

Somerset County Senior Centers May Activities

SOMERVILLE, NJ – The Senior Centers operated by the Somerset County Office on Aging and Disability Services announce the May program schedule. **Senior Centers will be closed on May 25 in observance of Memorial Day**

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.

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.**

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.**

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 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 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.**

- **Wednesday:** April 15 – June 10
- **Friday:** April 17 – June 5

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.

May 1, 11 a.m. – May Trivia with Roberto. Join us for trivia that will cover several categories including science, history, and pop-culture all are welcome to participate.

May 4, 11 a.m. – Cranium Crunchers with Roberto. The Cranium Cruncher program is an engaging mental fitness initiative designed to enhance cognitive skills such as memory, problem-solving, and critical thinking through fun and challenging puzzles, riddles, etc.

May 5, 11 a.m. – Restorative Rest: The Art & Science of Sleep Hygiene with Lucy from TheKey. Explore how sleep affects cognition, mood, immunity, and fall risk in older adults. Learn practical strategies to improve sleep quality.

May 6, 11 a.m. – Musical Performance with John Heisermann. John is a guitarist and a singer who performs many genres of music from classic rock, country, and Golden Age music theatre along with Italian Opera. John shares his love of music by sharing stories from his musical journey and historical facts that coincide with each song that is performed.

May 7, 11 a.m. Mother’s Day Craft with Leslie from Arbor Terrace. Leslie will be teaching a craft with a Mother’s Day theme. No experience is necessary and the craft can be taken home as a gift for a mother you love! **Pre-registration is required to ensure enough materials for all participants.**

May 8 & 22, 11 a.m. – Bingo with Roberto. Bingo is more than an exciting activity. Researchers have found that engaging in Bingo has multiple health benefits such as promoting socialization, strengthening hand-eye coordination, listening, and short-term memory.

May 11, 11 a.m. – Mental Health Awareness Program with Marta Pisano from Richard Hall Community Health and Wellness Center. This program will highlight the importance of mental wellbeing through education, reduction of stigma and promotion of support for those affected by mental health conditions.

May 12, 11 a.m. – Music in Motion with Tom Mckie Seniors, ditch the sofa find your inner groove with creative movements that will get you moving, grooving and laughing your way the dance floor.

May 13, 11 a.m. – No Place Like Home with Karen Kowalski, MPH, OTR, CAPS. Join Karen for a practical, upbeat talk on aging in place-what it means, why it matters, and how to plan. Items covered will include home modifications big and small, from

quick, low-cost fixes you can make right away, to larger renovation ideas that may help you stay safe and independent for years to come.

May 14, 11 a.m. – Decorating Small Indoor Planters with Christina from Bright View Assisted Living. Join Christina for a craft of decorating a small outdoor planter pot utilizing wasabi tape and your own creativity. **Pre-registration is required to ensure enough materials for all participants.**

May 15, 11 a.m. – Summer Themed HDM Card Making. Join Basking Ridge seniors for a compassionate initiative designed to support seniors and foster a sense of community. This personalized card will brighten their day, offering a heartfelt connection fostering a sense of community and care for these individuals.

May 18, 11 a.m. – Sleep Starts in the Kitchen with Tara Tamino from Bernards Township Health Department. Learn how different foods and beverages impact your sleep. Discuss optimal sleep habits and create an action plan to improve your sleep.

May 19, 11 a.m. – Somerset County Traveling Library with Noah Anderson. All of what you expect from your library, right at the Senior Wellness Center. Browse the traveling collection, place hold requests for specific titles, or troubleshoot the library eBook App, Libby! Renew or sign-up with your library today!

May 20, 11a.m. – Card Making with Gerry. Join Gerry as she guides us through card making with supplies you can find throughout your house. Our creations can be kept for personal use or sent to our Home Delivered Meal (HDM) participants. Supplies provided.

May 21, 11a.m. – Neil Meador Musical Performance Sponsored by: Foothill Acres Rehabilitation. Join Neil for a musical performance as he shares his love of music with us by singing hits from the 1960s while he plays the keyboard.

May 25 – Senior Wellness Center Closed

May 26, 11 a.m. – Scenic Watercolor Painting. Join Basking Ridge Participants for a watercolor painting craft. There will be a few themes/designs to pick from all you need to provide is your creativity. **Pre-registration is required to ensure enough materials for all participants.**

May 27, 11 a.m. – Meditation Series with Christina Flanagan-Bistis from Avalon Assisted Living Facility Join us for a workshop series that covers aromatherapy, breathwork, guided visualization and sound healing meditation. All are welcome to participate!

May 28, 11 a.m. – Caffeinated Crosswords & Cozy Chats. 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 of puzzles.

May 29, 11 a.m. – Table Games with Connie. Join us for an afternoon of excitement and friendly competition of table games with center volunteer Connie. Table games has multiple health benefits such as promoting socialization, strengthening hand-eye coordination, listening, and short-term memory.

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.

Qigong Practices 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.

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 for more information.**

- **Next session is July 10 - December 31 (Fridays). Register by July 1 by calling (908) 203-6101.**

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.

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. Rosanne and Guy 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. **Club size is limited, registration for one time frame is required. For more information, please call: (908) 203-6101. Next session begins in July, registration forms will be made available at the Senior Wellness Center at Bridgewater starting June 15.**

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

Mahjong Lessons with Sylvia – Wednesdays, 9 a.m. (May 6 – July 1) Back by popular demand, Mahjong lessons with Sylvia will resume in May! Volunteer Mahjong Instructor, Sylvia, will be on-site to teach participants this intricate and invigorating game. No experience necessary. **Class size is limited to 6 and pre-registration is required, call the center for more information.**

Beginner Ukulele / Somerset Seniors Hootenanny – Thursdays. 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: 9:30 – 10 a.m.
- Beginners and More Experienced Musicians: 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.

May 1 and 27, 11 a.m. – 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.

May 4 and 18, 10:30 a.m. – Comedy Club with Jess & Yolanda. 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!

May 4, 11 a.m. – Off the Coast with the Somerset County Environmental Education Center. The sea turtle is an amazing animal! They can migrate for thousands of miles and have a positive impact on our environment. During this presentation you will learn adaptations of sea turtles and why they need your help!

May 5, 11 a.m. - Cinco de Mayo. Join us to learn the history behind Cinco de Mayo, significant contributions from Mexico, and its beautiful heritage.

May 5 & 19, 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.

May 6, 11 a.m. – Mental Health Awareness Month with Marta Pisano of Richard Hall Community Health & Wellness. Mental Health Awareness Month works to highlight the importance of mental wellbeing through education, reduction of stigma and promotion of support for those affected by mental health conditions. To support this initiative, staff from Richard Hall Community Health and Wellness Center have put together a program to emphasize the importance of this topic.

May 7, 11 a.m. – Somerset County Library System: Mobile Library Visit. Traveling Library with Noah Anderson, Somerset County Library System of New Jersey. All of what you expect from your library, right at the Senior Wellness Center! Browse the traveling collection, place hold requests for specific titles, or troubleshoot the library ebook App, Libby! Renew or sign-up with your library today!

May 7, 1 p.m. – Music Performance with Rhonda Denet. A powerhouse vocalist who isn't just singing the Classics, she's reimagining them, weaving her soulful tapestry with every note.

May 8, 11 a.m. – Mother's Day Tea. Today we'll celebrate all the women in our lives (past, present, and future). Dress up if you'd like to, the day may surprise us. Sit at a new table and enjoy fun conversation while sipping tasty teas, pinkies up. This event is

sponsored by Hannah Efrus of Brandywine. **Space may be limited, please call (908) 203-6101 to reserve a seat.**

May 11, 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.

May 12, 11 a.m. – No Place Like Home: Smart Tips for Aging in Place with Karen Z. Kowalski, MPH, OTR, CAPS from A&AIP. No Place Like Home with Karen Kowalski, MPH, OTR, CAPS. Join Karen for a practical, upbeat talk on aging in place- what it means, why it matters, and how to plan. Items covered will include home modifications big and small, from quick, low-cost fixes you can make right away, to larger renovation ideas that may help you stay safe and independent for years to come.

May 13, 11 a.m. – Fair Housing Presentation with Jaaide Ramirez from Central Jersey Housing Resource Center. Covering fair housing rights, money tips, avoiding scams, senior housing options, disaster planning and how to be prepared for emergencies.

May 14, 2 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. **Call the Senior Wellness Center at Bridgewater at (908) 203-6101 for more information.**

May 15, 11 a.m. – Music Performance with Michael Patrick sponsored by Hunterdon Healthcare. Michael Patrick, singer, songwriter, Johnny Cash and a mix of country/folk rock music...Get ready to DANCE!

May 18, 11 a.m. – Music Performance with Gordon Wells. Enjoy lively big band Music offering perfect chance to dance, move and enjoy.

May 19, 11 a.m. – Mohawk-American Indian talk with Brenda Davis of IEEE (Toastmaster). Brenda grew up on the Six Nations Indian Reservation in Ontario, Canada and will share on unlearning Indian stereotyping, we are not all the same. Did you know? Is that really true? Myth or Fact?

May 20, 11 a.m. – Senior Wellness Center at Bridgewater's 10th Anniversary Event. Enriching Mind, Body, and Spirit for a Decade! Let's celebrate our 10 years with our Top 10 Favorites, Violinist Linda Chang, and more!

May 21, 11 a.m. – Honoring the Past, Serving the Present: The Story and Spirit of the National Society with Christine Murphy of Daughters of the American Revolution. This presentation provides an engaging overview of the National Society

Daughters of the American Revolution, from its founding in 1890 by women committed to preserving the legacy of the American Revolution to its vibrant role today. It highlights DAR's longstanding mission of historic preservation, education, and patriotism, while showcasing current initiatives that support veterans, promote education, and serve communities nationwide. The program also explores what it means to be a member, including the process of tracing lineage to a Revolutionary War patriot and the meaningful opportunities for service, connection, and civic engagement that define the DAR experience.

May 25 – Bridgewater Senior Center - CLOSED

May 26, 11 a.m. – Intergenerational Event with Blaustein Early Childhood Center. Kindergarten students from the Blaustein Early Childhood Center will join us to share stories and a craft. Truly an event for ALL ages, and an excellent opportunity to learn and share with each other! **Space is limited, please call (908) 203-6101 to reserve a seat.**

May 27, 1 p.m. – Somerset County Library System: Mobile Library Visit. Traveling Library with Noah Anderson, Somerset County Library System of New Jersey. All of what you expect from your library, right at the Senior Wellness Center! Browse the traveling collection, place hold requests for specific titles, or troubleshoot the library ebook App, Libby! Renew or sign-up with your library today !

May 28, 10 a.m. – Monthly Book Club with Noah. Join us for a discussion of the book, The Stolen Queen, by Fiona Davis. New members are always welcome!

May 28, 11 a.m. – Healthy Aging with Felicia McClain, RN and Fatima Benabdallah, RN, both with Eating Disorders Unit at Robert Wood Johnson University Hospital. Join us for an empowering session on how to live your best life as you age! This presentation offers practical, easy-to-adopt tips focused on the four pillars of healthy aging: nourishing your body with a healthy diet, staying active with enjoyable exercise, strengthening social connections, and boosting your sense of belonging within the community.

May 29, 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.

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 – Available daily, 1 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 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 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.

May 1, 11 a.m. – Casino Day Sponsored by Foothill Acres Rehabilitation and Nursing Center. Join us for a morning of fun and excitement by allowing us to bring the casino to you. Slots & card games will be provided at no cost, no experience is necessary.

May 4, 11 a.m. – Substance Abuse Prevention Education. Join Skylar Randazzo, a part of Empower Somerset, a nonprofit organization involved in the Overdose Fatality Review process for this presentation. Empower Somerset conducts case reviews of individuals who have died from overdoses to better understand trends and identify opportunities for prevention. Research has shown that adults aged 55 and older represent a high percentage of overdose deaths in Somerset County. In response, the presentation includes education on the differences between opioids and opiates, what counterfeit pills may look like, local statistics on older adults, and step-by-step guidance on how to use Narcan in an overdose situation.

May 5, 12, 19, & 26, 11 a.m. – Healthy Aging Program (WISE) with Brenda Miller, Community in Crisis. Join this 6-week, evidence-based class presented by Brenda Miller, Community in Crisis Senior Education Director. The program's interactive lessons provide valuable education to older adults on topics including health and wellness, medication use, stress management, depression and substance use and misuse. We will also discuss alternative ways to manage pain such as yoga, chiropractic care, massage and more.

May 6, 11 a.m. – Nutrition for Brain Health with Sheetal Bhatia, MS, MPH, RDN. This presentation provides an evidence-based overview of how diet impacts brain health and introduces the core principles of the MIND diet. Participants will learn foundational guidelines and key food selections shown to support cognitive function and promote healthy aging.

May 8, 11 a.m. – Mother's Day Craft with Tammy. Join us at the Senior Wellness Center at Hillsborough for a fun and relaxing Mother's Day craft! We will be making teddy bears out of towels, which you can take home and use as a decoration or gift to family or a friend! **All supplies included. Registration is limited. Please call (908) 369-8700 to register.**

May 11, 11 a.m. – Drumming Circle with Touch Mother Earth Productions. Join Dave and Cheryl Miller from Touch Mother Earth productions for an end of summer drumming circle! We start with proper posture and striking the drum and off we go

including African-based and popular easy rhythms for all to participate. Drumming circles are great for senior cardio and mental health!

May 13, 11 a.m. – Elder Abuse and Fraud Prevention Presentation with Matt Robischon, US Secret Service. The Secret Service investigates financial crime in addition to protection of the president. This presentation focuses on cyber-crime and elder fraud. We cover the types of financial cybercrime, and how to recognize signs of fraud. These types of crimes overwhelmingly impact the elderly.

May 14, 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.

May 15, 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.

May 18, 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.

May 20, 11 a.m. – Tapping Away Stress with Alicia Grey, Certified Emotional Freedom Techniques Practitioner. How often do you find yourself thinking about how stressed out you feel? Wouldn't it be great if there was a simple technique to lower your stress? Well, there is. It is called Emotional Freedom Techniques or "tapping". Clinical students have shown that by tapping on certain pressure points on our face and upper body, this can lower the stress hormone cortisol as well as break free of limited beliefs and negative emotions including fear, anxiety, and anger. Join Alicia as she guides us through the tapping practice.

May 22, 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.

May 25 – Senior Wellness Center at Hillsborough – Closed.

May 27, 11 a.m. – Cancer Prevention Jeopardy by Cecila Gomez, Rutgers Cancer Institute. Join us for a game of "Jeopardy!" Everybody will have a chance to test their knowledge on the basics of cancer prevention in this fun and educational workshop.

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.

Walking Club – Available daily, 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.**

Rummikub – Tuesday and Thursday – 12:30 p.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. All levels of playing ability are welcome.

Blood Pressure Screenings – First Monday of Every Month, 9:45 a.m. On Monday, May 4, 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.

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.**

Ageless Grace – Fridays, 10 a.m. Ageless Grace is a brain health and fitness program designed for older adults that combines gentle physical movement with cognitive exercises. Performed primarily while seated, the program uses playful creative activities set to music to help improve memory, focus, coordination, balance and over all well-being.

May 1, 11 a.m. – HealthEASE, Women’s Health: The Big 3, presented by Barbara Vaning, MHA | Program Associate / EMT Training Center Coordinator Community Wellness | Penn Medicine Princeton Health. The Big 3 program, part of the HealthEASE curriculum, supports long-term health for women, it is essential to understand the major risk factors for heart disease, breast cancer, and stroke; recognize their common signs and symptoms; and take proactive steps in prevention. This includes following recommended screening guidelines, adopting healthy lifestyle habits such as balanced nutrition, regular physical activity, stress management, and avoiding tobacco use. By staying informed and engaging in routine health monitoring, individuals can reduce their risk, detect potential problems early, and promote overall well-being.

May 4, 11 a.m. – Performance by Clifford Seay. Sing along with Clifford to your favorite songs from the 50’s, 60’s and 70’s.

May 5, 11 a.m. – “Mothers of Invention” presented by Carol Simon Levin. Carol Simon Levin portrays Lillian Moller Gilbreth, motion study pioneer and “Cheaper by the Dozen” mother of 12 and shares the stories of other overlooked women innovators, including many women of color.

May 5, 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.

May 6, 13, 20 and 27, 11:15 a.m. – Creative Wellness with Shirin Stave-

Matais. 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 will teach sound therapy, creative play, guided relaxation and meditative techniques. Participants of all skill levels may join, and the class can be practiced either standing or sitting.

May 7 & 21, 9:30, Gel Printmaking: Texture, Color, and Creative Discovery

presented by Karen Tuveson. 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. The process encourages play, exploration, and sensory engagement - ideal for stimulating creativity, exercising fine motor skills, and inspiring confidence. 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. The program includes four (4) sessions: (1) basic color & play, (2) pattern & mark-making, (3) image transfer & experimental techniques, and (4) personal expression as a series. By exploring a variety of techniques - this program is meant to foster confidence, individual expression and community connection in a relaxing and enjoyable learning experience.

May 7 & 21, 10 a.m. – Crochet with Mary. 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!

May 7, 21 and 28 - 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.

May 7, 1 p.m. – Central Jersey Housing, presented by Susie Suter, Program Manager, Central Jersey Housing Resource Center (CJHRC). This presentation will focus on several important topics, including fair housing scenarios; identity theft and scams; credit mistakes to avoid and myths/facts; key documents to have prepared; and disaster planning resources.

May 8, 11 a.m. – Mother's Day Fun with Lisa. This program is designed to celebrate and honor mothers through reflective activities. Participants will engage in Mother's Day-themed Madela art, word searches and optional card making to express appreciation and love.

May 11, 12:45 p.m. – The Grand Masquerade Prom with Jerry Calstaldo, sponsored by Foothill Acres. Join us for an afternoon filled with laughter, music, special dessert and wonderful company. If you choose, this is your opportunity to dress up and enjoy a festive celebration created just for you. This will be a time to connect with friends, take advantage of portrait stations and make new memories together. We can't wait to celebrate you during Older American's Month.

May 12, 11 a.m. – Maintain Balance and Stability As you Age by Nicholes Matthes, Ark Physical Therapy. During this program, you will learn some exercises to improve your stability and reduce your fall risk to stay safer while you stay active.

May 14, 11 a.m. – Music Celebration at the Montgomery Senior Center with Denise Crowley. The Montgomery Senior Center beginner ukulele group will provide entertainment in celebration of Older Americans Month during a special senior gathering. The group will perform familiar, easy-to-follow songs designed to encourage sing-alongs and audience participation.

May 14, 1 p.m. – Emergency Preparedness. Join Amy Mariato, Eldercare Educator from Office on Aging/Disabilities Services. Emergency Preparedness is geared toward helping seniors feel more confident and prepared in the event of an emergency. Amy will talk about simple, practical steps for preparing for situations such as fires, hurricanes, winter weather, and heat waves. This presentation will also cover creating an emergency plan, communication needs, planning for special or medical needs, putting together emergency kits, keeping important papers safe, and tips for emergency food and water. The goal is to provide helpful, easy-to-follow information that seniors can use right away.

May 15, 11 a.m. – Somerset County Park Rangers presented by Sarah Weber. Our rangers are committed to excellence in promoting stewardship of land and resources, providing outstanding recreation opportunities and leisure services, and fostering an environment which is service oriented and responsive to public needs. Join Sarah as she explains the role of our Park Rangers.

May 18, 11 a.m. – Effective Communication with Mikaela Kane *Family and Community Health Sciences Program Coordinator* Department of Family and Community Health Sciences (FCHS) Rutgers Cooperative Extension of Somerset County. Mikaela will discuss and explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages and get tips to better communicate with people living with the disease.

May 18, 2 p.m.- Book Club – Coordinated through the efforts of the Montgomery Library – Kristen Anderson. This month's title is *The Guest List* by Lucy Foley. The wedding of a rising TV star and an ambitious magazine publisher off the coast of Ireland is a time of perfectly planned celebration -- that is, until long-buried resentments and

jealousies begin to rise to the surface, and someone is murdered. Who would do such a thing on a happy occasion? All are welcome.

May 19, 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.

May 22, 11 a.m. – Mental Health Awareness Month. Join our facilitators Marta Pisano and Alyssa Importico from the Richard Hall Community Health and Wellness Center. The purpose of this program is to increase awareness of mental health and its impact on independence, management of acute and chronic health conditions, and overall wellbeing in older adults. You will be provided information to gain a better understanding of how mental health affects daily life, health, and quality of life, seniors will be able to recognize concerns, seek support from peers and professionals, and connect with supportive services.

May 25 – Montgomery Senior Center Closed.

May 26, 11 a.m. – Left-Right-Center Game with Center Clients. Who knew a simple game of rolling dice and passing tokens could get so competitive? Join us for this easy-to-learn game and see how lucky you are!

May 29, 11 a.m. – Heat Waves and Tornadoes presented by Logan Whitehead of the American Red Cross. This program will include understanding the warning signs of heat-related illness, staying hydrated, keeping cool indoors and identifying safe places like cooling center. It will emphasize planning ahead by checking weather forecasts and ensuring access to water, fans, or air conditioning. He will also touch on preparation which will focus on warning systems, identifying a safe shelter and creating an emergency plan.

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!

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)**.

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).

Stretch & Strength with Mikaela Kane from Rutgers Co-operative Extension – Tuesday, May 5, 12 & 19 at 1 p.m. Mikaela will be leading a 12-week exercise class that involves stretch & strength. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. The strength program is designed to enhance the ability to function in daily life. The exercise can be done with or without weights. A hand weight of 2-5 pounds is recommended, which can be brought by the clients for exercise.

Take Control with Exercise – Tuesdays, 1 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. **Program starting May 26th**

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 – Mondays, 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. (March 26, 2026 - September 17, 2026). 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.**

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.**

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.

May 1, 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.

May 4, 11 a.m. – Wordle with Myrna. 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 with center client and volunteer, Myrna, as your guide.

May 5, 11 a.m. – Planning Ahead with Somerset County Community Educator, Amy Maritato. Life can take unexpected turns. You can never be too prepared. Amy will speak with our clients about treatment preferences, decision-making and important conversations.

May 6, 11 a.m. – Mother’s Day Tea. Celebrate the special women of Quail Brook Senior Center with a tea party. Enjoy tea, some treats and good times with friends.

May 6 & 20, 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.

May 7, 14, 21 & 28, 11 a.m. – Hip Hop for Seniors 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. Celebrate **Older American’s Month** by showing off your dance moves. Tom is coming back to teach us some new choreography!

May 8, 11 a.m. – Quail Brook Spring Talent Show. Showcase your talent! Whether you play an instrument, tell jokes, juggle or sing, all talents are welcome! **Please let Joy know in advance if you need special equipment. Pre-registration required.**

May 8, 1 p.m. – Traveling Library with Noah Anderson, Somerset County Library System of New Jersey. All of what you expect from your library, right at the Senior Wellness Center! Browse the traveling collection, place hold requests for specific titles, or troubleshoot the library ebook App, Libby! Renew or sign-up with your library today!

May 11, 11 a.m. – Anniversary Craft and Writing. Quail Brook is celebrating its 50th Anniversary this year! We will collaborate on an art project for the special day and also share and write some of our fondest memories from the center.

May 12, 11 a.m. – Hillsborough Rockers and Rockettes. The Hillsborough Township Rockers and Rockettes senior dance group are here to lift your spirits and put you in the dancing mood. This group, made up of all Hillsborough Township residents, practices up to three times per week and performs throughout the area at nursing homes, senior centers, and other local events.

May 12, 11 a.m. – Brain Health with Jennifer Criado of the Alzheimer’s Association. Taking care of your brain health is crucial as we age. Jennifer will give us tools to improve cognitive function through stress management, community engagement and cognitive training.

May 18, 11 a.m. – Mental Health Education with Alyssa Importico and Marta Pisano. Mental Health Awareness Month works to highlight the importance of mental wellbeing through education, reduction of stigma and promotion of support for those affected by mental health conditions. Alyssa and Marta will bring awareness to mental health and speak of its impacts on independence, management of acute and chronic health conditions and overall wellbeing in older adults. By having a better understanding of how mental health affects daily life, health, and quality of life, seniors will be able to recognize concerns, seek support from peers and professionals, and connect with supportive services.

May 19, 11 a.m. – “I Should Have Known That” Trivia with Quail Brook Staff. I Should Have Known That Trivia is an addictively entertaining trivia game with a variety of questions about things you should know. In contrast to traditional trivia formats, you don’t receive points for answering correctly. Instead, points are subtracted for every incorrect number.

May 20, 11 a.m. – Caregiving for Veterans with First Light Home Care. Caring for veterans involves a range of responsibilities that can be both physically and emotionally challenging. Ambar from First Light Home Care will help us understand the resources available to veterans and how best to care for their specific needs.

May 22, 11 a.m. – Quail Brook’s 50th Anniversary Party with Entertainment from DJ Gio. Come dance and celebrate Quail Brook’s 50th Anniversary! It is more than just marking time – it is honoring the relationships built and the lives our center has impacted. It is not only a time to look back with pride, but also a moment to celebrate the future here as well.

May 25 – Quail Brook Senior Center Closed

May 26, 11 a.m. – Balance Screening and Presentation with Ark Physical Therapy. Balance screenings are designed to assess your ability to maintain posture, equilibrium and control movements. These tests aim to identify issues related to your inner ear, nervous system or musculoskeletal system. Ark Physical Therapy will be here to complete screenings and provide helpful information!

May 27, 11 a.m. – Latin Bingo with Franklin High School’s Junior Achievement Club. Join the Franklin High School Junior Achievement Club for a fun and engaging Latin Bingo event! It will begin with a brief introduction to Latin numerals, where participants will learn how to use latin numbers for the game. Afterward, we’ll play bingo with numbers called out in Latin. No prior knowledge is needed—just come ready to learn and have fun.

May 29, 11 a.m. – Montgomery Ukulele Performance. Sing along and enjoy music from the Montgomery Senior Center Ukulele Group!

WARRENBROOK SENIOR CENTER

500 Warrenville 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.

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. This class is open to Warrenbrook Senior Center clients only. No class on May 11th**

Studio 60+ - 3rd Mondays, 1 p.m. - Warrenbrook seniors will meet to 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.**

- **April 14 – June 2**

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. **This class is open to Warrenbrook Senior Center clients only. No class on Friday, May 8 & 15.**

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. Welcome new members and beginners (lessons available).

Project Healthy Bones – Wednesdays, 10 a.m. 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. **Please call (908) 753-9440 for more information.**

GeriFit Exercise- Wednesdays, 10 a.m. - Geri-Fit with Jan Lo and Kam Minhas– Wednesdays, 10 a.m. (May - July). 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. Pre-registration is required, please call Caitlin Witucki for more information or to register at 908-704-6339.**

(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. This is a closed group and is available by invitation only.

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 Meals on Wheels 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.**

May 1, 11 a.m. – How to Manage Multiple Medications Safely with Neenu Chandy of Amwell Pharmacy. Taking several medications? You're not alone! Join us for an important and easy-to-understand session on how to stay safe while managing multiple prescriptions. Learn helpful tips on organizing your pills, avoiding harmful interactions, and asking the right questions at the doctor's office or pharmacy. Whether you're managing your own meds or helping a loved one, this talk will offer practical tools and peace of mind.

May 4, 11 a.m. – Cybercrime and Elder Fraud: A Presentation by the U.S. Secret Service Cyber Crimes Squad Member Matt Robischon. In addition to protecting the president, the Secret Service also investigates financial crimes. This presentation will focus on cybercrime and elder fraud, highlighting common types of financial cyber scams and how to recognize the warning signs of fraud. These crimes

disproportionately affect older adults, making awareness and prevention especially important.

May 4, 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.

May 5, 11 a.m. – Cinco De Mayo with Christina Diluzio of Brightview Senior Living. Celebrate Cinco de Mayo with a fun and festive craft activity at our senior center! Participants will enjoy creating colorful, hands-on decorations inspired by Mexican culture and traditions. This relaxed and social craft session encourages creativity, conversation, and cultural appreciation—no experience needed, and all supplies are provided. **Pre-registration is required.**

May 6, 11 a.m. – Services provided by Somerset County Office on Aging with Amy Maritato, LSW, Community Educator. This presentation will provide an overview of the Office on Aging and Disability Services of Somerset County, highlighting the broad array of programs, resources, and supports available to older adults and individuals with disabilities. Attendees will learn about key services including care coordination, benefits counseling, caregiver support, and connections to community-based resources that foster independence, safety, and overall well-being. The presentation will also explore how these services strengthen the community by promoting aging in place, reducing barriers to access, and linking residents to vital health, social, and long-term care supports.

May 7, 11 a.m. – Mother’s Day Floral Arrangements with Cheryl Nigro sponsored by Executive Home Care. Join us for a Mother’s Day celebration at the Warrenbrook Senior Center featuring a hands-on floral arrangement activity. Participants will have the opportunity to create their own lovely floral designs while enjoying a warm, social atmosphere. This meaningful and creative event is a perfect way to honor Mother’s Day and enjoy time with friends. All materials will be provided. **Pre-registration is required.**

May 8, 10:30 a.m. – Warrenbrook Senior Center turns 50! Celebrate a golden milestone with us! Warrenbrook Senior Center turns 50, and you’re invited to be part of the celebration. Come enjoy an exciting morning of music, dancing, and community spirit, featuring musical entertainment by DJ Giovanni. Let’s make memories together as we mark 50 wonderful years.

May 11, 10:30 a.m. – Aging with Confidence: Navigating Care, Planning & Support Options with Dharmi Shah of Embracing Hospice Care, Caitlyn Meador of Foot Hill Acres, Christine Getz of Gratitude Senior Living Solutions, Leslie Yngojo-Bowes of Arbor Terrace, Sara Catalano of Generations Home Health Care. This engaging panel discussion brings together a group of trusted professionals specializing in home care, nursing home services, assisted living communities, and senior placement guidance. Together, they will offer an open and informative conversation

designed to help families better understand the complexities of aging and long-term care planning.

The discussion will explore essential topics such as the differences between care options, legal and financial considerations, proactive planning strategies, and how to make informed decisions during times of transition. The panelists will share practical insights drawn from real-world experience, helping attendees feel more confident and prepared as they navigate important choices.

May 11, 1 p.m. – Drum Circle with Anil Sachadev. 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 open communication. Anil will guide us through playing different tones using drums.

May 12, 11 a.m. – Wheel of Fortune with 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) May 12, 1:00 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! **Only for Warrenbrook Senior Center Participants**

May 13, 11 a.m. – Bingo with Bob Mazet sponsored by Sara Catalano of Generations Home Health Care. 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.

May 14, 11 a.m. – Diabetic Foot Health with Dr. Sanjana Sanghvi of PS Foot & Ankle. This educational program focuses on diabetic foot health and the importance of proper foot care for preventing complications. Participants will learn how diabetes can affect the feet, recognize early warning signs, and practice daily care techniques to promote circulation, comfort, and mobility. The session will also cover footwear choices, routine foot checks, and when to seek medical attention—empowering seniors to protect their foot health and maintain an active, independent lifestyle.

May 15, 10:30 a.m. – Senior Prom to celebrate Older American Month. Musical Entertainment with Ken Knowlton sponsored by Natalie Passione of M & M Senior Advisors. Celebrate Older American Month with a joyful Senior Prom at the senior

center! Enjoy a lively musical performance featuring familiar tunes and nostalgic favorites that invite listening, reminiscing, and singing along. Seniors are encouraged to dress in their prom best and show off their prom-night spirit as we dance, connect, and create new memories together. This uplifting event honors the life experiences of older adults and celebrates the timeless power of music, friendship, and fun.

May 18, 11 a.m. – Gynecologic Cancers with Sara Mehta of Rutgers Cancer Institute. Sara will be giving an overview of the main gynecologic cancers: cervical, ovarian, uterine, vaginal, and vulvar. It explains what each cancer is, common warning signs to look out for, and steps people can take to lower their risk. The session also highlights the importance of regular screenings, early detection, and knowing when to talk to a healthcare provider. The goal is to help community members feel informed, empowered, and supported in protecting their health.

May 18, 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 second bursts of high intensity exercise followed by a low intensity recovery activity.

May 19, 11 a.m. – Wordle with 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.

May 20, 11 a.m. – Songs of America: The Soundtrack of a Nation - A tribute in Story, Song & Spirit. A history lesson by Jeff Kampf sponsored by Reena Yaseen of Brandywine Senior Living. Celebrate the power of music to tell America's story. This immersive experience traces the sounds that shaped our country- from revolutionary ballads to civil rights anthems and modern-day calls for change. Through lecture, live music, and interactive exhibits, discover how music has carried the soul of a nation through every era.

May 21, 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.

May 22, 11 a.m. – The Thomas A. Edison Papers, Meet the Man with Paul Israel. Paul Israel, director of the Thomas A. Edison Papers project at Rutgers University, will present a lecture on the life and career of Thomas Edison that highlights key findings from this project and offers some thoughts on why Edison was and remains such a significant figure in American history.

May 25 – Warrenbrook Senior Center Closed in observance of Memorial Day.

May 26, 11 a.m. – Boggle with 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.

May 27, 11 a.m. – Sound Healing Meditation with Tibetan Singing Bowls with Marina Kogan. A deeply immersive guided meditation incorporating rhythmic chanting, intentional breathing exercises, and the resonant sounds of Tibetan singing bowls and gong, designed to promote relaxation, balance, and inner awareness.

May 28, 11 a.m. – Armchair Travels to Ecuador with Warrenbrook Staff. Pack your bags—no passport required! Join us for an armchair travel program to Ecuador and the Galápagos Islands. Explore breathtaking landscapes, vibrant culture, and incredible wildlife from the comfort of your seat as we journey through one of the world's most fascinating regions.

May 29, 11 a.m. – Paper Umbrella Wreath Craft with Leslie Yngojo-Bowes sponsored by Arbor Terrace Basking Ridge. Add a splash of color to your day with our paper umbrella craft at the Warrenbrook Senior Center! This creative activity is perfect for welcoming the Summer Season while making a bright, decorative wreath to take home. Come relax, create, and enjoy good company. All materials will be provided. **Pre-registration is required.**