



For Immediate Release  
November 29, 2023

## Somerset County Senior Centers Offer Exciting Activities in December



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

**There will be no in-person or hybrid classes or programs on Dec. 14 (Staff In-Service Day/Professional Day), Dec. 22 (Christmas Eve Observed) and Dec. 25 (Christmas Day).**

### **Lunch**

Attendees can invite a friend or neighbor to join them for lunch. All county-operated senior centers provide a nutritionally balanced lunch on Mondays through Fridays for a suggested donation of \$2.50 for anyone age 60 years and above. The menu includes a choice of **hot** meat-based or meatless entrées or **cold** meat-based or meatless boxed lunches. Senior wellness center clients must make reservations for lunch by 10 a.m. on the previous business day.

### **Virtual and Hybrid Programs**

Hybrid and virtual programs are noted throughout the schedule. Participants can attend hybrid programs either in person with an instructor or via Zoom.

**(MORE)**

Participants can join Zoom programs through a web browser without downloading applications or software. A camera (audio and video) is required to participate in Zoom programs.

### **Zoom Tutorials**

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

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

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

**For more information about the programs and activities listed below call the senior wellness center.**

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

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

***Take Control with Exercise – Tuesdays & Thursdays, 10 a.m.*** Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program presented in a video format. **\*\*Exercises can be practiced while either standing or sitting. There is no fee for this class. Call 908-204-3435 for more information.\*\***

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

***Mahjong Club – Mondays & Wednesdays, 12:30 – 4 p.m.*** Learn to play Mahjong, an interesting game that helps keep the brain sharp and supercharged! This club is for anyone who loves the game and wants to meet new people and have fun. **\*\*This is not a competitive club. All levels of experience are welcome.\*\***

***Stronger Seniors: Stretch – Mondays & Thursdays, 1 p.m.*** Join this simple, 45-minute pre-recorded exercise program. Use a chair for a safe and thorough stretching routine to feel more flexible. **\*\*For more information, call 908-204-3435.\*\***

***Canasta Club – Tuesdays, 12:30 p.m.*** Play this traditional card game that requires strategic and tactical thinking. **\*\*New members are welcome. For more information, call 908-204-3435.\*\***

***Bridge Club – Wednesdays, 9:30 a.m. – 1 p.m.*** Get intellectual and social stimulation when playing this mentally challenging card game. Studies show when participants regularly play Bridge it can stimulate the brain to keep it alert and help one's memory stay active. **\*\*New members and beginners are welcome. For more information, call 908-204-3435.\*\***

***Chair Yoga with Jillian. Wednesdays 1 p.m. (Nov. 29 – Jan. 17, 2024).*** Gain health benefits by practicing yoga poses with the support and safety of a favorite chair. Increase bone density, and improve strength, flexibility, and balance while 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 gain well-being. **\*\*The cost is \$40 for the eight-week program. To register for the next session and for more information, call 908-204-3435.\*\***

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## SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

**Monthly Book Club – Every Third Wednesday, 12:30 p.m.** Join fellow readers on Dec. 20, to discuss “The Mitford Affair,” a historical fiction novel by Marie Benedict. **\*\*New members are always welcome!\*\***

**Mahjong Lessons with Sylvia Rubin, Fridays, 9:30 a.m.** Learn how to play this fun and challenging game. Playing Mahjong helps keep the brain sharp and supercharged.

**Stronger Seniors: Core Strength – Fridays, 10 a.m.** Get a safe and easy workout for core muscles by using resistance bands in this pre-recorded exercise program. **\*\*If preferred, bring your exercise bands.\*\***

**Chair Yoga with Jillian. Fridays, 1 p.m.** Gain health benefits by practicing yoga poses with the support and safety of your favorite chair. Increase bone density, and improve strength, flexibility, and balance while being immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping participants to gain an overall sense of well-being. **\*\*The cost is \$40 for the eight-week program. To register for the next session and for more information, call 908-204-3435.\*\***

**Dec. 1, 11 a.m. – Raritan Valley Community College Dance Ensemble Performance.** Enjoy this performance showcasing a variety of dances accompanied by a wide range of music and sound, which was created by the RVCC faculty, students, and guest artists. In addition to the dance performances, the program will include improvisations, audience participation, and a Q&A session at the end.

**Dec. 4, 11 a.m. – A Visit from Sinterklaas with Bob Van Der Valk.** Celebrate the birthday of Saint Nicholas at the feast of Sinterklaas a Netherlands tradition.

**Dec. 5, 11 a.m. – Origami Workshop with Itoko Kobayashi, The Space Waraku.** Create simple origami flowers, animals, or other interesting objects with step-by-step instructions. **\*\*All supplies will be provided. Pre-registration is required. To register, call 908-204-3435.\*\***

**Dec. 6, 11 a.m. – Brain Games.** Join us for various games, puzzles, and trivia challenges designed to keep your brain young. Studies show that brain games may help sharpen thinking skills that wane with age, such as processing speed, planning skills, reaction time, decision-making, and short-term memory.

**Dec. 7, 11 a.m. – “Lung Health” with Public Health Intern Jay Kavia, Robert Wood Johnson Somerset.** Learn how lung conditions develop, such as lung cancer, pneumonia, and Chronic Obstructive Pulmonary Disorder (COPD). Participants will also find out how to reduce the risk of these chronic conditions as well as the treatment options.

**Dec. 7, 21 & 28, 11 a.m. – Line Dancing with David Cross.** Have fun getting fit while dancing. Studies show line dancing increases cardiovascular and muscular strength and improves coordination and balance. Participants don't need a partner, and it's an easy way to stay healthy, both mentally and physically.

**Dec. 8, 11 a.m. – Holiday Party with entertainment by Gordon James.** Celebrate the holidays and sing along with to favorite holiday dance hits, including “Jingle Bells” and “Twist and Shout”. Participants can dress in their holiday best.

**Dec. 11, 11 a.m. – “Transitions as We Age” by Kathy Bassiacos, Unicity Healthcare.** Learn strategies for managing difficult transitions such as downsizing, or losing a spouse, partner, friend, or family member, or the onset of a medical condition.

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## SENIOR WELLNESS CENTER AT BASKING RIDGE – CONT'D

**(Hybrid) Dec. 12, 11 a.m. – “NJ Division of Taxation: ANCHOR and Senior Freeze.** Learn about the Senior Freeze Program a property tax reimbursement program for eligible seniors and individuals with disabilities. **\*\*There will be a Q&A session at the end of the program.\*\***

**Dec. 13, 11 a.m. – Blood Pressure Screenings.** Get a free blood pressure screening from an Atlantic Health nurse. **\*\*No appointment is necessary.\*\***

**Dec. 13, 11 a.m. – Holiday-Themed Greeting Cards with Jerry Garris-Happ.** Create a beautiful holiday-themed greeting card to give to a family member or friend. **\*\*All supplies will be provided. Pre-registration is required. To register and reserve a seat, call 908-204-3435.\*\***

**Dec. 15 & 29, 11 a.m. – Bingo.** Partake in friendly competition and play Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

**Dec. 18, 11 a.m. – “Handyman Program” by Laurie Roome, Office of Volunteer Services.** Learn about the types of services the Handyman Program offers and how to become eligible to participate in the program, which was created for individuals with disabilities and older residents of Somerset County.

**Dec. 19, 11 a.m. – Beaded Ornament Craft with Kelly.** Create a snowman or Christmas tree beaded ornament to keep or give to a friend or family member. **\*\*All supplies will be provided. Pre-registration is required. To register and reserve a seat, call 908-204-3435.\*\***

**Dec. 19, 12:30 p.m. – Poetry Workshop with Senior Wellness Center at Basking Ridge Participants.** Read, write, share, and interpret all your favorite poems. This monthly workshop is great for people who have a passion for poetry. **\*\*The workshop is beginner-friendly. New members are always welcome!\*\***

**Dec. 20, 11 a.m. – Music Through the Ages by Kelly Carpenter.** Enjoy hits that span decades, such as Big Band, Swing, the 70s, Country, and Broadway. **\*\*This program is sponsored by Arbor Terrace Senior Living.\*\***

**Dec. 21, 11 a.m. – Jeopardy: Holiday Edition.** Play holiday-themed Jeopardy with categories including Holiday Traditions, Hanukkah, Holiday Tunes, Holiday Foods, and Holiday History.

**Dec. 26, 11 a.m. – Brain Games.** Keep the brain sharp and supercharged by playing games, puzzles, and trivia. Studies show that playing brain games may help sharpen thinking skills that wane with age, such as thought-processing speed, planning skills, reaction time, decision-making, and short-term memory.

**Dec. 27, 11 a.m. – New York City Trivia.** Learn about the Big Apple in this New York City-themed trivia session.

**Dec. 28, 11 a.m. – New Year’s Eve Countdown with Entertainment by Lorri Woodward.** Start bringing in the new year while enjoying classic hits from the 1950s and 1960s featuring “Let’s Have a Party,” “My Girl,” and “Dancing in the Street.”

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## SENIOR WELLNESS CENTER AT BRIDGEWATER

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

**For more information about the programs and activities listed below call the senior wellness center.**

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

***Computer Lab – Available daily, Monday to Friday.*** Senior wellness center members can 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 – Available Monday – Friday.***

***Qigong Practices with Michael – Mondays & Wednesdays, 10 a.m.*** – Learn the traditional practice of Qigong, a sitting- meditation that teaches participants to get acquainted with their minds, bodies, and spirits. Beginners will learn to coordinate their breathing techniques with movements and practice exercises (like Tai Chi) until each movement and posture is perfect.

***Stronger Seniors: Stretch – Mondays, 1 p.m.*** Join this simple, pre-recorded exercise program for a safe and thorough stretching routine. This class will help participants feel much more flexible.

***(Virtual) Tai Chi for Arthritis & Fall Prevention with Phillip Chan – Mondays, 1 p.m. & Thursdays, 10 a.m. (Sept. 11 to Jan. 22).*** Learn how to reduce falls and improve balance. In this class, participants will focus on shifting their body weight through light, controlled movements that flow rhythmically into one long gesture. Studies have shown that practicing tai chi can help reduce pain, fatigue, and stiffness and help participants achieve greater well-being. **\*\*This program can be practiced while either standing or sitting. To be added to the waitlist, or for more information, call 908-203-6101.\*\***

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

***Card Games – Tuesdays, 10 a.m.*** Feel free to play your favorite card games with fellow center members at the senior wellness center. There are plenty of tables. **\*\*There will be no card games on Dec. 5.\*\***

***(Hybrid) Gentle Aerobics with Lisa & Caitlin – Tuesdays & 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 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.\*\***

***Line Dancing with Connie and Debbie. Tuesdays, 1 p.m.*** Improve cardiovascular and muscular strength, coordination, and balance while line dancing, which is so much fun it doesn't even seem like exercise! Line dancing doesn't require a partner, and it's a great way to maintain one's mental and physical health. **\*\*This class is suitable for participants with limited mobility. All levels of skill are welcome. For more information, call 908-203-6101.\*\***

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## SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

**Mahjong Club** – Learn how to play Mahjong, an interesting game that can help sharpen the brain and keep it supercharged! This club is for anyone who loves the game and wants to have fun and meet new people.

- **Wednesday Mornings** – 9 a.m. to 12 p.m. (Beginners)
- **Wednesday Afternoons** – 1 to 4 p.m.
- **Friday Mornings** – 9 a.m. to 12 p.m.

**Take Control with Exercise – Wednesdays & Fridays, 1 p.m.** Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program, which is presented in a video format. **\*\*Exercises can be practiced while either standing or sitting.\*\***

**Monthly Book Club – Wednesday, 10 a.m.** Join fellow book lovers on Dec. 13, to discuss “Daisy Jones and the Six,” by Taylor Reid. **\*\*The club will meet on Wednesday in December instead of the usual Thursday. 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 stamina, improving metabolism, and increasing flexibility. **\*\*This is an ongoing exercise program for all skill levels. Exercises can be practiced while either standing or sitting.\*\***

**Eight-Week Ukulele Bootcamp with Tony – Thursdays, 12:30 p.m.** Learn to play music from the 50s, 60s, and 70s, including music from artists such as Elvis Presley, the Beatles, Buddy Holly, Peter, Paul, and Mary, the Monkees, Bob Dylan, Neil Diamond, Jimmy Buffet, and Hank Williams. Participants will learn to play songs on the first day! **\*\*The class is currently full. There will be no class on Dec. 28. There are a limited number of ukuleles available to borrow. For more information and to register for future sessions, call 908-203-6101\*\***

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

**Project Healthy Bones** – Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. **\*\*To be added to the waitlist, or for more information call 908-203-6101.\*\***

- **Mondays, 10:30 a.m. (Aug. 14 – March 4, 2024)**
- **Fridays, 12:45 p.m. (Aug. 16 – Feb. 16, 2024)**

**Crafts Club – Fridays, 12:30 – 2 p.m.** Craft and chat. Knit, crochet, embroider, or bring any crafting project and have fun socializing. **\*\*The senior wellness center has limited supplies available. For more information, call 908-203-6101.\*\***

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

**Dec. 1, 11 a.m. – “Winter Wellness Program” by Coordinator Mary Catherine Lundquist, Rutgers University COPSA Institute for Alzheimer’s Disease and Related Disorders.** Learn how to keep fit and healthy during the colder months.

**Dec. 4, 9 a.m. – 1 p.m. – Blood Pressure Screenings by Nursing students from the Rutgers School of Nursing.** Get a free blood pressure screening from a nursing student. **\*\*Walk-ins are encouraged.\*\***

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## SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

**Dec. 4, 11 a.m. – Holiday Cards for Hospice Patients.** Bring joy to someone's holiday and make a colorful and festive holiday card for a hospice patient. **\*\*All supplies will be provided. Pre-registration is required. To reserve your seat, call 908-203-6101.\*\***

**Dec. 5, 10:30 a.m. – Holiday Celebration.** Get into the holiday spirit with good friends and live entertainment. Gary will perform holiday favorites for a jolly good time. **\*\*Pre-registration is required. To reserve a spot and for more information, call 908-203-6101.\*\***

**Dec. 6, 11 a.m. – “Eating for Cancer Prevention” by Cecilia Gomez, Rutgers Cancer Institute of New Jersey.** Start the new year on a healthy foot. A poor diet can significantly increase one's risk of cancer. Learn what foods to eat and what foods to avoid for reducing the chance of developing cancer.

**Dec. 7, 11 a.m. – Holiday Fact or Fiction with Caitlin.** Test your memory and imagination, and maybe learn something new or shocking by guessing which wild holiday statements are true or false. You may be surprised by the answers.

**Dec. 7, 1 p.m. – Lunch & Learn: Let's Learn and Create Van Gogh by Lisa Bayer, Always Best Care Senior Services.** Learn about the short but prolific career of Dutch artist, Vincent Van Gogh whose post-impressionist paintings became famous only after his death. Participants will also create a simplified version of Starry Night using acrylic paint on canvas with step-by-step instructions. **\*\*All supplies will be provided. To register and for more information, call 908-203-6101.\*\***

**Dec. 8, 11 a.m. – The Swingin' Singin' Seniors Holiday Performance.** Enjoy an amazingly talented choral group of local seniors who will share their vocal talents while spreading some holiday cheer. Performances such as “Hello Dolly,” “Zip-A-Dee-Do-Da,” and “Lullaby on Broadway” will add cheer to the holiday.

**Dec. 11, 11 a.m. – “Practicing Mindfulness” by Anne Lorraine La, Parker Life.** Learn the practice of formal and informal mindfulness to reduce stress and anxiety and increase energy levels for a more focused, productive life. Mindfulness can be especially helpful during this busy time of year.

**Dec. 12, 11 a.m. – “CASA of SHaW & Quilt Display.”** Learn about CASA and SHaW (Court-Appointed Special Advocates of Somerset, Hunterdon, and Warren counties) and how they help children who are in foster care thrive, such as supporting the Hillsborough Quilting Club to provide foster children with beautiful quilts. Participants will be able to view the incredible handmade quilts.

**Dec. 12 & 19, 11 a.m. – Bereavement Support Group.** Share common feelings about grief and the renewal process in this support group, which provides participants with a safe place for grieving the death of a loved one. Interfaith, bereavement principles, and universal spiritual concepts are incorporated into this group. Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist Ronald W. Kaplan will facilitate the discussions. **\*\*Everyone's presence and participation are welcome. For more information, call 908-203-6101.\*\***

**Dec. 13, 11 a.m. – Dreidel Games for Hanukkah.** Have fun playing the traditional Jewish game of Dreidel to celebrate Hanukkah.

**Dec. 15, 10 a.m. – Free Blood Pressure Screenings.** Get a free blood pressure screening from a Somerset County Vo-Tech nursing student. **\*\*No appointment is necessary.\*\***

**Dec. 15, 11 a.m. – NJIO Holiday Performance.** Enjoy this classical performance by musicians of all ages. The NJIO allows musicians of all ages and abilities to study and perform classical music with professional musicians and experienced players.

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## SENIOR WELLNESS CENTER AT BRIDGEWATER – CONT'D

**Dec. 18, 11 a.m. – Holiday Performance with the Vo-Tech Dancers.** Don't miss this dazzling festive performance by the Somerset County Vo-Tech students as they tap dance and wear beautiful costumes.

**Dec. 19, 11 a.m. – Somerville High School Choir Performance.** Get into the holiday spirit when talented high school students with beautiful voices and lovely costumes sing.

**Dec. 20, 11 a.m. – Christmas Mandala Sand Art.** Make a colorful, holiday-themed mandala ornament to take home. **\*\*All supplies will be provided. Pre-registration is required. To reserve a seat and for more information, call 908-203-6101.\*\***

**Dec. 21, 11 a.m. – Bingo.** Partake in friendly competition and play Bingo, which is more than just an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

**Dec. 26, 11 a.m. – “Elder Abuse” by Eldercare Educator Josh O’Neal, Somerset County Office on Aging & Disability Services.** Learn how to identify elder abuse and how to stop it. Approximately 1 in 10 seniors experience some elder abuse, but only 1 in 24 cases are reported to the authorities.

**Dec. 27, 11 a.m. – Team Trivia with the Somerset County Youth Council.** Enjoy friendly competition and challenge the memory when playing this fun team trivia game with members of the Somerset County Youth Council.

**Dec. 28, 11 a.m. – Beaded Snowflake Ornament Craft.** Create a beautiful snowflake ornament using beads and pipe cleaners. **\*\*All supplies will be provided. Pre-registration is required. To reserve a seat and for more information, call 908-203-6101.\*\***

**Dec. 29, 11 a.m. – New Year’s Eve Celebration by Joni Lauyer of Ocean Healthcare.** Dance and have fun while celebrating the year to come and reminiscing about the year behind.

## SENIOR WELLNESS CENTER AT HILLSBOROUGH

339 South Branch Road  
Hillsborough, NJ 08844  
908-369-8700

**For more information about the programs and activities listed below call the senior wellness center.**

**Rummikub – Mondays, Wednesdays & Fridays, 9:30 a.m.** Play this fast-moving board game, which requires players to have some luck and use strategic thinking. Playing Rummikub promotes social interaction, mental stimulation, and relaxation. Time flies when participants play this game.

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

**Mahjong – Wednesdays, 10 a.m.** Play this stimulating game that requires the use of skill, some strategy, and a little bit of luck. **\*\*For more information, call 908-369-8700.\*\***

**Fit & Flex with Rose – Tuesdays (Virtual) & Wednesdays, 11 a.m.** Get fit while performing 20 minutes of low-impact exercise to music, use weights for 15 minutes, and then use resistance bands for 15 minutes. Perform stretching exercises with a chair and other movements while standing. The instructor teaches proper breathing and proper positioning.

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## SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

***Beginner Ukulele Club with David – Wednesdays, 1 p.m.*** Start on the right note with easy-to-follow lessons. Learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele. **\*\*There are a limited number of ukuleles available to borrow. For more information, call 908-369-8700.\*\***

***Tai Chi Exercises – Wednesdays, 1 p.m. and Fridays, 10 a.m.*** – Reduce pain, fatigue, and stiffness, decrease the risk for falls, and gain a greater sense of well-being when practicing Tai Chi. In this class, participants will focus on shifting their body weight through a series of light, controlled movements that flow rhythmically into one long gesture. **\*\*This program can be practiced while standing or sitting.\*\***

***Puzzle Club – Wednesdays & Fridays, 1 p.m.*** Strike up a conversation, make new friends, and enjoy assembling puzzles. The senior wellness center has a wide variety of puzzles available.

***Vitality: Cardio Boxing Series with Curtis Adams – Tuesdays at 1 p.m. & Thursdays at 10 a.m.*** Partake in an exciting blend of easy-to-follow exercises for older adults in this class presented via video. All exercises will be demonstrated while standing and sitting. **\*\*For more information, call 908-369-8700.\*\***

***Hillsborough Discussion Group, Every Second Tuesday, 1 p.m.*** Discuss what you are thankful for and how you celebrate Thanksgiving.

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

***Dec. 1 & 18, 11 a.m. – Bingo.*** Partake in friendly competition and play Bingo, which is more than an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

***Dec. 4, 10 a.m. – Making Holiday Cards.*** Create a holiday card to be sent to nursing home residents and people living at rehabs to help lift their spirits. **\*\*All supplies will be provided. Pre-registration is required. To reserve a spot and for more information, call 908-369-8700.\*\***

***Dec. 5 & 19, 10 a.m. – Game Day.*** Join fellow senior wellness center members to play favorite games, including hangman, checkers, chess, and more. Playing games is a great way to socialize.

***Dec. 7, 11 a.m. – Holiday Fact or Fiction.*** Test your memory, and imagination, and maybe learn something new or shocking, by guessing which wild holiday statements are true or false. You may be surprised by the answers.

***Dec. 8, 11 a.m. – Snowflake Craft.*** Create two different beautiful snowflake decorations using simple items such as paper bags and cardboard tubes. **\*\*If possible, bring toilet paper or paper towel tubes. Pre-registration is required. To reserve a seat and for more information, call 908-369-8700.\*\***

***Dec. 8, 12:30 p.m. – “Lung Cancer Prevention” by Public Health Intern Jay Kavia, Robert Wood Johnson Somerset.*** Learn about the causes of lung cancer and how to protect against the disease, which is the leading cause of cancer death worldwide.

***Dec. 11, 10:30 a.m. – Holiday Celebration with Entertainment by James Barba.*** Get ready to celebrate and sing along and dance with good friends and live entertainment during this holiday party.

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## SENIOR WELLNESS CENTER AT HILLSBOROUGH – CONT'D

**Dec. 12, 10 a.m. – Card Games.** Play your favorite card games like Rummy, Poker, Crazy Eights, and Solitaire, and share gaming skills. **\*\* All levels of skill are welcome.\*\***

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

**Dec. 21, 11 a.m. – “Home Borrowing Program” by Civic Services Supervisor Noah Anderson, Somerset County Library System (SCLS).** Learn about the services at the county's local libraries, such as different ways to borrow books and movies without leaving the house.

**Dec. 26, 10 a.m. – Brain Games.** Play games, puzzles, and trivia to help keep the brain young. Studies show that playing brain games can help sharpen certain thinking skills that tend to wane with age, such as thought-processing speed, planning skills, reaction time, decision-making, and short-term memory.

**Dec. 28, 11 a.m. – New Year's Trivia.** Join other senior wellness center members for an interactive, challenging trivia game, and learn about some strange holiday traditions.

**Dec. 29, 11 a.m. – New Year's Celebration with Entertainment by Andrew Lobby.** Celebrate the coming year by remembering the past and singing holiday songs from the past.

## MONTGOMERY SENIOR CENTER

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

**For more information about the programs and activities listed below call the senior wellness center.**

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

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

**Card Club: Rummy 500.** Get your game on and play a fun and relaxing version of the card game Rummy. Don't miss the fun.

**Blood Pressure Screenings – First Monday of Every Month, 9:45 a.m.** Get a **FREE** blood pressure screening from a Montgomery Township nurse who will be onsite at the senior center. **\*\*No appointment is necessary.\*\***

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

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

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## MONTGOMERY SENIOR CENTER – CONT'D

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

***(Hybrid) Yoga Chair Fusion with Debbi – Tuesdays, 10:15 a.m.*** Learn techniques to help gain flexibility and improve strength while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Practicing yoga, can help participants increase bone density, strengthen muscles, improve balance, relieve stress, and achieve well-being. **\*\*These exercises can be practiced while standing or sitting and are open to all skill levels. This class will be presented via Zoom and conducted live at the center by an instructor.\*\***

***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 show that most participants reduce their pain, fatigue, and stiffness and achieve a greater sense of well-being when practicing Tai Chi. **\*\*There will be no class on Dec. 6. Participants can practice these exercises while either standing or sitting.\*\***

***Beginner Ukulele Lessons with Denise – Wednesdays, 1 p.m.*** Learn how to hold, tune, and strum simple chords while learning the foundation of playing the ukulele in easy-to-follow lessons for six weeks. **\*\*The next session will begin on Jan. 10, 2024. To register and/or to 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.\*\***

***Advanced Beginner Ukulele Lessons with Denise – Thursdays, 12:30 p.m.*** Hone the skills you have learned in the last class, such as basic chords and strumming techniques, then learn how to play songs with more challenging chord combinations. **\*\*To register and to reserve a ukulele, call 609-466-0846, or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\***

***Intermediate Ukulele Lessons with John Fitzpatrick –Fridays 9 a.m.*** Build on the skills learned in the beginner's class to master chords, melodies, and improvisation. Participants will also play a multi-part arrangement in a band and perform a wide range of musical genres in front of an audience. **\*\*There will be no class on Dec. 29. For more information, call 609-466-0846.\*\***

***Mahjong Club – Fridays, 10 a.m.*** Join this club to meet new people while learning to play the game, which is an interesting way to keep the 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.\*\***

(MORE)

## MONTGOMERY SENIOR CENTER – CONT'D

**Dec. 1, 10:15 a.m. – Video: Chair Yoga with Melanie.** Learn techniques to help gain flexibility and improve strength while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Practicing yoga can help increase bone density, strength, and balance. This class is perfect for stress relief and for gaining a sense of well-being. **\*\*This class is open to all levels of skill and can be practiced while either standing or sitting.\*\***

**Dec. 1, 11 a.m. – Holiday Acrylic Painting with Denise.** Create a beautiful holiday painting with a step-by-step tutorial and acrylic paints. Give the artwork to a friend or family member. **\*\*All supplies will be provided.\*\***

**Dec. 4, 11 a.m. – “Elder Abuse” by Eldercare Educator Josh O’Neal, Somerset County Office on Aging & Disability Services.** Learn how to identify elder abuse and find out how to stop it. Approximately 1 in 10 seniors experience some elder abuse, but only 1 in 24 cases are reported to the authorities.

**Dec. 5, 11 & 26, 11 a.m. – Ageless Grace Fitness Program with Certified Ageless Grace Educator Roz Gerken.** Take this fitness program to activate all five functions of the brain, such as strategic planning, memory, recall, analytical thinking, creativity, imagination, and kinesthetic thinking. Ageless Grace is based on the cutting-edge science of neuroplasticity, which means it will help the brain and central nervous system change functionally and structurally for better health. **\*\*Participants of all skill levels will be thoroughly engaged in the class while seated in a chair.\*\***

**Dec. 6, 10:30 a.m. – Holiday Celebration.** Get into the holiday spirit with good friends and live entertainment. Gary will perform holiday favorites for a jolly good time. **\*\*Registration is required. Space is limited. To reserve a spot and for more information, call 609-466-0846.\*\***

**Dec. 7 & 28, 10 a.m. – Creative Wellness with Shirin Stave-Matais.** Achieve calm, gain control, and learn meditative practices through imaginative, joyful, and social interaction. This class combines wellness exercises with Hatha and Chair yoga. Participants will learn gestural, improvisational, and world dance forms, sound therapy, creative play, guided relaxation, and meditation techniques. **\*\*Participants of all skill levels are welcome, and the class can be practiced while standing or sitting.\*\***

**Dec. 7, 11 a.m. – “Hanukkah Story” with Debbie Bjornstad.** Learn the history and traditions of Hanukkah.

**Dec. 8, 10:15 a.m. – Holiday Cards for the Troops.** Make colorful and festive holiday cards to bring joy to our troops. **\*\*All supplies will be provided.\*\***

**Dec. 8, 1 p.m. – Holiday Acrylic Painting with Denise.** Create a beautiful holiday painting with a step-by-step tutorial and acrylic paints. Give the artwork to a friend or family member. **\*\*All supplies will be provided.\*\***

**Dec. 11 & 18, 1 p.m. – Left-Center-Right Game.** Play this fun dice game to pass the time. There aren't a lot of rules, so learning the game is a piece of cake.

**Dec. 12, 11 a.m. – Neurographic Art with Denise.** Take part in an easy, fun, and relaxing activity called neurographic art, which is a simple way to work with the subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology. **\*\*All supplies will be provided.\*\***

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## **MONTGOMERY SENIOR CENTER – CONT'D**

**Dec. 13, 11 a.m. – *Let's Build a Gingerbread House*.** Learn how to build a beautiful gingerbread house by taking pieces of gingerbread and thick royal icing. After the icing dries, participants will decorate the gingerbread house. **\*\*All supplies will be provided.\*\***

**Dec. 15, 10:15 a.m. – “*The Greatest Man-Made Wonders of the World*” (Video).** Take a special look at the greatest ancient man-made wonders of the world such as the Great Pyramid, the Great Wall of China, and other amazing structures.

**Dec. 15, 11:15 a.m. – *Pema Chodron: Becoming Limitless* (Video).** Learn how to decrease isolation and depression by recognizing love, compassion, joy, and equanimity through Pema Chodron's teachings of the Buddhist practice of the “Four Limitless Ones.” There will be a physical component to the video where participants will strengthen core muscles, and improve flexibility, and balance.

**Dec. 18, 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.\*\***

**Dec. 19, 11 a.m. – *Second Annual Mini-Monty Uke Band Christmas Concert*.** Sing along and fill the senior wellness center with holiday cheer during this hour-long celebration. Lyrics will be provided so participants can sing “Let it Snow,” “Winter Wonderland,” “Frosty the Snowman,” and other holiday classics.

**Dec. 20, 11 a.m. – *Aroma Therapy: Lemon Lavender Sugar Body Scrub by Lisa Bayer, C.D.P., Always Best Care*.** Learn about the history and properties of essential oils, make products to take home, and learn recipes to make the oils at home.

**Dec. 21, 10:15 a.m. – *Ageless Grace Fitness Program with Certified Ageless Grace Educator Roz Gerken*.** Take this fitness program, to activate all five functions of the brain including strategic planning, memory, recall, analytical thinking, creativity, imagination, and kinesthetic thinking. Ageless Grace is based on the cutting-edge science of neuroplasticity, which means it will help the brain and central nervous system change both functionally and structurally for better health. **\*\*Participants of all skill levels will be thoroughly engaged in the class while seated in a chair.\*\***

**Dec. 28, 10 a.m. – *Crocheting with Mary*.** Learn everything you need to know about crocheting, such as how to hold your hook and the most common crochet stitches. Crocheting is the process of creating textiles by using a crochet hook to interlock loops of yarn, thread, or strands of other material. This is a fun, relaxing hobby for everyone. **\*\*All supplies will be provided.\*\***

**Dec. 29, 10:30 a.m. – *New Year's at Noon Celebration with Entertainment by Lorri Woodward*.** Celebrate the arrival of the new year and enjoy a performance of classic hits from the 1950s and 1960s featuring “Let's Have a Party,” “My Girl,” and “Dancing in the Street.”

## **QUAIL BROOK SENIOR CENTER**

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

**For more information about the programs and activities listed below call the senior wellness center.**

(MORE)

## QUAIL BROOK SENIOR CENTER – CONT'D

**Take Control with Exercise – Monday, Tuesday, & Thursday, 10 a.m.** Strengthen core muscles and improve flexibility and balance while boosting stamina during this gentle exercise program, which is presented in a video format. **\*\*Exercises can be practiced while either standing or sitting.\*\***

**Canasta Club – Mondays, 1 p.m.** Join fellow center members for a friendly competition playing Canasta, a fun card game. **\*\*New members are always welcome. For more information, call 732-563-4213.\*\***

**Walking Club – Tuesdays, 12:30 p.m.** Enjoy the fresh air and outdoor activity, which will help participants improve flexibility, lower blood pressure, elevate their mood, and socialize with friends. **\*\*The club takes place when weather permits. For more information, call 732-563-4213.\*\***

**Geri-Fit – Classes are currently full. New sessions begin after Jan. 5** – Rebuild your strength and have better functioning through Geri-Fit, a unique and beneficial exercise program that incorporates strength training with stretching and range of motion exercises, stability, and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking. **\*\* This exercise program can be practiced while sitting or standing. Participants need a set of light dumbbell weights (2 lbs.), a sturdy chair, a stretch band, and water to drink during the workout. This is a 45-minute class that takes place twice a week, for 12 weeks (24 classes). To be added to the waitlist, and for more information call 732-463-4213.\*\***

- **Tuesdays & Fridays, 12:30 p.m. (Oct. 3 – Jan. 5) with Susan Pfeiff**
- **Wednesdays & Fridays, 10 a.m. (Oct. 4 – Jan. 5) with Karen Jesse**

**Boggle Bonanza with Valerie Fryar – Wednesdays, 10:30 a.m.** Picture this – seniors yelling out mono or multi-syllabic words. It's Boggle, and it's fun, but this game isn't just fun it provides multiple health benefits such as boosting memory and concentration and relieving stress. Enjoy playing Boggle as a warmup to prepare for Wordle!

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

**(Hybrid) Zumba Gold with Laurie Fetcher, Wednesdays – 1 p.m.** Get your blood pumping to zesty music during this hearty workout to help build cardiovascular health. In this class, participants will exercise the hip, leg, and arm muscles and practice fun, rhythmic moves while sitting in a chair. **\*\*This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom.\*\***

**Introduction to Line Dancing 101 with Deborah Gibson – Thursdays, 1 p.m.** Learn how to line dance and become familiar with the line dancing steps and movements. Each class will incorporate a new movement to build on the line dancing skills learned in the previous class.

**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 improve one's mental and physical health.

**Mahjong Meet Up – Fridays, 9:30 a.m.** Play this fun game requiring skill, strategic thinking, and luck. This session is a six-week series and is open to beginners and those who need a refresher course.

(MORE)

## QUAIL BROOK SENIOR CENTER – CONT'D

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

**Dec. 1, 11 a.m. – Community Service Project: Holiday Craft with Shelly Demarco, Ennoble Care.**  
Make a simple holiday craft for the homebound. **\*\*All supplies will be provided.\*\***

**Dec. 4, 11 a.m. – Better Breathing with Monica Giles, Rutgers Cancer Institute of New Jersey.**  
Find out why people develop breathing difficulties as they age and learn tips and tricks for better breathing through techniques and exercises to enhance lung capacity.

**Dec. 5, 11 a.m. – “Senior Medicare Patrol” with Charles Clarkson.** Learn how to detect and report Medicare fraud, and other scams.

**Dec. 5 & 19, 1 p.m. – Wordle.** Play a fun vocabulary-building game to stimulate your brain.

**Dec. 6, 11 a.m. – “Fraud Watch by Howard Koransky,” AARP.** Learn how to identify scammer tactics and find out tips and tricks to avoid scams such as identity theft, investment fraud, and holiday scams.

**Dec. 7, 11 a.m. – “Beating the Holiday Blues for the Elderly” by Chris Kellogg, NightingaleNJ.**  
Join this session to learn tools and techniques for managing the holiday blues.

**Dec. 8, 11 a.m. – “Lung Health” with public health intern Jay Kavia, Robert Wood Johnson Somerset.** Learn about lung cancer, pneumonia, and COPD including the causes, how to reduce the risk of developing these diseases, and treatment options.

**(Hybrid) Dec. 11, 11 a.m. – “Income Tax for Seniors” by the New Jersey Division of Taxation.**  
Learn valuable information about taxable income, filing for taxes, and more. **\*\*This is a hybrid class and will be presented live at the center by an instructor and simultaneously presented via Zoom.\*\***

**Dec. 12, 11 a.m. – Karaoke with Crystal.** Take part in a friendly Karaoke Competition.

**Dec. 12 & 26, 1 p.m. – Cornhole Game.** Play this fun game of tossing a bean bag in the hole.

**Dec. 13, 11 a.m. – “I Didn’t Know That!” By Rutgers Professor Charles Smith.** Learn about the history, misnomers, inaccuracies, and falsehoods of unsung heroes from around the world.

**Dec. 15, 11 a.m. – Holiday Party with DJ Gio.** Celebrate the holidays and sing along to your favorite holiday and dance hits, including “Winter Wonderland” and “Twist and Shout.” Participants can dress in their holiday best if they wish.

**Dec. 18, 11 a.m. – Holiday Sing-Along with Roberta Foster.** Sing along during a uke and vocal performance of classic holiday tunes such as “Let it Snow,” “Winter Wonderland,” and “Frosty the Snowman.” Lyrics will be provided.

**Dec. 19, 11 a.m. – “Weights and Measures” by Jeremy Eckles, Somerset County Office of Weights and Measures.** Find out how to avoid getting ripped off and learn how to determine if gas stations and stores are charging the right price.

(MORE)

## QUAIL BROOK SENIOR CENTER – CONT'D

**Dec. 20, 11 a.m. – “The Basics of Organ Donation” by Hospital and Community Services Coordinator Iveth Gonzalez, New Jersey Sharing Network.** Learn all you need to know about organ donation.

**Dec. 21, 11 a.m. – Watercolor Velvet Art.** Relax while painting with watercolor and using a velvet picture template. This is the perfect indoor winter activity. **\*\*All supplies will be provided. For more information, call 732-563-4213.\*\***

**Dec. 26, 11 a.m. – Board Games.** Join other senior center members for a fun day of playing board games such as Scrabble, Checkers, and Chess. Playing board games is a great way to relax and socialize.

**Dec. 27, 11 a.m. – “Elder Abuse” by Eldercare Educator Josh O’Neal, Somerset County Office on Aging & Disability Services.** Learn how to identify elder abuse and find out how to stop it. Approximately 1 in 10 seniors experience some elder abuse, but only 1 in 24 cases are reported to the authorities.

**Dec. 28, 11 a.m. – Bingo.** Partake friendly competition and play Bingo, which is more than just an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

**Dec. 29, 11 a.m. – New Year’s Eve, New York Trivia.** Celebrate New Year’s Eve and play New York City trivia.

## WARRENBROOK SENIOR CENTER

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

**For more information about the programs and activities listed below call the senior wellness center.**

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

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

**Carrom – Available daily.** Play this fun game, which is similar to billiards and table shuffleboard.

**Games/Cards (Scrabble, Uno, Canasta, etc.) – Available daily.** Have fun playing these games, or suggest another one of your favorites.

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

**Lending Library – Available daily.** Borrow a paperback book and return it when finished reading.

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

(MORE)



## **WARRENBROOK SENIOR CENTER – CONT'D**

### ***Stretch with Warrenbrook Senior Center Volunteers Kanwaljit Minhas and Emma (Connie)***

***Deversterre – Mondays, 10:15 a.m.*** – Improve flexibility and balance by stretching, which keeps the muscles flexible, strong, and healthy, to maintain a range of motion in the joints. **\*\*For more information, call 908-753-9440.\*\***

***Mahjong for Intermediate Players – Tuesdays, 9:30 a.m. – 12 p.m.*** Join other intermediate mahjong players for a game of strategy and calculation. **\*\*For more information, call 908-753-9440.\*\***

***Zumba Gold with Judith – Tuesdays and Fridays, 10:15 a.m.*** Get your blood pumping with zesty music and a hearty workout. Build cardiovascular health by challenging your heart and exercising, the hip, leg, and arm muscles when performing fun and rhythmic moves while sitting in a chair. **\*\*The cost is \$40 for the eight-week program. This class is suitable for beginners or anyone who needs modifications to their exercise routine. To register or for more information, call 908-753-9440.\*\***

***Bridge Group with Ronnie – Tuesdays & Fridays, 1 – 3 p.m.*** Play Bridge, a mentally challenging card game that provides intellectual and social interaction. Playing bridge can stimulate the brain to keep it alert and help it stay active. **\*\*New members and beginners are always welcome. Lessons are available.\*\***

***Gentle Yoga with Jillian – Tuesdays, 1 p.m.*** Practice Hatha yoga poses, while either sitting or standing, to increase bone density, and improve strength, flexibility, and balance while immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. The class is perfect for relieving stress, and it also helps achieve an overall sense of well-being. **\*\*The cost is \$40 for the eight-week program. This class is appropriate for all skill levels. For more information and to register for the next session, call 908-753-9440.\*\***

***Project Healthy Bones – Wednesdays, 10 a.m. (Oct. 4 – March 13)*** – Improve balance, strength, flexibility, and posture in this peer-led, 24-week exercise and education program for individuals who are either at risk for osteoporosis or have it. **\*\*This class is currently full. To hear about other opportunities, call 908-753-9440.\*\***

***Strength with the Warrenbrook Seniors – Wednesdays, 10:15 a.m.*** – Improve flexibility and balance by using resistance bands for a safe and easy workout. **\*\*There will be no class on Dec. 13.\*\***

***Advanced Bridge – First & Third Wednesdays, 1 – 3 p.m.*** Play Bridge to stimulate the brain and keep the memory active and alert. **\*\*This group is for advanced players only.\*\***

***Gentle Yoga with Jillian – Thursdays, 10 a.m.*** Practice Hatha yoga poses while sitting or standing, to increase bone density and improve strength, flexibility, and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. The class is perfect for relieving stress, and it also helps participants achieve an overall sense of well-being. **\*\*The cost is \$40 for the eight-week program. This class is appropriate for all skill levels. For more information and to register for the next session, call 908-753-9440.\*\***

***Art Hour with Jean – Thursdays, 1 – 3 p.m.*** This is a great opportunity for an artist to meet new people while creating an art piece using watercolors or acrylics. **\*\*All supplies will be provided. \*\***

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

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## WARRENBROOK SENIOR CENTER – CONT'D

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

**Bridge – Fridays, 1 –3:30 p.m.** Play Bridge, a mentally challenging card game that stimulates the brain, keeps the memory active and the brain alert while providing intellectual and social stimulation.

**Dec. 1 and 15, 11 a.m. – Brain Games and Hand Bells with Adrienne Graubard.** Solve puzzles and stimulate the brain to enhance creative and critical thinking in this mind-tingling, brain-stumping, and fun-filled musical workout using hand bells.

**Dec. 4, 11 a.m. – Singing Christmas Carols with Warrenbrook Seniors Ken and John.** Get into the holiday spirit and sing Christmas Carols.

**Dec. 6 & 27, 11 a.m. – Bingo with Rashmi.** Take part in a little bit of friendly competition and play Bingo, which is more than just an exciting activity. Researchers have found that playing Bingo provides multiple health benefits, such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening, and short-term memory skills.

**Dec. 7, 11 a.m. – The Sound of Winter with Michael Avagliano, Discovery Orchestra.** Enjoy this seasonal performance of “Winter” part of Antonio Vivaldi’s collection of violin concertos “The Four Seasons.”

**Dec. 8, 11 a.m. – Christmas Ornament Craft.** Create a unique Christmas ornament using two Styrofoam bowls, self-adhesive glitter squares, and felt sheets. **\*\*All supplies will be provided. Pre-registration required. To reserve a spot and for more information, call 908-753-9440.\*\***

**Dec. 11, 11 a.m. – Drumming Circle Gathering with Dave Miller, EarthMovers Collective.** Learn how to hold a drum and make different tones while soothing the mind, body, and spirit. This drumming circle will incite self-expression, provide deep relaxation, lower blood pressure and reduce stress. During this holistic experience, participants will feel a sense of joy while healing.

**(Virtual) Dec. 12, 1:30 p.m. – Monthly Book Club (Every Second Tuesday)** – Join fellow book club members on Dec. 12 to discuss “Meet Me at the Museum” a psychological fiction novel by Anne Youngson, and select the next book to read. **\*\*This book club is for Warrenbrook Senior Center participants only. New members are always welcome.\*\***

**Dec. 13, 10:30 a.m. – Holiday Party with Entertainment by DJ Gio.** Enjoy the festivities while singing and dancing to holiday music by DJ Gio. There will be holiday food and a visit from Mr. Claus.

**Dec. 18, 11 a.m. – Christmas Songs with Sal.** Celebrate the holidays with a musical performance by Sal DiBianca and a magical visit from Santa Claus.

**Dec. 20, 11 a.m. – Craft: Beaded & Stitched Santa Claus.** Create a Santa Claus ornament using glass beads, perforated paper, floss, and needles. **\*\*All supplies will be provided. Pre-registration is required. To reserve a spot and for more information, call 908-753-9440.\*\***

**(Hybrid) Dec. 21, 11 a.m. – “The Nutcracker” with George Marriner Maull, Discovery Orchestra.** Enjoy this perennial holiday favorite “The Waltz of the Flowers” a movement from Peter Tchaikovsky’s, “The Nutcracker,” which is filled with gorgeous string sound and beautiful woodwind solos.

(MORE)

## WARRENBROOK SENIOR CENTER – CONT'D

**Dec. 28, 11 a.m. – Kwanzaa.** Complete crossword puzzles learn some Kwanzaa Trivia  
A week-long holiday beginning Dec. 26 and honors African heritage, unity, and culture.

**Dec. 29, 11 a.m. – New Year's Eve Trivia.** Test your knowledge about New Year's by completing a  
New Year's Resolution word scramble, a New Year's Eve Word Search, and learn about New Year's  
Traditions from around the world.

*To stay up-to-date with Somerset County events and information, sign up for [free email alerts](mailto:free_email_alerts@www.co.somerset.nj.us) 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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