



## News from the Somerset County Board of County Commissioners

Shanel Y. Robinson, Commissioner Director • Sara Sooy, Commissioner Deputy Director  
Melonie Marano, Commissioner • Paul Drake, Commissioner • Doug Singleterry, Commissioner

**FOR IMMEDIATE RELEASE**

December 30, 2021

# Somerset County Senior Centers Offer Zoom Activities Throughout January

*Virtual Classes and Programs Help Seniors Stay Connected and Fit During the COVID-19 Pandemic*

**SOMERVILLE, NJ** – The Somerset County-operated senior wellness centers, managed by the Office on Aging & Disability Services, are implementing COVID-19 restrictions and complying with state-mandated public healthcare guidelines. Management will continue to assess when it will be safe to reopen the senior centers for onsite, indoor activities.

**There will be no virtual classes or programs on Monday, Jan. 17 (Martin Luther King's Birthday).**

### **Guidelines for Zoom Programs & Activities**

Unless otherwise specified, residents age 60-years and above can join any Zoom program listed on this schedule even if they are not a client at the center that is hosting the program. Zoom is a secure, video-based, user-friendly online platform, which can be accessed through a smartphone, tablet, or computer that allows residents to see and hear others.

### **Zoom Activity Release Forms**

Participants are required to obtain and complete an Activity Release Form from the senior center they regularly attend. After submitting the form to that center, participants will receive an email containing information about all Zoom classes and programs listed on this schedule. All programs are FREE for registered members.

### **Zoom Tutorial and Registration**

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

## **Virtual Programs and Classes for All Senior Center Clients**

### **January 3-7**

**Jan. 3, 11 a.m. – AARP Tax Information by Joann A. Urban.** If preparing your taxes is a taxing job, join this informative AARP program for free tax assistance. This program is for those who are over 50 or have low-to-moderate incomes. Tax-aide assistant volunteers are trained and IRS-certified. Get your questions answered and find out how to prepare your taxes properly. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

(MORE)

## Virtual Programs and Classes for All Senior Center Clients – *CONT'D*

**Jan. 3, 1 p.m. – *New Year, New You by Lauren Carey, RDN.*** Get nutrition counseling about your health and wellness goals for the new year from a registered dietician. Learn about disease prevention and management through nutrition for diabetes, thyroid, cardiovascular health, and gastrointestinal complications. \*\*This program is hosted by the Montgomery Senior Center.\*\*

**Jan. 4, 10:30 a.m. – *Happy New Year: Musical Memories with Rearview Mirror.*** Celebrate the New Year at a Zoom concert with Rearview Mirror. Iris Hirsch & Glenn Bullion will perform country music, rock, pop, Motown, and standards from the 1940s to 70s. Songs are accompanied by interesting visuals, such as photos, videos, and graphics. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 5, 11 a.m. – *“The Golden Age of Television”*** by Washington Bureau Chief, President, and Founder of LJC Media and Podcast Host Jim Williams. Delve into the reasons for the evolution of television. In past decades, television was used as a form of family entertainment and only watched at specific times. Now, individuals can watch on-demand television whenever and wherever they want. Find out the reasons why modern television has developed over the years and has become America’s favorite pastime with the most hours spent watching television compared to any other leisure activity. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**Jan. 6, 11 a.m. – *ABCs of Candy by Historian Meg Wastie.*** Take a nostalgic journey through the history of candy, and then guess the name of sweet treats for each letter of the alphabet. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**Jan. 6, 1 p.m. – *New Year’s & January Trivia with Cate.*** Learn lots of surprising trivia about January. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**Jan. 6, 2 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that playing games may help sharpen thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making, and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 7, 2 p.m. – *Guided Meditation with Cate.*** Take a break and soothe yourself with calming music and meditation. Join this class and reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

### January 10-14

**Jan. 10, 11 a.m. – *Tai Chi Chair*** with Bobbi Joels, Healing Hands/Calming Touch. Improve balance, flexibility, range of motion, strength, energy, gain better pain management, find tranquility, reduce stress and achieve peace of mind while seated in a chair. This class is for participants who have reduced balance and need stability. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**Jan. 11, 10:30 a.m. – *“Memory Enhancement”*** by Robert Wood Johnson Barnabas Health. Learn small steps for strengthening one’s memory from a healthcare professional. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

(MORE)

## Virtual Programs and Classes for All Senior Center Clients – **CONT'D**

**Jan. 12, 12 p.m. – *Mothers of Inventions by Carol Simon Levin.*** Learn about the “forgotten” women whose achievements were often ignored. See an interesting portrayal of Lillian Moller Gilbreth, a psychologist and engineer who was the first to apply psychology to time-and-motion studies. Other “forgotten” women innovators will be discussed including Margaret Knight (a 19<sup>th</sup>-century “Female Edison”) and Hollywood superstar Hedy Lamarr who was an inventor in her spare time. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**Jan. 13, 11 a.m. – *T'ai Chi Chih: Joy Through Movement (Part 2)*** by Siobhan Hutchinson, Next Steps Strategies, LLC. Strengthen balance to decrease falls, decrease high blood pressure, and gain an overall sense of well-being in this easy-to-learn gentle, mindful, moving meditation class. Research has shown that T'ai Chi can improve the immune system, one's quality of sleep, and decrease the symptoms of depression. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**Jan. 13, 1 p.m. – *New Jersey Piecework*** by Historical Interpreter & Researcher Dana Bala. Learn about quilts, samplers, sewing rooms and sewing machines created, made and developed in New Jersey during the Works Progress Administration (WPA). The WPA was an ambitious employment and infrastructure program created by President Roosevelt in 1935 during the Great Depression. Participants will enjoy seeing replications of pieces from the 1800s-1940s. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**Jan. 13, 2 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that playing games may help sharpen thinking skills that tend to wane with age, such as speed of thought process, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 14, 2 p.m. – *Virtual Bingo.*** Researchers have found that playing Bingo provides multiple benefits, such as promoting socialization, strengthening hand-eye coordination, and helping to improve short-term memory skills. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

### **January 17-21**

**Jan. 18, 10:30 a.m. – *“Remembering the American Revolution”*** by Historian Joel Farkas. In this presentation, iconic moments, events, and famous people from the American Revolution will be discussed. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 20, 11 a.m. – *Painting a Wintery Scene*** with Sam Matthews, Art Across Borders. Celebrate the new year by painting a beautiful wintery scene. In this class, participants will learn about drawing, composition, color theory and painting with acrylic paints. **\*\*Supplies are included. For more information, call Lisa Cheng at 908-369-8700. This program is hosted by the Senior Wellness Center at Hillsborough.\*\***

**Jan. 20, 1 p.m. – *Musical Biographies by Sam & Candy Caponegro.*** Enjoy biographies of musical performers, musicians, and songwriters who gained notoriety from their signature songs. The presentation also includes musical clips from “Annie Get Your Gun,” “Night and Day,” “Funny Girl,” and more. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**(MORE)**

## Virtual Programs and Classes for All Senior Center Clients – **CONT'D**

**Jan. 20, 2 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that playing games may help sharpen one's thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 21, 2 p.m. – *Guided Meditation with Cate.*** Take a break and soothe yourself with calming music and meditation. In this class, you will reduce stress, control anxiety, increase attention span, and decrease age-related memory loss. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

### **January 24-28**

**Jan. 24, 11 a.m. – *Big Stars in Early Musicals by Sam Caponegro.*** Explore the history of the early movie musical, which changed the entertainment industry. Discuss famous movies such as "The Jazz Singer" and enjoy clips of performances by Mae West, Bing Crosby, and Busby Berkeley. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

**Jan. 25, 10:30 a.m. – *"Hail to the Chief" by Historian Meg Wastie.*** Hear stories about U.S. presidents and learn facts from fiction from a historian. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

**Jan. 27, 11 a.m. – *Self-Defense for Seniors*** by Brienne Janho, Rehab at Rivers Edge. Learn how to protect yourself from physical and financial threats during National Personal Self-Defense Awareness Month. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\*

**Jan. 27, 1 p.m. – *"Travel the Solar System"*** by Amie Gallagher, Raritan Valley Community College Planetarium. Buckle your seatbelts and embark on an out-of-this-world journey through the solar system and explore the planets and moons. Engage in an interesting discussion about other planets and worlds unknown. \*\*This program is hosted by the Senior Wellness Center at Bridgewater.\*\*

**Jan. 27, 2 p.m. – *Brain Games and Trivia with Kristen.*** Join Kristen for various trivia and brain games. Studies show that playing games may help sharpen thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making, and short-term memory. \*\*This program is hosted by the Senior Wellness Center at Basking Ridge.\*\*

### **January 31**

**Jan. 31, 11 a.m. – *Tai Chi Chair*** with Bobbi Joels, Healing Hands/Calming Touch. Improve balance, flexibility, range of motion, strength, energy, gain better pain management, find tranquility, reduce stress and achieve peace of mind while seated in a chair. This class is for participants who have reduced balance and need stability. \*\*This program is hosted by the Quail Brook Senior Center.\*\*

(MORE)

## Virtual Exercise Classes for All Senior Center Clients

**Note:** An Activity Release Form and the use of a camera (audio and video) are required.

**Mondays, 10 a.m. – Chair Yoga with Manjula.** Gain health benefits from practicing yoga poses with the support and safety of your favorite chair. Increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an overall sense of well-being. **\*\*The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class. To register, call 908-369-8700 or email [AgingHillsborough@co.somerset.nj.us](mailto:AgingHillsborough@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Hillsborough.\*\***

**Jan. 4, 11, 18 & 25, 2 p.m. – Chair Exercises with Lisa.** Have fun while practicing chair exercises, which will help increase blood circulation, improve flexibility and strengthen one's muscles. Exercises can be practiced while standing or sitting. **\*\*Participants need a sturdy chair, water bottle, and hand weights for strength training (or substitute hand weights with two soup cans or two filled water bottles). A maximum of 25 participants is allowed in the class. To register call 908-369-8700 or email [Icheng@co.somerset.nj.us](mailto:Icheng@co.somerset.nj.us). For more information, call 908-753-9440. \*\*This program is hosted by the Senior Wellness Center at Hillsborough.\*\***

**Tuesdays & Thursdays, 9 a.m. – Take Control with Exercise.** This ongoing exercise program is appropriate for all skill levels and can be practiced while either standing or sitting. Participants will strengthen core muscles and improve flexibility and balance while boosting stamina. **\*\*A maximum of 25 participants is allowed in the class. To register, call 908-204-3435 or email [agingwellness@co.somerset.nj.us](mailto:agingwellness@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Basking Ridge.\*\***

**Tuesdays, 12 p.m. – Yoga/Meditation & Breathing Techniques** with Dr. Prabha Srinivas, Council for Yoga Accreditation International at the S-Vyasa University of Yogic Sciences. Reduce stress in your life and take control of your emotional and physical well-being through the practice of yoga and meditation. **\*\*A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Center.\*\***

**Tuesdays, 1 p.m. – Fit & Flex with Rose.** Get fit while performing 20 minutes of low-impact exercises to music, 15 minutes using free weights, and 15 minutes using resistance bands. Perform stretching exercises with a chair and movements while standing. Proper breathing and positioning of core muscles during all exercises are encouraged. This class changes frequently and is suitable for all skill levels. **\*\*There will be no class on Jan. 4. A maximum of 25 participants is allowed in the class. This program is hosted by the Montgomery Senior Center.\*\***

**Thursdays, 10 a.m. – Yoga for All! Stand & Chair Yoga with Manjula.** Gain health benefits by practicing yoga poses from the support and safety of your favorite chair or practice without a chair. Increase bone density, improve strength, flexibility and balance, relieve stress and gain an overall sense of well-being. Expect gentle stretching to bring movement to joints and muscles. **\*\*The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Center.\*\***

(MORE)

## Virtual Exercise Classes for All Senior Center Clients – *CONT'D*

**Note:** An Activity Release Form and the use of a camera (audio and video) are required.

**Thursdays, 1 p.m. – *Fit & Flex with Rose*.** Learn stretching, strength training, laughter yoga, breathing exercises and more in this **FREE** weekly exercise program. This class changes frequently and is suitable for all skill levels. **\*\* There will be no class on Dec. 29. A maximum of 25 participants is allowed in the class. To register, call 908-369-8700 or email [AgingHillsborough@co.somerset.nj.us](mailto:AgingHillsborough@co.somerset.nj.us). This program is hosted by the Senior Wellness Center at Hillsborough.\*\***

**Fridays, 11:30 a.m. – *Zumba Gold (Chair) with Laurie Fetcher*.** Get your blood pumping to zesty music that will inspire a hearty workout. This class is manageable for people age 60 and above, beginners, or others who need modification to their exercise routine. Participants will build cardiovascular health by challenging the heart and working the hip, leg, and arm muscles when practicing fun and rhythmic moves while sitting in a chair.**\*\*A maximum of 25 participants is allowed in the class. To register, call 732-563-4213 or email [toth@co.somerset.nj.us](mailto:toth@co.somerset.nj.us). This program is hosted by the Quail Brook Senior Center.\*\***

## Virtual Programs, Classes and Clubs for Clients of the Senior Center Hosting the Event

For the purpose of safety and quality assurance, the following programs are **ONLY** available to participants who attend the senior center that is hosting the program. Call for more details.

**Note:** An Activity Release Form and the use of a camera (audio and video) are required to participate.

### SENIOR WELLNESS CENTER AT BASKING RIDGE

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

**Wednesdays, 9:30 a.m. – *Tai Chi for Health (Oct. 6 to Jan. 19)*.** Practice shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that people who practice Tai Chi have reduced their pain, fatigue, and stiffness, reduce the risk of falls, and achieved an overall sense of well-being. **\*\*This program can be practiced while either standing or sitting. For more information, call 908 204-3435.\*\***

**Jan. 20, 12:30 p.m. – *Monthly Book Club*** (Every third Thursday). Join other members to discuss, "The Plot" by Jean Hanff Korelitz, and select the next book to read. New members are always welcome.

### SENIOR WELLNESS CENTER AT BRIDGEWATER

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

**Jan. 10 & 24, 11 a.m. – *Bereavement Support Group*.** Join this support group and share common feelings about grief and the renewal process. This group provides participants with a safe place to grieve the loss of a loved one by incorporating interfaith bereavement principles and universal spiritual concepts. Doctor of Ministry, Grief Counselor and Pastoral Psychotherapist Ronald W. Kaplan will facilitate discussions. Everyone's presence and participation are welcome. **\*\*To register, call 908-203-6101.\*\***

(MORE)

## Virtual Programs, Classes and Clubs for Clients of the Senior Center Hosting the Event – *CONT'D*

For the purpose of safety and quality assurance, the following programs are **ONLY** available to participants who attend the senior center that is hosting the program. Call for more details.

**Note:** An Activity Release Form and the use of a camera (audio and video) are required to participate.

### SENIOR WELLNESS CENTER AT BRIDGEWATER – *CONT'D*

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

**Tuesdays & Thursdays, 9:30 a.m. – *Hatha Yoga with Bharti.*** Improve your body posture through controlled breathing and meditation, and align the body and improve balance, flexibility, and circulation. **\*\*A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 1 p.m. – *Gentle Aerobics with Lisa & Caitlin.*** Exercise and move without putting undue pressure or strain on your body. Learn movements to increase blood circulation, lubricate joints for flexibility, and strengthen and stabilize individual muscles. Gentle aerobics can help decrease the risk of falls and make it easier to accomplish day-to-day activities. **\*\*Exercises can be practiced while either standing or sitting. The class is open to all skill levels. A maximum of 25 participants is allowed in the class.\*\***

**Tuesdays, 2 p.m. – *Chair Yoga with Manjula.*** Gain health benefits from practicing yoga poses with the support and safety of your favorite chair. Increase bone density, improve strength, flexibility and balance while being immersed in a relaxing class. Expect a lot of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and helping to gain an overall sense of well-being. **\*\*The class is open to all skill levels and can be practiced while standing or sitting. A maximum of 25 participants is allowed in the class.\*\***

**Jan. 27, 10 a.m. – *Monthly Book Club with Nan*** – (Every fourth Thursday). Join other members to discuss, “The Lost Apothecary” by Sarah Penner and select the next book to read. New members are always welcome!

### SENIOR WELLNESS CENTER AT HILLSBOROUGH

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

**Wednesdays, 1 p.m. – *Beginner Ukulele Virtual Lessons with Denise.*** (A new eight-week course begins on Jan. 12). Start on the right note and learn the basics of ukulele playing with these easy-to-follow lessons. Participants will learn how to hold, tune and strum simple chords. **\*\* There will be no class on Jan. 19. To register and reserve a ukulele, call 908-369-8700 or email [lcheng@co.somerset.nj.us](mailto:lcheng@co.somerset.nj.us).\*\***

### MONTGOMERY SENIOR CENTER

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

(MORE)

## Virtual Programs, Classes and Clubs for Clients of the Senior Center Hosting the Event – *CONT'D*

For the purpose of safety and quality assurance, the following programs are **ONLY** available to participants who attend the senior center that is hosting the program. Call for more details.

**Note:** An Activity Release Form and the use of a camera (audio and video) are required to participate.

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

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

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

**Wednesdays, 1 p.m. – *Beginner Ukulele Virtual Lessons with Denise.*** (A new eight-week course begins on Jan. 12). Start on the right note and learn the basics of ukulele playing with easy-to-follow lessons. Participants will learn how to hold, tune and strum simple chords. **\*\* There will be no class on Jan. 19. To register and reserve a ukulele, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us) .\*\***

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

**Thursdays, 12:30 p.m. – *Advanced Beginner Ukulele Virtual Lessons with Denise.*** Move to the next level by strengthening your strumming skills and learning new chords and strumming techniques. Also, learn how to play songs with more challenging chord combinations. **\*\*To register and reserve a ukulele, call 609-466-0846 or email [crowley@co.somerset.nj.us](mailto:crowley@co.somerset.nj.us).\*\***

**Jan. 12 & 26, 11:15 a.m. – *Creative Wellness with Shirin Stave-Matais.*** Achieve calm, gain control, and learn meditative practices through imaginative, joyful and social interaction. This class combines wellness exercises with Hatha and chair yoga. Participants will learn gestural, improvisational and world dance forms, sound therapy, creative play, guided relaxation and meditation techniques. **\*\*Participants of all skill levels are welcome, and the class can be practiced while either standing or sitting. A maximum of 25 participants is allowed in the class.\*\***

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

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

**Jan. 11, 1:30 p.m. *Monthly Book Club*** – (Every second Tuesday). Join other members to discuss, "Olive Again" by Elizabeth Strout, and select the next book to read. New members are always welcome!

To stay up to date with Somerset County events and information, sign up for [free email alerts](#) at [www.co.somerset.nj.us/subscribe](http://www.co.somerset.nj.us/subscribe) or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

###