobbi Joels,** Healing Hands/Calming Touch. Improve your balance, flexibility, range of motion, strength, energy, and pain levels by practicing Tai Chi Chair, which is perfect for participants who have balance issues. Gain other health benefits such as stress reduction and peace of mind. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**Nov. 15, 10 a.m. – 1 p.m. – “AARP Drivers Safety: Part 1” with Lorraine Soltis.** Sign up for this award-winning program to refresh your driving skills and save on car insurance. Learn safety tips, and strategies to become a safer and more confident driver. **\*\*Registration is required by Nov. 7. To register, call 732-563-4213. Participants must complete parts 1 and 2 to receive a certificate. There will be a fee, but AARP members will receive a discount.\*\***

**Nov. 16, 10:30 a.m. – Karaoke Competition: Part 3 with Quail Brook Senior Center Participant & Volunteer Crystal.** Grab the mic and join other senior center amateur vocalists in this joyful and rousing singing competition. The two people that receive the loudest applause will win.

**Nov. 16, 1:30 – 3:30 p.m. – Alzheimer’s Support Group with Facilitator Kaylee White of Princeton Medical Institute; Guest Speaker Dr, Prahba Srinivas; and Manager of Recruitment and Clinical Trial Optimization Jennfier Fasheun, MPH, MBS of Global Alzheimer’s Platform Foundation.** Get emotional and psychological support, tips, knowledge, and information about Alzheimer’s, in a comfortable, confidential setting where participants can share and receive support. This is the first Somerset County support group for residents, caregivers, individuals living with Alzheimer’s and others dealing with the impact of the disease.

**Nov. 17, 11 a.m. – Exercise Fitness Bingo.** Join this healthy Bingo game where we will breathe new life into this old game. This twist on Bingo supports healthy habits and exercise, so no one loses when playing this game.

**Nov. 17, 1 p.m. – A Balancing Act: Part 2 by Physical Therapist Dr. Alfieri.** Learn effective exercises to help improve strength, balance, and stability to help prevent the risk of falls. **\*\*Wear sneakers and comfortable clothing.\*\***

**Nov. 18, 10:30 a.m. – Innovative Dance with the Raritan Valley Community College Dance Ensemble.** Enjoy watching dance techniques, improvisation and performances that run the gamut from ballet to modern jazz moves that have been choreographed by guest artists and Raritan Valley Community College faculty and students. There will be a Q&A session with the dancers at the end of the show.

**Nov. 21, 10:30 a.m. – Nip the Chill: A New Sip & Paint Party with Local Artist Karen Haake.** Explore the inner artist with your visual interpretation of fall at this non-alcoholic Sip & Paint party. Learn the basics of drawing and color blending using a unique medium – a pillow – which can be used for gift-giving during this festive season. While creating your masterpiece take a sip of hot cider with cinnamon, hot-flavored tea, or chilled cucumber seltzer.

**Nov. 22, 10 a.m. – 1 p.m. – “AARP Drivers Safety: Part 2” with Lorraine Soltis.** Sign up for part 2 of this award-winning program and your driving skills to become a safer and more confident driver and to save on car insurance. In this class, participants will learn more safety tips and strategies for defensive driving. **\*\*Registration is required by Nov. 7. There is a fee for this course, but AARP members will receive a discount. Participants must complete parts 1 and part 2 to receive a certificate To register, and for more information call 732-563-4213.\*\***

**(Hybrid) Nov. 22, 10:30 a.m. – “Stroke Clinic” with Stroke Coordinator Maria Bartman, St. Peter’s University Hospital.** Learn about the symptoms of stroke, its treatment, medication, risk factors and what is involved with stroke rehabilitation. Participants will also find out how to help someone who has had a stroke. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**(Hybrid) Nov. 23, 10:30 a.m. – TLC (Tender Loving Chair) Exercise.** Combine slow full-body stretching with intermittent aerobic movements using your body weight while seated in a chair for a gentle head-to-toe workout. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**(Hybrid) Nov. 28, 1 p.m. – Martial Your Strength: An Awareness Program & Training for Seniors (Part 3) by L. Greg Smith, Martial Strength Training Academy, Certified Martial Arts Instructor.** Learn the benefits of protection, how to avoid being a target, the basic techniques for protection, how to use a cane defensively, as well as high-level basic martial arts moves for seniors. This is a lecture, demonstration, and participatory program designed to be simple and effective for seniors. **\*\* Classes will continue to teach practical and simple self-defense techniques for seniors. There will be one class per month through December. This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

**(Hybrid) Nov. 30, 10:30 a.m. – “The Spirit of Making Spirits” by Camden Winkelstein, Bellemara Distillery.** Learn all about making spirits including the chemistry, process, and vernacular. Discover how the Bellemera distillery uses local farm products, and traditional Scottish production techniques combined with unique American innovations and a lot of passion for their product. In this discussion, participants will learn about the production process “grain to glass,” which includes growing the ingredients, mashing and bottling. They will also learn the importance of timing, why using properly calibrated equipment is important, and the standards distilleries must meet. **\*\*This is a hybrid class that will be conducted live at the center by an instructor and simultaneously presented via Zoom.\*\***

#### **WARRENBROOK SENIOR CENTER**

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

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

**One-on-One Computer Instruction with Sal – Mondays, 10 a.m. – 1 p.m.** Learn more about computers including how to email, play solitaire, and do a web search. At the end of this eight-week, one-on-one class, you will finally understand what your grandkids have been trying to explain. **\*\*Pre-registration is required. For more information, call 908-753-9440.\*\***

**Take Control with Exercise. Mondays, 10 a.m.** This ongoing exercise program is appropriate for all skill levels and can be practiced while either standing or sitting. Participants will strengthen core muscles and improve flexibility, and balance while boosting stamina. **\*\*There are no fees for this class. To register, call 908-753-9440.\*\***

**Mahjong for Beginners with Sylvia – Tuesdays, 9:30 a.m. – 12 p.m.** Join fellow center members to learn how to play this interesting game. **\*\*For more information, call 908-753-9440.\*\***

**Zumba Gold with Judith – Tuesdays, 10:30 a.m.** Get your blood pumping with zesty music and a hearty workout. Build cardiovascular health by challenging your heart and working the hip, leg, and arm muscles by performing fun and rhythmic moves while sitting in a chair. **\*\* The new class starts on Nov. 1. This class is suitable for beginners or anyone who needs modifications to their exercise routine. For more information, or to register call 908-753-9440.\*\***

**Bridge Group with Ronnie – Tuesdays, 1 – 3 p.m.** Play Bridge, a mentally challenging card game that provides intellectual and social interaction. Regularly playing bridge can stimulate the brain to keep it alert and help it stay active. **\*\*New members**

and beginners are always welcome. Lessons are available. For more information, call 908-753-9440.\*\*

***Tai Chi with Roger (Intermediate to advanced class) – Wednesday, 9 a.m.*** Help reduce the risk of falls, ease pain, fatigue, and stiffness and gain a greater sense of well-being by practicing Tai Chi. In this class, participants will shift their body weight using a series of light, controlled movements that flow rhythmically into one long gesture. **\*\*This program can be practiced while either standing or sitting.\*\***

***Project Healthy Bones – Wednesdays, 10 a.m.*** Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. **\*\*The class is currently full at this time. To hear about other opportunities, call Lisa Cheng at 908-704-6327.\*\***

***Tai Chi with Roger – Wednesdays & Fridays, 10 a.m.*** Help reduce the risk of falls, ease pain, fatigue, and stiffness and gain a greater sense of well-being when practicing Tai Chi. In this class, participants will practice shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. **\*\*This program can be practiced while either standing or sitting.\*\***

***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 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 helps achieve an overall sense of well-being. **\*\*The cost is \$40 for the eight-week program. New class starts on Nov. 3. The class is appropriate for all skill levels. To register for the next session, or more information call 908-753-9440.\*\***

***Mahjong for Experienced Players – Thursdays, 1 – 3 p.m.*** Play this game of skill, strategy, and calculation. **\*\*This game is only for experienced players.\*\***

***Billiards Room – Available daily.*** The pool table is available on a drop-in basis.

***Computer Lab – Available daily.*** Center members are invited to use the computers at their leisure.

***Carrom – Available daily.*** Play this 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 favorite game.

***Jigsaw Puzzles – Available daily.*** Strike up a conversation, make new friends and have fun putting the pieces of a puzzle together. A wide variety of puzzles are available.

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

**Nov. 2, 11 a.m. – Volunteer Recognition Celebration.** Celebrate the senior center's volunteers while enjoying the popular music of Ken Kuehl while he performs music from the 1950s and 60s with his guitar. We need to recognize our volunteers' efforts to support the center's daily operations, as well as their friendship and caring, which helps makes the senior centers feel like a home away from home. Our volunteers' valuable contributions help make the senior centers successful.

**Nov. 3, 11 a.m. – Tongue Twisters.** Celebrate International Tongue Twister's Day on Nov. 8 by taking turns saying tongue twisters aloud. Have fun, laugh and giggle when you become tongue, tied and twisted.

**Nov. 3, 1 p.m. – Needlework Group.** Are you looking for other needleworkers (quilting/stitching/yarn work) who would like to get together once a month to socialize and discuss individual projects in a group setting? If yes, join this group! **\*\*This group is for experienced needleworkers only. Each participant is responsible for their patterns, fabrics and notions. For more information, call 908-753-9440 to be connected with the group leader.\*\***

**Nov. 4, 11 a.m. – Performance by the Raritan Valley Community College Dance Ensemble.** Enjoy dance performances and improvisations choreographed by guest artists and RVCC faculty and students. Dancers will present the communicative aspects of this art form with a variety of moves performed during a wide range of music and sound. In addition, the audience will have a chance to inspire dance movements that will be incorporated into dance segments. There will be a Q&A session at the end of the performance.

**Nov. 7, 11 a.m. – Blood Pressure Screenings.** Get a free blood pressure screening and questions answered by a healthcare professional from the Visiting Nurse Association. **\*\*No appointment is necessary.\*\***

**Nov. 9, 11 a.m. – Bingo with Rashmi.** Bingo is more than just an exciting activity. Researchers have found that playing Bingo provides multiple benefits such as promoting socialization, strengthening hand-eye coordination, improving concentration, honing listening skills and boosting short-term memory.

**Nov. 10, 11 a.m. – Veteran's Day Trivia.** Play Trivia and test your knowledge of World War II, play "Fill in the Blank" of patriotic song titles, and learn a few interesting Veteran's Day quotes.

**Nov. 14, 11 a.m. – Craft.** Make earthy ornaments and harvest-time decorations using leaves, and markers or crayons to decorate a white clipboard. **\*\*All supplies will be provided. Supplies are limited. For more information, call 908-203-6101.\*\***

**Nov. 14 & 28, 12:30 p.m. – *Canasta Card Game*.** Canasta, similar to Rummy, is a challenging game that provides players with a fun social experience.

**(Virtual) Nov. 15, 1:30 p.m. – *Monthly Book Club (Every Second Tuesday)*.** Join fellow book club members to discuss “Lilac Girls,” historical fiction by Martha Hall Kelly. After the discussion, select the next book to read. New members are always welcome! **\*\*This club is only for Warrenbrook Senior Center Participants.\*\***

**Nov. 16, 11 a.m. – “*The Campbell’s Soup Company: More Than Just Soup*” by *Historian Marisa Bozarth*.** Learn about the humble beginnings of the Campbell soup company, and the role New Jersey residents played in helping it become a multimillion-dollar organization. **\*\*This program is made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.\*\***

**Nov. 17, 11 a.m. – “*Armchair Travel: England*.”** Travel to England for free. Watch this video featuring folk music, traditional folk dancing, and English pubs as well as lush and stunning landscapes, bustling cities, quaint countrysides, and other hidden gems.

**Nov. 18, 11 a.m. *Brain Games & Hand Bells with Adrienne Graubard*.** Join fellow center members for some mind-tingling, brain-stumping word games, and a fun-filled musical workout using handbells. Studies show that playing music and games can stimulate the brain and enhance creative and critical thinking processes.

**Nov. 21, 11 a.m. – “*Beating the Holiday Blues*” by *Chris Kellogg, NightingaleNJ*.** Learn tools and techniques to help manage the holiday blues so you can begin to experience joy and excitement during the holidays. This class will be especially impactful for the elderly and adult children who have experienced the loss of family, friends, and function.

**Nov. 23, 11 a.m. – *Thanksgiving Craft*.** Make a turkey using popsicle sticks while socializing. **\*\*All supplies will be provided. Supplies are limited. For more information, call 908-203-6101.\*\***

**Nov. 28, 11 a.m. – “*Casimir Pulaski’s Campaigns in the Delaware Valley*” by *Historian Joseph Wroblewski*.** Learn the fascinating facts about Brigadier General Casimir Pulaski, how he fled Poland to become the first Commander of the Continental Cavalry, and the 18 months he spent fighting in the Delaware Valley before heading south and meeting his eventual death in Savannah, Georgia.

**Nov. 30, 11 a.m. – *Decorate the Christmas Tree at the Senior Center*.** Spend the day decorating the Christmas tree at the Warrenbrook Senior Center, because Christmas is right around the corner.

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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