

Somerset County Senior Centers April Activities

SOMERVILLE, NJ – The Senior Centers operated by the Somerset County Office on Aging and Disability Services announce the April program schedule. Senior Centers will be closed on April 3rd in observance of Good Friday.

Somerset County multi-purpose senior wellness centers (6) are operated by the **Office on Aging & Disability Services** and offer a variety of activities including educational programs, health, and wellness information in a stimulating social setting. Somerset County residents who are 60+ and caregivers who support this population are eligible to attend. Those 60+ who need assistance with daily life activities are welcome to attend with a caregiver. Interested residents must call or visit the center to register. Proof of identification, age and residency are required. Programs are FREE for registered members unless indicated otherwise.

Somerset County-operated senior wellness centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50 for anyone age 60+; the cost of lunch for those under 60 is \$8.76. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10 a.m. on the previous business day.

OOA&DS provides information and assistance regarding aging safely in place and in the community. For assistance, including caregiver support and resources, contact our main office at 908-704-6346 or 1-888-747-1122. Staff are available to meet you at a center or in your home.

2026 Aging and DisABILITY Resource Expo – Saturday, April 25, 10am – 1pm at the Senior Wellness Center at Bridgewater. The Somerset County Office on Aging and Disability Services is hosting its annual **Aging and DisABILITY Resource Expo**, an energizing and fun day with educational discussions, interactive demonstrations, and preventative healthcare screenings.

Pre-registration is encouraged by [registering online](#) or calling the Office on Aging & Disability Services at 908-704-6346. Parking is available on-site and overflow parking will be offered with a free shuttle.

Door to door transport will also be available to pick up residents at their homes. **To request transportation, residents must call the Office on Aging & Disability Services or indicate such on the online registration form by April 9, 2026.**

SENIOR WELLNESS CENTER AT BASKING RIDGE

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

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

Coffee/Tea Social – Mondays, 3 – 4 p.m. This is an opportunity for our community to visit the center to connect, enjoy one another and to learn about center programming opportunities.

Mahjong Club – Mondays & Wednesdays, 12:30 – 4 p.m. & Fridays, 9:30 a.m. Mahjong is a great game to keep your brain sharp and supercharged. This club is for anyone who loves the game, wants to meet new people, and have some fun. This is not a competitive club. Join fellow center members to play this thought-provoking game. **Club size is limited, and registration for one time frame is required. For more information, please call 908-204-3435.**

Stronger Seniors: Core Strength – Tuesdays, 9:30 a.m. & Thursdays, 10 a.m. This pre-recorded exercise program utilizes resistance bands to give you a safe and easy workout for your core muscles. Feel free to bring your own band.

Project Healthy Bones – Tuesdays, 10:30 a.m. – 12 p.m. (January 20th – June 30th). Project Healthy Bones (PHB) is a peer-led, 24-week exercise and education program for individuals who are either at risk of osteoporosis or have it. Exercises focus on improving balance, strength, flexibility, and posture. **Advanced registration is required. A doctor's note is also required before the first class and then once every year. Please call Roberto for more information: 908-204-3435.**

Canasta Club – Tuesdays, 12:30 – 4 p.m. Canasta is a traditional card game that involves grouping your cards to outscore your opponent or the opposing team. New members are always welcome.

Take Control with Exercise – Tuesdays & Thursdays, 1 – 2 p.m. This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or sitting. This program will strengthen core muscles and improve flexibility and balance while boosting stamina.

Bridge Group – Wednesdays, 9:30 a.m. – 12 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain to keep it alert and helps your memory stay active. New members and beginners are always welcome.

Chair Yoga with Jillian – Wednesdays & Fridays, 1 – 2 p.m. This class is open to all levels of skill. Poses can be practiced while either sitting or standing. This class will help increase bone density, and improve strength, flexibility, and balance while you are immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping gain an overall sense of well-being. **The cost is \$40 for the 8-week program. Pre-registration is required. Please call Roberto for more information: 908-204-3435.**

Timeless Planners with Suzanne – Wednesdays, 2 p.m. All are welcome to participate in this club. The goal for this club is to hear what ideas, programs, or topics of presentations you all would like to see on the activity calendar in the future.

Line Dancing with David Cross – Thursdays, 11 a.m. Line Dancing is a perfect exercise for those wanting to improve their coordination and balance. Exercise your body and your memory.

Stronger Seniors: Stretch – Fridays, 10 a.m. Stretch your muscles and loosen your joints with this wonderful, pre-recorded program. You can remain seated while stretching your whole body. You'll feel such a difference in just 45 minutes.

Colorful Memories Studios with Mindy – Fridays, 2 p.m. Coloring activities relieve stress, encourage creativity, and enhance focus. After a long week join us for this mindful activity that will kick off by decorating the home delivered meal bags that go out to our home bound seniors who utilize Home Delivered Meals led by center client and volunteer, Mindy. All are welcome to participate, supplies provided.

April 1, 11 a.m. – Easter Celebration Join Basking Ridge participants for a fun Easter Egg Hunt. Ask a friend to partner with you. Instead of prizes or candy, expect an affirmation or a kind quote. All are welcome to participate. The hunt will begin at 11 a.m. sharp

April 2, 11 a.m. – Spring Wreath Craft with Leslie Yngojo- Bowes from Arbor Terrace Join us for a spring craft where you will utilize your creativity to assemble a spring wreath with real flowers. **Pre-registration is required to ensure enough materials for all participants.**

April 3 – Senior Wellness Center at Basking Ridge – Closed

April 6, 11 a.m. – A Healthier Somerset with Noelia Hinds from Empower Somerset. This program will illustrate the harm of vaping, warning signs to look for if, and other education tips and resources.

April 7, 11 a.m. – April Trivia with Roberto. Test your knowledge and academic acumen by joining us for April based trivia with categories ranging from history, science, and pop-culture.

April 8, 11 a.m. – Plan Ahead with Amy Maritato, Community Educator, Somerset County Office on Aging and Disability Services. This program will focus on empowering seniors to articulate their treatment preferences, engage in meaningful decision-making, and have important conversations about their healthcare wishes.

April 9, 11 a.m. – Coffee Mug Bird Feeder Craft with Wellness Center Staff. This is a craft idea for spring; participants can decorate a simple mug with a sharpie marker and create a beautiful bird feeder that welcomes birds back to your outdoor space.

April 10 & 17, 11a.m. – Bingo. Bingo is more than an exciting activity but also a way to promote health and wellness. Researchers have found that engaging in Bingo has multiple health benefits such as promoting socialization, strengthening hand-eye coordination, listening, and short-term memory.

April 13, 11 a.m. – Brain Games with Roberto. Join Basking Ridge participants for an activity to stimulate cognitive functions such as memory & problem solving, reasoning, and concentration; all participants are welcome.

April 14, 11a.m. – Float Like a Butterfly, Sting Like a Bee; Muhammed Ali Program with Charlie Smith This program will illustrate the life of Muhammed Ali, from Louisville, Kentucky to the Rumble in the Jungle, to lighting the Olympic flame in Atlanta.

April 15, 11 a.m. – Garden Therapy with Bernardsville Master Gardener Club. Join us for a program of creating a bouquet with living flowers. The program is hands on with an emphasis on creativity, craftsmanship, and personalized expression.

April 17, 11 a.m. – Table Games with Connie. Join us for table games that will be led by our volunteer Connie. Table games have numerous health benefits by enhancing coordination and mobility. It also strengthens cognitive skills and social connection with others.

April 20, 11 a.m. – Earth Day Program with Roberto. This program will illustrate the importance of environmental awareness and sustainable practices. We will discuss recycling, conservation, gardening, and outdoor activities like planting trees and participating in nature walks.

April 21, 11 a.m. – Somerset County Traveling Library with Noah. Are you stuck on how to set up your phone or tablet to use the library eBook app? Are you curious about new library offers or maybe you would like to sign up for a new library card? Join Somerset County Library staff and utilize all these services.

April 22, 11 a.m. – Earth Day Coster Craft with Nicole Beeny from Hospice Home Care. Protect your surfaces at home by participating in this craft where you create your very own coaster. **Pre-registration is required to ensure enough materials for all participants.**

April 23, 11 a.m. – Heart Shaped Pillow Craft with Summer from Bristol Assisted Living. Join us for a simple creative craft of assembling your own heart shaped pillow. **Pre-registration is required to ensure enough materials for all participants.**

April 24, 11 a.m. – Dance Ensemble with the Raritan Valley Community College Dance Students. Raritan Valley Dance Ensemble (RVDE) will infuse your community

with sheer joy of dance through performances, improvisations, and a Q&A session. All are welcome to join.

April 27, 11 a.m. –Table Games with Connie. Join us for table games that will be led by our volunteer Connie. Table games have numerous health benefits by enhancing coordination and mobility. It also strengthens cognitive skills and social connection with others.

April 29, 11 a.m. – Music in Motion with Tom McKie. Seniors, ditch the sofa and find your inner groove with creative movements that will get you moving, grooving, and laughing your way to the dance floor.

April 30, 11 a.m. Caffeinated Crosswords & Cozy Chats with Roberto. This program is a warm, inviting gathering designed for seniors to enjoy a cup of coffee while engaging their minds with crossword puzzles. It fosters social interaction, mental stimulation, relaxation, and creates a cozy community space where participants can share their love for puzzles.

SENIOR WELLNESS CENTER AT BRIDGEWATER

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

Billiards & Ping Pong – Available daily.

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

Qi Gong Practice with Michael Huang – Mondays & Wednesdays, 10 a.m. Michael will teach the traditional practice of Qigong (a meditation that focuses on getting acquainted with the mind, body, and spirit). Beginners will learn breathing techniques coordinated with physical movements and then practice sets of exercises (like Tai Chi) until each movement or posture is perfected.

(NEW) Comedy Club with Jess & Yolanda – Mondays, 10:30am. Do you like to laugh? Are you a budding comedian? Help us test out the theory that “Laughter is the best medicine,” as we meet every week to share funny (clean) jokes, favorite skits and movies, and bring more humor into our lives. We start with icebreakers and see where the comedic conversations guide us!

Table Games Club – Mondays, 1 p.m. Playing Dominoes and Rummikub can help exercise your memory and your concentration, as well as help you meet some new friends. New players can learn the game at 1 p.m. and then continue playing into the afternoon.

Chair Yoga with Jane Puckett – Mondays, 1 p.m. Chair yoga can help increase bone density, improve strength, flexibility and balance while immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. Jane's class is perfect for relieving stress and gaining an overall sense of well-being. **Next session will resume in June.**

Hatha Yoga with Bharti – Tuesdays & Fridays, 9:30 a.m. Hatha Yoga incorporates body postures, controlled breathing, and meditation. Practicing Hatha Yoga has many benefits, including stretching and aligning the body, improved balance and flexibility, a more supple spine, and better circulation. Bring your own yoga mat. **Pre-registration required for classes, please call (908) 203-6101.**

Card Games – Tuesdays, 10 a.m. Have a card game you would like to play? Do you and your friends need a table? Feel free to play your favorite card game here at the Senior Wellness Center.

Line Dancing – Tuesdays, 1 p.m. Line Dancing is a perfect exercise for those wanting to improve their coordination and balance. Exercise your body and your memory!

Gentle Aerobics – Tuesdays & Fridays, 10:30 a.m. Guy/Rosanne will show you how to exercise and move without putting undue pressure or strain on your body. Practice movements that can increase blood circulation, lubricate joints for flexibility, and strengthen individual muscles. These exercises may help to decrease falls and make it easier to accomplish day-to-day activities. This program can be done while either standing or sitting and is open to all abilities.

Mahjong Club – Mahjong is a great game to keep your brain sharp and supercharged. This club is for anyone who loves the game, wants to meet new people, and have some fun. This is not a competitive club. Join fellow center members to play this thought-provoking game. **Current sessions are filled. For more information, please call: (908) 203-6101. No Mahjong on April 15.**

- Wednesdays, 9 a.m. – 12 p.m.
- Wednesdays, 1 – 4 p.m.
- Fridays, 9 a.m. – 12 p.m.

Beginner Ukulele / Somerset Seniors Hootenanny – This is an opportunity to learn to make music for your own pleasure and to be able to happily say, "I did that!" We will pick from artists like Elvis Presley, the Beatles, Buddy Holly, Peter, Paul & Mary, the Monkees, Bob Dylan, Neil Diamond, Jimmy Buffett, Hank Williams, just to name a few. No previous musical training or experience is necessary. Class size is limited, registration is required. A limited number of ukuleles are available to borrow, and first-time players will be prioritized for loans. **Please call (908) 203-6101 to register, and request a ukulele, if needed.**

- Beginners Group: Thursdays, 9:30 – 10 a.m.
- Beginners *and* Experienced Musicians: Thursdays, 10 – 11:30 a.m.

Aerobic Chair Exercise with Sabina – Thursdays 10 a.m. Aerobic chair exercises provide many health benefits, such as improving heart health; reducing stress; lowering the risk of depression; reducing the risk of diabetes and osteoporosis; increasing body stamina; improving metabolism, flexibility, and stamina. This is an ongoing exercise program for all levels and skills. Exercises can be done standing or sitting.

Pinochle Club – Wednesdays & Fridays, 1 – 4 p.m. Both experienced and those new to pinochle are welcome to attend this group. There are many benefits of playing pinochle and other card games such as cognitive stimulation, enhancement of motor skills, short- and long-term memory as well as fun through social interactions. **No Pinochle Club on April 24.**

Project Healthy Bones – Fridays, 10:45 & 12:45 p.m. Project Healthy Bones (PHB) is a peer-led, 24-week exercise and education program for individuals who either are at risk for osteoporosis or have it. Exercises focus on improving balance, strength, flexibility, and posture. **Advanced registration and a physician consent form is required before the first class and then once every year. Please call the center at (908) 203-6101 for more information. No 12:45 p.m. class on April 24.**

April 1 & 22, 10 a.m. – Hearing Screenings with HearingLife. When is the last time you had your hearing checked? Screenings are used to check a person's ability to hear specific sound frequencies at normal hearing levels. This screening does not diagnose hearing loss but helps identify individuals who may need a more comprehensive hearing evaluation. Nearly 25 percent of those aged 65 - 74, and 50 percent of those who are 75 and older, have hearing loss. HearingLife will offer free hearing screenings, to help you determine if your ears need some help. **Space is limited and appointments are required, please call 908-203-6101 to make an appointment.**

April 1, 11 a.m. – Lenape Culture with Douglas Aumack from the Arts Institute of Middlesex County. The Lenape, also called Lenni Lenape, people are an indigenous group that lived in what is now known as New Jersey, Pennsylvania and Delaware. Learn about the life of this native group and the legacy they left behind. Presentation will include male/female roles Lenape society, listing of animals hunted, trapped, caught & preserved, crops grown, difference in culture Lenape & western civilization.

April 2, 11 a.m. – Bunny Craft with Center Volunteers. Register in advance (space is limited) to create a seasonal bunny! We will provide all the supplies; you'll need to bring your imagination and creativity!

April 2, 1 p.m. – Somerset County Library System: Mobile Library Visit. The Somerset County Library System of New Jersey is coming to the Senior Wellness Center! Come browse a collection of books, movies, music and more, register or renew your library card, and learn about the services and programs the Library has to offer. The Library will visit twice a month with something new and can accept returns from any of our Branches.

April 3 – Senior Wellness Center at Bridgewater – Closed

April 6, 11 a.m. – Origami Class with Itoko Kobayashi. What is Origami ? Origami is the Japanese art of paper folding. In modern usage, the word “origami” is often used an inclusive term for all folding practices, regardless of their culture of origin. Origami will promote finger mobility, cognition, and artistic sense. Let’s fold and create a Spring motif Origami with colorful paper.

April 7, 11 a.m. – Plan Ahead with Claudia Ernst, Eldercare Educator, Somerset County Office on Aging and Disability Services. Plan Ahead is a topic most people avoid discussing as they do not know how to start the conversation about what they want their health plan to look like and what to do after they do start the conversation. This presentation will go over questions to ask yourself, forms that you should have completed and resources to get you on the right track to better plan for your future medical, financial, and personal needs.

April 7 & 21, 11 a.m. – Bereavement Support Group. Grieving the death of a loved one is a universal experience. The purpose of this support group is to provide participants with a safe place to share common feelings about grief and the renewal process. The group incorporates interfaith bereavement principles and universal spiritual concepts. Ronald W. Kaplan, Doctor of Ministry, Grief Counselor, and Pastoral Psychotherapist will facilitate discussions. We welcome your presence and participation. **Please call 908-203-6101 to register.**

April 8, 11 a.m. – Everyone Has a Story, Carol Satz, Garden State Storytellers League. Today, everyone is encouraged to join in and share “their story.” Audience members are invited to participate in telling their own stories as inspired by the stories told by the Garden State Storytellers.

April 9, 11 a.m. – Games with Jess. Get ready to play fun (and possibly new!) games together as a large group, using the projector screen. Will it be Boggle, Trivia, or a crowd suggestion? Join us to find your new favorite and learn new games while having fun!

April 10, 14, 20 and 30, 11 a.m. – BINGO. Bingo is more than exciting activity. Researchers have found that engaging in Bingo has multiple health benefits such as promoting socialization, strengthening hand-eye coordination and improving concentration, listening and short-term memory.

April 13, 11a.m., My Retirement Journey with Phil Munkacsy. A lighthearted look at retirement and getting it right. A humorous look at the trials and tribulations of retirement and how to live it. Based on Phil’s experiences and “mistakes” that have created his journey.

April 15, 10:30 a.m. – Springtime in Paris with Gordon James. The flowers are starting the bloom, the sun is out, and we’re thinking of beautiful Paris in the sun! Let’s party with the wonderful Gordon James and get dancing!

April 15, 1 p.m. – New Club Discussion. Join Jessica and brainstorm new clubs we can start at the Senior Center! What do you enjoy? What do you want to see? Let's talk and generate new club ideas!

April 16, 11 a.m. – Armchair Travels. Travel around the world while enjoying the comfort of the Main Dining Room! Let's visit countries where our friends and neighbors are from or select a new locale we've never been. Rick Steves and his YouTube videos will be our tour guide as we venture off to new places.

April 16 & 30, 2 – 4 p.m. – Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) Workshop with Kate Warnebold. MOM is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Participants learn strategies for preventing or lessening symptoms including information sharing, group activities, simple exercises, and dietary changes. **This evidence-based program will be facilitated on April 16, 30 and May 14. Pre-register by calling the Senior Wellness Center at Bridgewater at (908) 203-6101.**

April 17 & 27, 11 a.m. – Living History Project (with Jess). We are all pieces of history; living history. Let's preserve and share our stories, whether together or privately. We will break this into small segments, and over time – your beautiful and amazing works of art will be created! If you want to share your story, we can plan a (future) share session, too. We will gather, document, preserve, and present *YOUR* living history. We will be travelling down Memory Lane together.

April 22, 11:00 a.m. – Create Your Own Floral Arrangement with Hanna Efrus of Brandywine. Enjoy designing your own beautiful floral arrangement using a variety of fresh flowers and greenery. During this relaxing and creative activity, participants can explore color combinations, textures, and styles while arranging their bouquet to take home or display. This hands-on experience celebrates the beauty of spring and provides a wonderful opportunity for creativity, socialization, and self-expression. **Space is limited, please call 908-203-6101 to register in advance for the event.**

April 23, 10 a.m. – Monthly Book Club with Noah. Join us for a discussion of the book, Lazarus Man, by Richard Price. New members are always welcome!

April 23, 11 a.m. – GI Health with Dr Sferra of Natural Medicine and Rehabilitation. This seminar helps to provide information as to how and why GI symptoms occur and how to restore Gut Health and a healthy microbiome by addressing the mechanisms that cause the disorder. If you are struggling with ongoing GI symptoms and are tired of the same old recommendations of antacids and antibiotics, we may have effective, drug free solutions to restore your health.

April 24, 11 a.m. – Earth Day Project & Planting. Let's celebrate Earth Day two ways. First, we will gather your unused, reusable shopping bags (through the month of April) to donate to The Food Bank Network of Somerset County. If you have clean reusable

tote bags at home that you no longer need, please consider bringing them in for our group donation to the Food Bank. Second, we will plant seeds together - and you'll take your planting home to grow. April showers bring May flowers, no green thumb necessary.

April 28, 11 a.m. – Karaoke. Come sing your heart out! Whether it's your favorite song, or a tune that's new to you – we will provide the music and lyrics but need your voices to make it fun. For all ages and experiences, solo or groups, sing it, seniors!

April 29, 11 a.m. – My Life in Quotes with Phil Munkacsy. How have quotations defined Phil and his personal philosophy on life? Quotations can be used in daily social interactions and lifestyle. Today, Phil moderates a session for clients to share their personal favorites, and the impacts on their lives.

SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

Rummikub – Available Daily. This fast-moving board game is full of changes as players maneuver the tiles on the table. It combines luck and strategy, with every player having a chance to win until the very end. Rummikub helps with social interaction and mental stimulation, provides relaxation, and provides amazing fun. All levels of playing ability are welcome.

Judgment Card Game – Mondays – Fridays, 1 – 2 p.m. Judgment is a crowd hit at the center and is a good way to challenge and encourage your cognitive abilities during this card game.

(Video) Chair Yoga – Mondays, 10 a.m. This video-led class is open to all levels of yoga skill while sitting in a chair. Yoga helps 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. This class is perfect for relieving stress and helping gain an overall sense of well-being.

Word Puzzles & Mad Libs – Mondays, 1 – 2 p.m. Who doesn't love a good puzzle to decode, unscramble, and solve? Join us for crossword puzzles, word searches, and more. Mad Libs consists of one player prompting others for a list of words to substitute for blanks in a story before reading aloud. The game is frequently played as a party game or as a pastime.

(Video) Take Control with Exercise – Tuesdays, 10 a.m. This gentle exercise program, in video form, is for all skill levels. Exercises can be practiced while either

standing or sitting. This program will strengthen core muscles and improve flexibility and balance while boosting stamina.

(Video) Chair Cardio Boxing – Wednesdays, 10 a.m. Chair cardio boxing is a low-impact exercise class that combines boxing with cardio to work your entire body. It is designed to be easy on the joints and can be modified to suit your fitness level. This type of exercise is beneficial to seniors, beginners, or anyone looking for a seated workout that still provides a great cardiovascular workout.

Fit & Flex with Rose – Thursdays, 11 a.m. This class consists of 30 minutes of low-impact exercises, 15 minutes using free weights, and 15 minutes using resistance bands. All abilities are welcome.

Puzzle Club Led by Center Clients – Wednesdays & Fridays, 1 – 2 p.m. Strike up a conversation, make new friends, and enjoy assembling puzzles. We have a large variety of puzzles for participants to choose from.

Karaoke Club – Wednesdays, 2:30 – 4 p.m. Join us for a fun karaoke hour! Pick your favorite song and let's sing. Did you know that singing can reduce blood pressure, improve cognitive functioning and stimulate the mind and body? Music, lyrics and microphone provided. No experience necessary.

(Video) Simply Seated with Curtis Adams – Thursdays, 10 a.m. Chair exercises, in video form, promote strength, energy, and an overall positive mood.

Tai Chi – Fridays, 10 a.m. Tai Chi is a mind-body exercise that combines movements, meditation, and deep breathing. Join us for this video guided full body exercise.

April 1, 11 a.m. – Brain Games & Mind Puzzles. Test your critical thinking, problem solving skills, and logic by solving questions that are presented and worded in a way to cause confusion. All skill levels are welcome.

April 3 – Senior Wellness Center at Hillsborough – Closed

April 6, 11 a.m. – Spring Fling Party with Clifford. Celebrate the season at our Spring Fling Party! Join us for a fun hour of music, laughter, and good company as we welcome spring in style. Enjoy a lively performance by the talented Clifford Seay, along with festive vibes and plenty of fun. It's the perfect way to shake off winter and enjoy a joyful day together!

April 7, 11 a.m. – Nutrition in Older Adults. Learn how to meet the specific nutritional and caloric needs of older adults while maintaining a healthy lifestyle. Presented by Shailja Mathur, M.S., M.Ed., RDN Assistant Professor / FCHS Educator Department of Family and Community Health Sciences (FCHS) Community Liaison.

April 8, 11 a.m. – Performance with Neil Meador sponsored by Foothill Acres Rehabilitation and Nursing Center. Neil Meador is a retired engineer, singer/keyboardist/songwriter, part time grand kid sitter and backyard chicken enthusiast! Neil will be performing using a state-of-the-art Yamaha portable performance keyboard and covering a mixed genre of popular upbeat pop/rock songs mostly from the 60s and 70s with a couple country rock and recent hits mixed in.

April 9, 10 a.m. – The Somerset County Traveling Library. Are you stuck on how to set up your phone or tablet to use the library eBook app? Are you curious about new library offerings or maybe you would like to sign up for a library card? Join Somerset County Library staff to sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book you are currently reading.

April 10, 11 a.m. – Bingo with Center Clients. 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, and improving concentration, listening and short-term memory, all with a little bit of friendly competition.

April 13, 11 a.m. – Table Games with Center Clients. Join in and play some of your favorite games such as Mahjong, Bridge, Dominoes, Left-Right-Center Dice games, Rummikub, Canasta, Mexican Train, and more.

April 14, 11 a.m. – Fiber Presentation. Discover the benefits of a fiber-rich diet and simple ways to incorporate more fiber into daily meals. Presented by Shailja Mathur, M.S., M.Ed., RDN Assistant Professor / FCHS Educator Department of Family and Community Health Sciences (FCHS) Community Liaison.

April 15, 11 a.m. – Chair Yoga & Relaxation with Alyssa Rudic Sponsored by Alvita Care. Come breathe, stretch, and move with Alyssa from Alvita Home Care. Alyssa is a certified yoga instructor and loves sharing practice with others. Yoga is for everybody and EVERY BODY.

April 17, 11 a.m. – Karaoke with Center Clients. Join us for a fun karaoke hour! Pick your favorite Bollywood (or any!) song and sing by yourself or with friends. This will encourage a lot of interaction and smiles as we sing along to songs that we know and love.

April 20, 11 a.m. – Sudoku Hour with Sandy. Did you know sudoku can improve concentration, reduce anxiety and stress, and improve memory function? Come and enjoy a fun Sudoku hour. Learn the rules or sharpen up your skills! All levels welcome.

April 21, 11 a.m. – Sodium Bingo. Enjoy a fun bingo game while learning about hidden sodium in common foods and strategies to reduce sodium intake. Presented by Shailja Mathur, M.S., M.Ed., RDN Assistant Professor / FCHS Educator Department of Family and Community Health Sciences (FCHS) Community Liaison.

April 22, 11 a.m. – Fair Housing, Scams & More Presentation. Join us for a presentation including information on fair housing scenarios, identity theft and scams, credit mistakes to avoid and myths/facts, key documents to have prepared, and disaster planning resources. Presented by Jaaide Ramirez from the Central Jersey Housing Resource Center.

April 24, 11 a.m. – Blood Pressure Screening with Nina Raps BSParm, RPh, from Rutgers Ernesto School of Pharmacy. Join Nina Raps and students from the Rutgers Mario Ernesto School of Pharmacy for a monthly blood pressure screening at the Senior Wellness Center at Hillsborough.

April 27, 11 a.m. – The Bees Knees Presentation. Beekeeper Adele Barree will share her love of honey bees, beekeeping, and how we can all help the honey bees and other pollinators.

April 28, 11 a.m. – Lessons for a Long-Life Presentation with Shailja Mathur from Rutgers Cooperative Extension. Explore lifestyle tips from Blue Zones—regions known for longevity and vibrant living—to support healthier aging. Presented by Shailja Mathur, M.S., M.Ed., RDN Assistant Professor / FCHS Educator Department of Family and Community Health Sciences (FCHS) Community Liaison.

April 29, 11 a.m. – Earth Day Program with Gloria Hoffner. Join Gloria for an Earth Day program! Gloria will talk about pollution reality and solutions. This includes hands-on reusable straws and plastic alternatives.

MONTGOMERY SENIOR CENTER

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

Billiards, Carrom & Ping Pong – Available daily.

Card Club – Available daily, 1 p.m. Have a card game you would like to play? Do you and your friends need a table? Feel free to play your favorite card game here at the Montgomery Senior Center.

Rummikub – Tuesday and Thursday – 12:30 p.m.

Walking Club – Monday through Friday, 1 p.m. Walking regularly can improve your balance, your mood, your memory, and your sleep. Join us to walk inside our gym and to better your health. Please wear comfortable clothing and close-toed shoes. **Please call (609) 466-0846 for more information.**

Blood Pressure Screenings – Monday, April 6 – The First Monday of Every Month, 9:45 a.m. On Monday April 6, a Montgomery Township Registered Nurse will be on site to do **FREE** blood pressure screenings. **No appointment necessary.**

Intermediate Ukulele – Tuesdays & Fridays, 10 a.m. Play along with the members of The Full Monty Uke Band. A peer-led class where members practice their favorite tunes and create set lists for future performances. **To register and/or reserve your ukulele please call (609) 466-0846.**

MELT and Yoga with Alice – Mondays, 10 a.m. This class is tailored for seniors, eliminating stuck stress and pain in the body by releasing it from the joints where it is trapped. MELT uses tools to help improve joint stability. At the end of the class, participants will stand or sit while practicing 15-20 minutes of Gentle Somatic and/or Chair Yoga movements, which focus on improving flexibility.

Yoga Chair Fusion with Debbi – Tuesdays, 10:15 a.m. This class is open to all levels of skill. This class practices yoga poses that can be done while either standing or sitting. Practicing yoga may help to increase bone density, strength, and balance. Participants will learn techniques to help gain flexibility and improve strength while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress-relief and for gaining an overall sense of well-being.

Tai Chi with Herb – Wednesdays, 10 a.m. Tai Chi 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 some participants have experienced a reduction in pain, fatigue, and stiffness, and have gained a greater sense of well-being. Regular Tai Chi can help reduce falls, especially for those with balance problems. This program can be practiced while either standing or sitting.

Crochet with Mary—Thursday, April 9 and April 23, 10 a.m. Not only is crocheting a beautiful art, but it can help reduce your blood pressure and help ease your stress! Join Mary to practice this wonderful skill, socialize, and keep your hands nimble!

Advanced Beginner Ukulele – Thursdays, 12:30 p.m. Are you ready to move ahead with your ukulele? Refine what you have learned in the beginner class, strengthen your existing skills, and learn new ones. This class will reinforce chord basics, and teach additional chords, and strum techniques. You will also learn to play songs with more difficult chord combinations. All are welcome to sing along. **To register and/or reserve your ukulele please call (609) 466-0846.**

Mahjong Club – Fridays, 10 a.m. Mahjong is a great game to keep your brain sharp and supercharged. This club is for anyone who loves the game, wants to meet new people, and have some fun. This is not a competitive club. Join fellow center members to play this thought-provoking game. **Club size is limited, registration for one time frame is required.**

Creative Wellness with Shirin Stave-Matais – Wednesdays, 11:15 a.m. Achieve a sense of calmness, 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. Shirin Stave-Matais will teach sound therapy, creative play, guided relaxation, and meditation.

April 2, 11 a.m. – Easter Basket Fresh Flower Project, sponsored by Leslie Yngojo-Bowes, Arbor Terrace Basking Ridge. Join Leslie as you create a beautiful fresh spring floral project to take home to utilize for your holiday decor. Space is limited to 20 people. **Pre-registration is required.**

April 3 – Montgomery Senior Center – Closed

April 6, 11 a.m. – New Jersey Sharing Network presented by Ametra Burton. New Jersey Organ & Tissue Sharing Network is a federally designated nonprofit organization that leads the state's organ and tissue donation efforts. Its mission is to save and enhance lives. They will be here today to talk about donation and transplantation.

April 7, 11 a.m. – Spring into Your Step; a Drumming Circle with David Miller. Spring into your step! Soothe the mind, body and spirit in this drumming circle. This is a holistic experience that leaves participants feeling a sense of joy! This is an ancient approach promoting healing and inciting self-expression. The benefits of drumming are deep relaxation, lower blood pressure, reduced stress and helps build communication. Dave will teach participants how to hold a drum and how to make different tones.

April 9, 16, 23 and 30. 11 a.m. – Line Dancing with Debbie. Line dancing is so much fun that it doesn't even seem like exercise. You don't need a partner, and dancing is an easy way to stay healthy, both mentally and physically. It's suitable for participants with limited mobility and has been shown to increase cardiovascular and muscular strength and improve coordination and balance as you work through the different moves. All levels are welcome. **When instructor, Debbie, is unavailable we will follow line dancing tutorial videos.**

April 9 and 16, 9:30 a.m. – Gel Printmaking: Texture, Color, and Creative Discovery with Karen Tuveson, Sustainable American Artist. This 4-part, hands-on class will introduce seniors to the basics of gel printmaking using water-soluble inks and paints. Participants will experiment with texture, pattern, and mark-making by using a variety of everyday tools and materials to create layered, expressive prints. Each session invites participants to discover new ways to transfer images, build compositions, and enjoy the tactile experience of making art in a relaxed, social environment.

April 10 & 17, 10 a.m. – Ageless Grace, Allyson Toth. Ageless Grace is a creative and fun approach to changing and improving our own levels of functionality while changing the belief that aging is anything less than beautiful! As a unique exercise experience that is done in a chair for optimal stability, Ageless Grace allows everyone to participate and provides uplifting results. The head-to-toe movements that comprise the

core of an Ageless Grace exercise class provide a healthy balance for brain and body health. Set to music that is sure to get your groove on, let's enter the transformative realm of Ageless Grace with anticipation and leave with a new perspective on self.

April 10, 11 a.m. Bingo with Volunteer, Kathleen Ann Jadoc. 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, and improving concentration, listening, and short-term memory, all with a little bit of friendly competition.

April 13, 11 a.m. In the Driver's Seat - Navigating Transitions in Health and Care, sponsored by NightingaleNJ, Chris Kellogg. This is an essential program for anyone who want to be actively involved in their own healthcare decisions. NIGHTINGALENJ helps you understand the option in care, the roles of providers in the hospital and community, and the differences among payment sources such as Medicare and Medicaid. Learn how to be an educated healthcare consumer and help control your journey.

April 14, 11 a.m. HealthEase: Serving Up Good Nutrition, presented by Barbara Vaning, Penn Medicine. Barbara will educate participants about healthy eating, making better food choices, and practical ways to improve nutrition as you age. This interactive session will empower individuals with nutrition knowledge and other healthy lifestyle skills to take action toward better well-being.

April 17, 11 a.m. – Jump Start Your Garden Indoors, Coordinated through Rutgers Cooperative Extension of Somerset County. Please join Cathy House, for this informative program that will cover everything from seeding to soil preparation and guide you through the next steps to ensure a successful and productive garden.

April 20, 11 a.m. – A Casino In Your Pocket: Gambling In Today's World, presented by Jeanne Swain, IGRS, Council on Compulsive Gambling of NJ. This program will include: The landscape of gambling and how it has changed since on-line sports betting was legalized. Advertising has been prolific, and it is easier to develop a problem. The discussion will include awareness of recreational versus problematic behavior.

April 21, 11 a.m. – 250th program. Presented by Cynthia Blumenkrantz, President, The Heritage Trail Association, Inc. The 250th Anniversary (Semi quincentennial) makes a significant historical milestone, commemorating 250 years since the events that shaped the founding of this nation. Cynthia will reflect on the social, political, and cultural forces of the era, honor the people and communities who contributed to the nation's development, and examine how the ideals of liberty, democracy and civic responsibility have evolved over time.

April 24, 11 a.m. – Performance by Ken Kuehl. Ken is a guitar performer known for playing popular sing-along songs that creates a relaxed enjoyable atmosphere. His performance will blend classic hits and modern favorites.

April 27, 11 a.m. – 10 Warning Signs of Alzheimer's by Mikaela Kane, Rutgers Cooperative Extension. This program will help you recognize common signs of Alzheimer's in yourself and others. The program also discusses next steps to take, including how to talk to your doctor about concerns and evaluation.

April 27, 2 p.m. – Book Club. *We Solve Murders* by Richard Osman. Steve Wheeler is enjoying his retirement. He still does a little investigative work here and there, but he's decided to leave the thrill-seeking to his daughter-in-law Amy, a private security guard currently looking after a best-selling author on a remote island. But Steve is pulled back into the fray when a dead body and a bag of money turn up on the island and Amy reaches out, kicking off an exciting race around the world...and introducing readers to a new detective duo.

April 28, 11 a.m. – Sound Healing Meditation with Marina Kogan. Join Marina as she guides us through meditation using Tibetan Singing Bowls, Gong and drums.

April 29, 1 p.m. – Rainforest with Gloria Hoffner, Science for Seniors. Gloria will discuss how rainforests play a vital role in regulating the global climate, storing carbon, recycling water, and providing habitat for countless species, making them one of Earth's most important and biodiverse ecosystems.

QUAIL BROOK SENIOR CENTER

625 New Brunswick Road
Somerset, NJ 08873
(908) 203-6151

Stronger Seniors: Stretch – Mondays, 1 p.m. Stretch your muscles and loosen your joints with this wonderful, pre-recorded program! You can remain seated while stretching your whole body. You'll feel such a difference in just 45 minutes.

Knitting & Crochet Club – Mondays, 1 p.m. Knitting and Crocheting are not only enjoyable activities but also have benefits for brain health! Come reduce your stress and make connections with other knitters and crocheters. No experience necessary.

Phase 10 – Tuesdays, 10 a.m. Phase 10 is a rummy-type card game where players compete to be the first to finish completing all ten phases. No experience? No problem! We can teach you. Join us for this fun game of strategy!

Walking Club – Tuesdays, 12:30 p.m. Enjoy this fresh air outdoor movement that keeps you moving in the right direction, improving flexibility, lowering blood pressure, elevating your mood, and socializing with friends (weather permitting).

Take Control with Exercise – Tuesdays, 1:00 p.m. This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or

sitting. This program will strengthen core muscles and improve flexibility and balance while boosting stamina.

Geri-Fit –Tuesdays & Fridays, 10 a.m. Rebuild the strength lost through the aging process to gain a higher level of functioning. This class combines 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. **Weights and stretch bands provided. Bring water. Exercises are done seated in chairs. Standing is optional. Space is limited.** This unique and beneficial evidence-based exercise program is facilitated 2x/week, **for 8 weeks (total 16 classes)**.

Journaling & Scrapbooking Group, Tuesdays, 1 p.m. – Journaling is a deliberate practice of reflective writing aimed at personal development, emotional processing, and increased self-awareness. It has been proven to relieve stress, organize your thoughts, improve memory and increase self-awareness. Sit with other clients and learn how they journal and take some quiet time to write your own notes.

Rediscovering Your Own Happiness with Antonia – Wednesdays, 10 a.m. Happiness cannot be found, bought, given or taken in pill form. Happiness is a gift we were born with. It lives within each of us. Antonia, a Quail Brook Senior Center client, who has been studying happiness since she was a child, will bestow some of her knowledge on how we can rediscover and enhance our happiness.

Chair Yoga with Saryu Dalal, Certified Yoga Instructor – Wednesdays, 10:15 a.m. Chair Yoga offers numerous physical benefits, including improved flexibility, strength, and balance. By practicing Chair Yoga regularly, individuals can increase their range of motion, reduce the risk of injury, and maintain or improve their overall physical fitness. For those with limited mobility or chronic health conditions, Chair Yoga can provide a gentle, low-impact way to stay active and maintain muscle tone. Saryu will guide us in this wonderful program.

Rummikub – Wednesdays, 10:30 a.m. This fast moving “board” game is full of changes as players maneuver the tiles on the table. It combines luck and strategy, with every player having a chance to win until the very end. Rummikub helps with social interaction, and mental stimulation, provides relaxation, and provides amazing fun. Time flies when you are having fun! All levels of playing ability are welcome.

Gentle Aerobics with Bina – Mondays and Thursdays, 10:15 a.m. Bina will show you how to exercise and move without putting undue pressure or strain on your body. Practice movements that will increase blood circulation, lubricate joints for flexibility, and strengthen individual muscles. These exercises may help to decrease falls and make it easier to accomplish day-to-day activities. This program can be done while either standing or sitting and is open to all abilities.

Line Dancing 101 with Deborah – Thursdays, 1 p.m. During this introduction to line dancing, Deborah will teach a new line dance weekly so you can become familiar with

the line dancing steps and movements. Each class will incorporate a new movement to grow your line dancing skills.

Project Healthy Bones with Sara, Peer Leader Sponsored by Parker Life – Thursdays, 2 p.m. (April 9, 2026 – January 2027). Project Healthy Bones is a strength training exercise program for older adults at risk of osteoporosis. It was developed to provide older adults with exercises that target the body's larger muscle groups to improve strength, balance, and flexibility. The program is a 24-week curriculum of exercise, nutrition, safety, drug therapy, and osteoporosis-related lifestyle factors. **Advanced registration is required. A doctor's note is also required before the first class and once every year. Please call Joy Merkel for more information: 908-203-6151.**

Line Dancing with Deborah – Fridays, 9 a.m. Line dancing is so much fun, it does not seem like exercise. You do not need a partner and it's an easy way to stay mentally and physically healthy. It is suitable for people with limited mobility and improves cardiovascular and muscular strength, coordination, and balance as you work through the different moves.

Mahjong Club – Fridays, 9:30 a.m. Mahjong is a great game to keep your brain sharp and supercharged. This club is for anyone who loves the game, wants to meet new people, and have some fun. This is not a competitive club. Join fellow center members to play this thought-provoking game. **Club size is limited, registration for one time frame is required. For more information, please call: 908-203-6151.**

Your Essence of Yoga – Fridays, 1 p.m. Yoga sessions are uniquely different starting with the instructor on how information and teaching are imparted. Let us open our signal paths and learn another approach to finding the *essence* of yoga.

April 1, 11 a.m. – Poetry Share Extraordinaire with Yolanda. Poetry can engage all our senses and revive our memories, and everyone can find a poem that strikes a chord with them. Join center client and volunteer, Yolanda, to share the poems we love, bring in a poem you love and maybe one you wrote.

April 2, 11 a.m. – Plant Seeds and Flowers in our Quail Brook Planters! Audrey Hepburn once said, "To plant a garden is to believe in tomorrow." We are lucky enough to look at beautiful planters that were painted by local students. This year, we'll add to that beauty by planting flower seeds and enjoying the beautiful nature around us.

April 3 – Quail Brook Senior Center – Closed

April 6, 11 a.m. – Spring Fling with Music from Tommy Strazza. Celebrate spring with fun and dancing! Put on your dancing shoes and get ready to boogie to the oldies with music from Tommy Strazza.

April 7, 11 a.m. – Orthotics and Prosthetics 101 with Beauty from Mobility Ideal Health. Learn the basics about orthotics and prosthetics as well as what is available to seniors through many insurance carriers. Beauty from Mobility Ideal Health will help us

to understand new technology in this field and ways to improve the lives of those who are physically impaired.

April 8, 11 a.m. – Self Defense for Seniors with Michael of Gorilla Squad Boxing. Gorilla Boxing is back for this interactive self-defense class geared toward seniors! Learn how you can protect yourself and others around you. This class will focus on mindset, situational awareness, as well as how to avoid being a victim by using physical tactics to defend yourself. Please wear comfortable shoes for practice.

April 8 & 22, 1 p.m. – Zumba Gold with Laurie Fetcher. Get your blood pumping with some zesty music that will truly inspire a hearty workout. This class is achievable for beginners or others who need modifications to their exercise routine. Build cardiovascular health by challenging your heart and working your hip, leg, and arm muscles by performing fun and rhythmic moves all while either standing or sitting.

April 9, 11 a.m. – The History of Arbor Day with Myrna. Arbor Day is a holiday dedicated to planting and caring for trees, celebrated in many countries to promote environmental awareness and the importance of trees. Learn about the significance of this important day and how to take care of the natural world around us.

April 10, 11 a.m. – Somerset County Traveling Library. Are you curious about new library offerings or maybe you would like to sign up for a library card? Join Somerset County staff to sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book you are currently reading.

April 13, 11 a.m. – Vitamins & Supplements – What We Really Need with RWJUH Health. With so many supplements on the market, it can be confusing to know which vitamins are important and which are not necessary. Let the experts help you navigate this complex industry.

April 14, 11 a.m. – Central Jersey Housing Resource Center with Susie Suter. Susie will focus on several important topics this year including fair housing scenarios, Identity theft and scams, credit mistakes to avoid, key documents to have prepared, and disaster planning resources. Don't miss this important session.

April 15, 11 a.m. – Armchair Birding with the Somerset County Parks Commission. Travel the world with armchair birding! Somerset County Parks Commission is back with more to share about nature around us. This program features first-hand birding stories that teach you about birds from Ecuador. The presentation will feature photos and videos taken by the Naturalist.

April 15, 10:30 a.m. 12 p.m. – Blood Pressure Screenings with Nina Raps, BSParm, RPh, from Rutgers Ernesto School of Pharmacy. Nina and pharmacy students will be providing blood pressure screenings and educational information about staying healthy.

~~**April 16, 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, and improving concentration, listening, and short-term memory, all with a little bit of friendly competition.~~

April 16, 11 a.m. – Great Gatsby Party. Let's celebrate the Roaring Twenties with our Great Gatsby themed party! We'll enjoy music and some glamor! Dress to impress with your best 1920's looks. **Pre-registration encouraged. Please contact Joy.**

April 17, 11 a.m. – Ageless Grace with Roz Gerken, Certified Ageless Grace Educator. This exercise program is based on the cutting-edge science of neuroplasticity, the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain to include strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking. The program is intended for participants of all abilities while thoroughly engaged and seated in a chair.

April 20, 11 a.m. – Fall Prevention with Dr. Aliya Fayazi from AFC Urgent Care. This fall prevention program is designed to help older adults and individuals at risk maintain independence and improve safety through a combination of education and home safety strategies.

April 21, 11 a.m. – Plant Trees for Earth Day/ Arbor Day. Earth Day was created to honor the achievements of the environmental movement and raise awareness about the importance of protecting our planet. We must all do our part to protect the beauty around us. Quail Brook will plant trees in honor of Earth Day and Arbor Day to contribute to this important issue.

April 22, 11 a.m. – Stamps that Support Environmental Causes with Don Neal. Retired Franklin Township teacher Don Neal will be coming again with his stamp collection, this time sharing stamps and information that support environmental causes in honor of Earth Day! Learn ways that we can help our planet and support causes that make the world a better and sustainable place.

April 23, 11 a.m. – Visiting Physician Presentation and Game. Did you know in 2025, doctors still make house calls? The Visiting Physicians will come for routine check-ups as well as more extensive X-rays, bloodwork and other tests. Amy from the Visiting Physicians will come answer our questions about their services and bring a game to play as well!

April 24, 11 a.m. – Fun & Games with Hansaben Mody and Bina Pathak. Back by popular demand, Bina and Hansa are leading our seniors in a fun adaption of musical chairs! Get ready for fun and laughs!

April 27, 11 a.m. – Pressed Flower Coasters with Nicole of Life Hospice. Nicole from Life Hospice is coming in to lead us in a fun craft perfect for spring! Limited materials available. **Registration Required. 908-203-6151.**

April 28, 11 a.m. – Senior Medicare Patrol Workshop with Joel Schnieder from Jewish Family Services Middlesex. Join us for a Medicare Enrollment Workshop to

simplify the complex process of understanding and signing up for Medicare benefits topics will cover eligibility requirements, enrollment deadlines, plan options and how to maximize your coverage.

April 29, 11 a.m. – Fundamentals of Investing with AJ Rathbun of Edward Jones. Join us as AJ helps us to understand the basics of investing. Whether you are new to investing or need a refresher, this presentation discusses the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.

April 30, 11 a.m. – Lenape Culture with Douglas Aumack from the Arts Institute of Middlesex County. Learn about the indigenous people of New Jersey and the legacy they left behind.

WARRENBROOK SENIOR CENTER

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

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

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

Carrom – Available daily. Carrom is a strike and pocket table game that is of Eastern origin. It is also like Billiards and Table Shuffleboard.

Games/Cards (Scrabble, Uno, Canasta, Mexican Train, Rummikub, etc.) – Available daily. If you have a favorite game that is not listed that you would like to play and/or if you are interested in starting a club featuring your favorite game, please let us know.

Jigsaw Puzzles – Available daily. Strike up a conversation, make new friends and enjoy assembling puzzles together. We have a large variety of puzzles for participants to choose from.

Watercolor Paint Class – Wednesdays, 9 a.m. – 12 p.m. This is a great opportunity for an experienced artist to meet new people while water coloring. **All supplies are included.**

Chair Yoga with Kartika – Mondays, 10 a.m. This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. Hatha yoga will help increase bone density, improve strength, flexibility, and balance while you are immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping gain an overall sense of well-being. **No fee for this ongoing class. Please call (908) 753-9440 for more information.**

Studio 60+ 1st & 3rd Mondays, 1 p.m. – Warrenbrook seniors meet and plan the events they are interested in. Some examples include brainstorming the quarterly community service projects, craft work, musical entertainment, jeopardy. This year's theme will be geared to programs to celebrate 250th anniversary of America. All senior center members are invited to participate in this planning club.

Mahjong for Intermediate Players – Tuesdays, 9:30 a.m. – 12 p.m. If you are an intermediate mahjong player and would like to play this game of skill, strategy, and calculation, then join us on Tuesday mornings. **Please call (908) 753-9440 for more information.**

Zumba Gold with Judith – Tuesdays, 10:15 a.m. Get your blood pumping with some zesty music that will truly inspire a hearty workout. This class is achievable for beginners or others who need modifications to their exercise routine. Build cardiovascular health by challenging your heart and working hip, leg, and arm muscles by performing fun and rhythmic moves while sitting in a chair. **The cost is \$50 for the 8-week program. Please call (908) 753-9440 for more information on the next session.**

Tai Chi with Roger Hsu – Tuesdays & Fridays, 10 a.m. Tai Chi 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 some participants have experienced a reduction in pain, fatigue, and stiffness and have gained a greater sense of well-being. Tai Chi can help reduce falls, especially for those with balance problems. This program can be practiced while either standing or sitting.

Bridge Group with Ronnie – Tuesdays, 1 – 4 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. **New members and beginners welcome (lessons available).**

Project Healthy Bones – Wednesdays, 10 a.m. (February 11 – August 5). This peer-led, 24-week exercise and education program is for individuals who are at risk of osteoporosis or have it. Exercises focus on improving balance, strength, flexibility, and posture. **Registration is required. A doctor's note is also required before the first class and once every year. Please call (908) 753-9440 for more information.**

(Video) Cardio Exercise – Wednesdays, 1 p.m. – Cardio burst workouts offer a fun, energizing way for older adults to boost heart health, improve balance, and stay active without overwhelming the body. These short intervals of low-impact movement—like marching in place, gentle step-touches, or light arm swings—help increase stamina, support joint mobility, and elevate mood. Designed with safety and comfort in mind, cardio bursts are perfect for seniors looking to stay fit, feel strong, and enjoy a quick boost of vitality throughout the day.

Advanced Bridge – 1st & 3rd Wednesdays, 1 – 3:30 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert.

Craft Activities – 2nd & 4th Wednesdays, 1 – 4 p.m. This is a great opportunity for artists & crafters to meet new people while creating an art piece or craft. We all work on doing craft work for Community Service projects throughout the year. This quarter, we are creating cards for our Home Delivered Meal clients. **All supplies will be provided.**

Line Dancing with Linda Hyland – Thursdays, 9:30 – 10:15 a.m. Line Dancing is so much fun that it doesn't even seem like exercise! You don't need a partner; and dancing is an easy way to stay healthy, both mentally and physically. It's suitable for participants with limited mobility and has been shown to increase cardiovascular and muscular strength and improve coordination and balance as you work through different moves.

Afternoon Yoga with Wai-Ling Poon – Thursdays, 12:45 p.m. Take a break, relax, and recharge with our Gentle Afternoon Chair Yoga session. This class uses seated and standing poses (with the support of a chair) to improve flexibility, balance, and circulation, all in a safe and welcoming environment. Perfect for all fitness levels. Come stretch, breathe, and enjoy a peaceful moment in your day!

Bridge – Fridays, 1 – 4 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. **Please call (908) 753-9440 for more information.**

April 1 & 16, 11 a.m. – Bingo with Bob Mazet. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

April 2, 11 a.m. – Easter Trivia with the Warrenbrook Center Staff. Celebrate the season with a lighthearted round of Easter Trivia designed to spark memories, laughter, and friendly competition. Participants can test their knowledge of spring traditions, holiday history, fun facts, and nostalgic Easter favorites. Whether you're a trivia pro or just in it for the smiles, this engaging activity brings everyone together for a festive and social gathering.

April 3 – Warrenbrook Senior Center – Closed

April 6, 11 a.m. – Differences in Physical Therapy Settings: Roles, Services, and Specialized Care Across the Continuum of Rehabilitation with Steve Mota, DPT, Peak Precision Physio & Wellness. This topic explores the differences among various physical therapy service settings, including acute care, acute rehabilitation, subacute rehabilitation, VNA home care, outpatient home care, and outpatient clinics. It highlights

the unique roles, services, and goals of physical therapists within each setting. By understanding these distinctions, individuals can become more informed about the range of physical therapy and rehabilitative options available to them. Additionally, this overview introduces different physical therapy specialties and explains how each specialty serves specific populations and diagnoses the continuum of care.

April 6, 1 p.m. – The Somerset County Traveling Library. Are you stuck on how to set up your phone or tablet to use the library eBook app? Join the Somerset County Library staff to sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book you are currently reading.

April 7, 11 a.m. – Creative Movements with Tom McKie. Ditch the sofa and find your inner groove with creative movements that will get you moving, grooving and laughing on your way to the dance floor with Tom McKie.

April 8, 10 a.m. – Blood Pressure Screenings with Jill Hockenberry from the Community Visiting Nurse Association. A nurse from CVNA (Community Visiting Nurse Association) will meet with you individually and take your blood pressure and answer your questions.

April 8, 11 a.m. – Musical Entertainment with Phil from Silver Spotlight. Step into the spotlight as Phil brings the magic of Broadway right to the Warrenbrook Senior Center. This lively program blends timeless classics from the Golden Age with beloved hits from today's biggest shows, creating a nostalgic and uplifting musical experience for all. With familiar melodies, engaging storytelling, and a vendor who knows how to connect with an audience, Broadway Then & Now invites participants to tap their toes, reminisce, and enjoy the unforgettable spirit of musical theater.

April 9, 11 a.m. – Boggle with the Warrenbrook Staff. This is a challenging game that is played using a grid of letters, in which attendees search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long, but they may not use the same letter on the grid and may not be used more than once per word. Then, look for words within a larger word. Join us as we try to find as many words as possible.

April 10, 11 a.m. – Understanding Vertigo: Causes, Symptoms, and What Can Help with Nidhi Shah of Your Movement Specialist. Vertigo is more than just feeling dizzy, it's the sensation that you or your surroundings are spinning or moving when they're not. It can affect balance, increase fall risk, and interfere with daily activities. This presentation will explain common causes of vertigo, how it differs from general dizziness, when to seek medical care, and practical strategies for managing symptoms. Designed especially for older adults, this talk aims to provide helpful information, reassurance, and tools to improve safety and quality of life.

April 13, 11 a.m. – Mental Health & Medication with Shivani Shah of Walmart Pharmacy. Join Shivani for an informative and supportive presentation on mental

health and medications designed especially for older adults. She will discuss common mental health concerns, how medications can help, potential side effects, and tips for safe use. This session encourages questions and aims to help participants feel more confident and informed about their mental health care.

April 14, 11 a.m. – Wheel of Fortune with the Warrenbrook Staff. Get ready for a fun-filled morning of excitement with the game of *Wheel of Fortune* at our senior wellness center! Spin the colorful wheel and watch the anticipation build as participants try to match clues and solve word puzzles. Whether you're a seasoned player or a first timer, this classic game offers plenty of laughter, friendly competition, and a chance to test your memory and word skills. Perfect for all levels of ability, *Wheel of Fortune* brings people together in a lively, interactive way, offering a wonderful mix of entertainment and socializing. Don't miss out on the fun—come spin, solve, and enjoy the chance to win!

(Hybrid) April 14, 1:30 PM – Monthly Book Club. Join the Warrenbrook Seniors Book Club members to discuss the book of the month and select the next book to read. New members are always welcome!

April 15, 10:30 a.m. – Casino Games with Caitlyn Meador from Foothill Acres. Casino is a lot of fun! It's a great way to get everyone engaged, because the dealers find ways to include all ability levels and are trained to teach people how to play a variety of table games. It's stimulating and very exciting and truly simulates a casino experience. **Pre-registration is required.**

April 17, 11 a.m. – Price is Right with Christina Getz of Gratitude Senior Living Services. Join us for fun, laughter, and friendly competition as we bring *The Price is Right* to our senior center! Test your shopping savvy, guess the prices of everyday items, and win fabulous (and funny!) prizes. Whether you're playing or cheering from the audience, you're guaranteed a great time. Don't miss this chance to relive a classic game show with friends old and new!

April 20, 11 a.m. – Build your Flower Bouquet with Natalie Passione of M&M Senior Advisors. Build a seasonal flower bouquet designed especially for seniors. Choose from a variety of fresh, seasonal flowers and create your own beautiful bouquet to take home. No experience needed. **Pre-registration is required. Please call (908) 753-9440 to make reservations.**

April 20 & 27, 1 p.m. – HIIT (High Intensity Interval Training) Exercise. This is a video exercise from Stronger Seniors which will improve the heart health, strength, metabolism and overall well-being. The exercise can be done seated or standing. It is a series of 6 short intervals of 30 seconds bursts of high intensity exercise followed by a low intensity recovery activity.

April 21, 11 a.m. – Wordle with the Warrenbrook Staff. Wordle is a word-based brain game where participants have six chances to guess a five-letter word. So, dig deep into your vocabulary repertoire and identify some words.

April 22, 11 a.m. – Hail to Chiefs' Pets with Joan Schaible. Why most US Presidents from George Washington to Joe Biden enjoyed pets! Indeed, the White House became home to a variety of animals that provided unconditional comfort and companionship for their owners. Hear about the antics of these pets *and* be amazed at the unusual creatures that were gifted to Presidents.

April 23, 11 a.m. – Bird Feeder Craft with the Warrenbrook Staff. Celebrate Earth Day with a hands-on craft! Creating a wood flower bird feeder is not only fun and creative, but it also encourages fine motor skills, hand-eye coordination, and cognitive engagement. Decorating and assembling the feeder allows for self-expression and social interaction, while hanging it outside gives seniors the joy of watching birds visit, fostering a connection with nature. This craft is therapeutic, rewarding, and environmentally friendly, making it an ideal activity to stimulate the mind, engage the senses, and bring a sense of accomplishment to every participant. All materials will be provided. **Pre-registration is required. Please call (908) 753-9440 to make the reservations.**

April 24, 11 a.m. – A Tribute to American Music with Vijay Joish. Re-live the music from your favorite singers from the 50s to the 90s! Vijay will be singing and playing guitar, bringing back Frank Sinatra, Elvis Presley, John Denver, and more. Come prepared to sing along!

April 27, 11 a.m. – Wonders of New Jersey Night Sky with Ron Urioste. This program is designed as an engaging and interactive introduction to astronomy, focusing on objects and events that can be observed in the night sky – most of which can be observed without the use of specialized equipment or expert knowledge. Participants will receive a tour of the night sky over New Jersey, including stars, constellations, planets, nebulae, and galaxies. At the end of the presentation and question-and-answer period, participants will receive a map of the night sky and a calendar of celestial events to observe with the naked eye or a small pair of binoculars.

April 28, 11 a.m. – Instrument Meditation with Christina Flanagan Bistis from Avalon Assisted Living. Enjoy a peaceful Instrument Meditation designed especially for seniors. Gentle music and calming sounds will help promote relaxation, reduce stress, and support overall well-being. No experience needed—just come, sit comfortably, and enjoy.

April 29, 11 a.m. – Orchestra Performance with the New Jersey Intergenerational Orchestra (NJIO). NJIO bridges generations through music and has been bringing artistic excellence to NJ for over 20 years. NJIO provides opportunities for musicians of all ages and abilities to study and perform classical music by rehearsing, learning and doing performances side-by-side with professional musicians and experienced players.

April 30, 11 a.m. – Minute to Win It with the Warrenbrook Staff. Play fun, one-minute games with a variety of quick, light-hearted challenges that are easy to play and big on laughs. Activities can be adapted for all abilities, and cheering is encouraged.