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WARREN'S HOMETOWN NEWSPAPER

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CUB SCOUT PACK 182 ENJOY WINTER CAMPING WEEKEND

Submitted by Tricia Patricco

Forty scouts and families from Pack 182 in Warren, recently enjoyed cabin camping at Boy Scout Camp Winnebago in Rockaway, New Jersey.

On the first morning the Pack got a lesson in knot-tying from Membership Chair and Tiger Den Leader Chris Bellmann, assisted by our special guest Paul "Mr. Mack" McNamara, Assistant Scout Master of Troop 656, Pequott District, Theodore Roosevelt Council, New York. It was a real treat for the scouts to listen to his stories as he shared his deep scouting experience.

Next, the scouts were lead on a three-mile historic trail tour around Durham Pond, which also took them past the Sussex District Klondike Derby competition, where Boy Scouts tested their scouting skills, team against team. Our Cub Scouts were even invited to try out the Morse Code event - you never saw such concentration on their young faces.

Back at the cabins scouts took time out for lunch and free-time, during which they could be found either playing chess, or outside playing football.

Later, "Mister Mack" showed the scouts how to make a Dutch-oven apple-cake and shared a few skits and cheers with us around our campfire. And as a final reward for a full day of activities the scouts got to watch a few movies before bed.

This event would not have been possible without the Warren mothers and fathers who volunteer their time to lead our Cub Scout pack - thank you, everyone!

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns.

To join Cub Scouts or find out more about Pack 182 visit our Facebook page: facebook.com/Pack182WarrenNJ/, our website warrenpack182.org or contact us at membership@warrenpack182.org.



(above) Constantine Bellmann, Nicholas Guerra, Tyler Shehady, and Ben Carr playing chess.



(above) Cubs hauling a log.



(above) Ben Carr, Constantine Bellmann, and Tyler Shehady.



(above) Bernie Ryder and Paul McNamara.



(above) Ben Carr and Joseph Guerra Scout Ropes.

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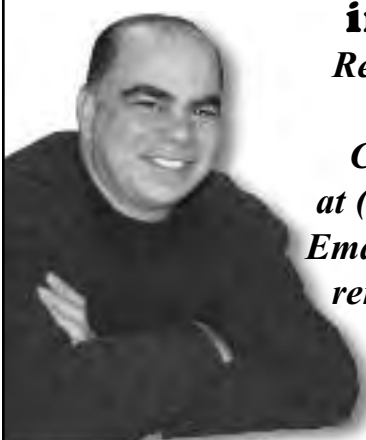
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REBECCA LUBECK, 9, MAKES SIGNIFICANT ACHIEVEMENTS ON ICE

Rebecca Lubeck, 9, of Warren, has been figure skating since she was 4-years-old.

She has competed locally and along the east coast, earning 14 gold medals, 10 silver medals, five bronze medals, and a pewter medal. Currently, she competes at Juvenile level.

Most notably, on February 11, 2018, she passed her Novice Moves in the Field test, paving the way for only the last two tests (Junior and Senior) in the United States Figure Skating test structure to a gold medalist. Her goal is to earn the gold medal by 10-years-old. This is a significant achievement, as only one percent of all figure skaters in the United States make it to this point.

Her 2018 competitive season will include traveling to Canada, Connecticut, Lake Placid, Maryland, and Pennsylvania.

Rebecca's ultimate goal is to become a national competitor and possibly one day, represent the United States in the Olympic Games.

Rebecca trains five days per week on the ice



at Igloo Ice Rink in Mount Laurel, Jersey Shore Arena in Wall, and Protec Ponds in Somerset. She also participates in off-ice training three times per week. She maintains an A-average in school and in her spare time, is a member of Girl Scout Troop 65025, enjoys art, and the outdoors.




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GIRL SCOUT ALUMNI FROM WARREN CONTINUE GIVING BACK

Submitted by Sonia Estevez

Four college students, who were Girl Scouts in SU 65 – Warren, took time from their college winter break to meet with Senior and Ambassador scouts from Troops 65512, 65197, and 65900. The girls met for a couple of hours on Sunday, January 6, 2018, at Millington Baptist Church.

The college students split the group into two and took turns speaking about their majors and college selection, and then answered questions from the girls. Topics discussed included: What did you do in high school to help you get ready for college?; and How did your Girl Scout experience help in the application process? How does it help you in college now?

Advice from the older girls included: It is important to show your personality in the college application essay, is important to shadow someone in the field you are interested in to determine if you really like it.

The girls were disappointed when the event came to an end as they could have talked all night.



(above, front row, l-r): Francesca Holl, Celine Chu, Gillian Finn, Alia Bu, and Rebecca Sendon; (back row, l-r) Emma Garcell, Natalie Curtiss, Ava Kolb. College students: Amanda Trumpore, Lauren Trumpore, Erin Maloney, and Valeria Saro-Cortes



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A GRATEFUL WHRHS ALUMNA RECEIVES 'UPSTANDER' AWARD

As Engy Gadmawla, Watchng Hills Regional High School (WHRHS) Class of 2014, embarks on her last semester of undergraduate studies at Drew University, Madison, she does so remembering her very first class on her very first day as a WHRHS Warrior in September 2010.

She was born, and spent her first 10 years living in Cairo, Egypt, before she moved in 2003, just two years after 9/11, to Watchung with her mom, dad, and sister.

“I grew up being called a terrorist,” she told the audience at the “Facing History and Ourselves” annual New York Benefit Dinner, Thursday, Oct. 19, 2017 at Pier 60 at Chelsea Piers, New York City.

Between 750 and 800 people attended the dinner. Engy Gadelmawla was one of three key speakers at the event, and one of four people presented with Upstander Awards. Others receiving Upstander Awards were: Jennifer and Peter Buffett and the NoVo Foundation; and actress, playwright and activist Anna Deavere Smith.

It is the same annual benefit dinner that in 2014 recognized the work of WHRHS Social Studies Teachers Jamie Lott-Jones and Mary Sok, and WHRHS students Engy Gadelmawla, Catherine Higgins and Monica Mahal, for creating and implementing the WHRHS “White-Out to Erase Bullying” campaign. That campaign brought together some 13 New Jersey school districts and raised awareness of bullying and upstander behavior. Lott-Jones and Sok accompanied Gadelmawla to the banquet along with members of her family.

Rising out of that effort, WHRHS students helped to literally coin a new word in the Oxford English Dictionary (OED) to describe a new concept. It is “Upstander,” someone who is different from being merely a “bystander,” someone who, in effect, “faces history and ourselves,” and tries to do something about it.

In 2014, the WHRHS teachers and students received recognition at the Facing History and Ourselves Benefit Dinner: They were recognized as “Upstanders.” Last Fall, Engy Gadelmawla received her second Upstander recognition, for everything she has done since then. She was asked to be one of the keynote speakers at the 2017 Facing History and Ourselves Benefit Dinner.

Engy shared the poem with the Facing History and Ourselves Annual Dinner audience, reading:

“First they came for the Socialists, but I was not a Socialist and I did not speak out/ Then they came for the trade unionists, but I was not a trade unionist, so I did not speak out/ Then they came for the Jews, but I was not a Jew, so I did not speak out/ Then they came for me, and there was no one left to speak for me.”

Continuing, she shared: “For me, this poem is a daily reminder that we all have the power to be ‘perpetrators, bystanders or upstanders.’”

Facing History has taught me that it is our decision what role we take.”

She is an Upstander. For more information about Facing History and Ourselves, go to www.facinghistory.org/why-facing-history.



(above, l-r) Facing History and Ourselves President Roger Brooks; featured speaker and WHRHS Alum Engy Gadelmawla, who is currently a student at Drew University, Madison; Engy's mother, Omnia Mohamed; and sister, Nansy Gedelmawla.

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STUDENTS BROADCAST GOOD WISHES FOR CHINESE NEW YEAR

Submitted by Shannon Regan

Angelo L. Tomaso fourth grade bilingual students, Kayla Peng and Joy-Anna Wang broadcast good wishes for the Chinese New Year to staff and students during the daily announcements. Wearing their festive traditional attire, their message was read in both Mandarin and English. The broadcast was organized by Susan Jackson, media specialist; Suzanne Wisher, technology teacher; and Mary Sfiris, ELL teacher.

“The Year of the Dog” is the 11th in the 12-year cycle of the Chinese zodiac. According to Chinese zodiac analysis, individuals born in the Year of the Dog are usually independent, sincere, loyal, and decisive. We wish everyone good luck, joy, happiness, and great success in the Year of the Dog. We wish every parent, teacher, and student a great Chinese New Year!

(left, l-r) Angelo L. Tomaso 4th grade bilingual students, Kayla Peng and Joy-Anna Wang.



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SCHOOL DISTRICT INAUGURAL INTERSCHOLASTIC CHESS TOURNAMENT

The after-school chess clubs of Mt. Horeb School and Woodland School faced off in the inaugural Warren Township School District Interscholastic Chess Tournament on February 7, 2018. The event, a first of its kind in the school district was co-hosted by club facilitators Justin Guglielmino of Mt. Horeb School and PJ Jones of Woodland School.

The event drew 30 competitors and dozens of parent spectators to the Woodland School library. Students competed in timed, Blitz-style matches,

eventually whittling down the competition to just two players.

With special guest Dean Ippolito, International Chess Master and proprietor of Branchburg's Dean of Chess Academy, looking on, the two finalists battled it out. In the end the victory and the championship trophy went to Mt. Horeb's Tyler Ren. Ethan Rajan of Woodland School took second place, and Mt. Horeb's Alexander Maloney finished in third place. The trophies were donated by Crown Trophy in Greenbrook,

New Jersey, which has been servicing Somerset, Union, and Middlesex counties for 20 years.

Both Guglielmino and Jones were very pleased how all the competitors demonstrated extraordinary chess etiquette, shaking hands before and after each match and congratulating the winners. "Chess is a game of wits and logic, but even more importantly it teaches kids respect, friendship and perseverance," Jones said.

The next tournament will be scheduled before the end of the year.



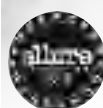
(above, front row, l-r) Third Place, Alexander Maloney; Champion, Tyler Ren; Second Place, Ethan Rajan. (back row, l-r) Mt. Horeb club facilitator Justin Guglielmino; Woodland club facilitator PJ Jones.



(above, left to right) Woodland fourth grader Omar Mohallim contemplates his next move against Mt. Horeb's Eddie Zhan.

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CUB SCOUT LEADER MICHAEL RYDER RECEIVES MOUNTAINEER AWARD

Submitted by Tricia Patricco



(above) Michael Ryder receives Watchung Mountaineer Award for his service to Scouting.

Warren Cub Scout Pack 182 is proud to announce that Michael Ryder has been nominated and received the Watchung Mountaineer Award. This award is given to a registered Scouter for outstanding service rendered to scouting at the Unit and or District Level. This well-earned recognition should be of no surprise to anyone who's had the opportunity to work with Mike in our Pack. Hallmarks of the recipients of this award include two or more years of service, consistently going the extra mile to provide an outstanding scouting program, finding ways to receive additional training and improve their unit, and demonstrating through actions and activities that they're in it for the long haul with Scouts – and showing true Scouting

Spirit.

Mike received this honor at the Watchung Mountain District's annual meeting and recognition dinner held Thursday, February 8, 2018 at Snuffy's Pantagis Renaissance Restaurant in Scotch Plains, New Jersey.

We thank you for all you do for our Pack, and for your service to Scouting Mike. Well done. We are proud of you!

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns. To join Cub Scouts or find out more about Pack 182 visit our Facebook page: facebook.com/Pack182WarrenNJ/ , our website warrenpack182.org , or by contacting us at membership@warrenpack182.org .

EAGLE SCOUT BRADY PILSBURY RECEIVES RECOGNITION

Warren's Boy Scout Troop 228 celebrated yet another Eagle Scout at the Court of Honor for Brady Pilsbury recently.



(above) Mayor Victor Sordillo hands Eagle Scout Brady Pillsbury a Certificate of Recognition from the town.



(above) Assistant Scoutmaster Mike Cantone gives the "Charge of the Eagle" to Brady Pilsbury as Scoutmaster Mike Fogarty looks on.

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**WHRHS 2108
Spring Musical**

Guys & Dolls

March 22 to 24
Thursday, Friday
and Saturday,
March 22, 23, and 24
7 p.m.
Saturday, March 24
2 p.m.

**Watchung Hills Regional High School
(WHRHS) Performing Arts Center.**

'SAVING THE GREAT SWAMP' FREE SCREENING AND DISCUSSION MARCH 10 AT 2 P.M. MADISON PUBLIC LIBRARY 39 KEEP STREET, MADISON, NEW JERSEY.

Fifty years ago, a group of committed citizens came together to block a jetport at what is now the Great Swamp National Wildlife Refuge. To celebrate this inspiring example of community activism, The Madison Environmental Commission is hosting a free screening of "Saving the Great Swamp" on March 10, 2018 at 2 p.m. at the Chase Room of Madison Public Library, 39 Keep Street, Madison, New Jersey.

"This is a story about local residents with no experience in community activism coming together to overcome financial and political

obstacles," says Ellen Kranefuss, event organizer and member of the Madison Environmental Commission. "It's a story that's as important today as it was fifty years ago."

The one-hour documentary will be introduced by Karl Fenske, whose mother Helen, led the fight to save the Great Swamp, a 55-square mile watershed located in Morris and Somerset Counties. Scott Morris, the documentary's director and co-producer will be on hand for a discussion afterward.

For more details go to
sustainablemadisonnj.org

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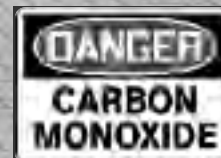
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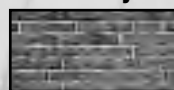
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IRS WARNS PUBLIC ABOUT SCAMS TARGETING TAXPAYERS

The IRS is urging the public to be aware of suspicious individuals claiming to be from the IRS.

Thousands of people have lost millions of dollars and their personal information to tax scams. Scammers use the regular mail, telephone, or email to set up individuals, businesses, payroll, and tax professionals.

The IRS doesn't initiate contact with taxpayers by email, text messages, or social media channels to request personal or financial information. Recognize the telltale signs of a scam.

SCAMS TARGETING TAXPAYERS

IRS-IMPERSONATION TELEPHONE SCAMS

A sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be IRS employees, using fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a gift card or wire transfer. Victims may be threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Some thieves have used video relay services (VRS) to try to scam deaf and hard of hearing individuals. Taxpayers are urged not trust calls just because they are made through VRS, as interpreters don't screen calls for validity.

Limited English Proficiency victims are often approached in their native language, threatened with deportation, police arrest and license revocation, among other things. IRS urges all taxpayers caution before paying unexpected tax bills. Note that the IRS doesn't:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand payment without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

SCAMS TARGETING TAX PROFESSIONALS

Increasingly, tax professionals are being targeted by identity thieves. These criminals – many of them sophisticated, organized syndicates - are redoubling their efforts to gather personal data to file fraudulent federal and state income tax returns.

SURGE IN EMAIL, PHISHING AND MALWARE SCHEMES

Phishing (as in "fishing for information") is a scam where fraudsters send e-mail messages to trick unsuspecting victims into revealing personal and financial information that can be used to steal the victims' identity.

The IRS has issued several alerts about the fraudulent use of the IRS name or logo by scammers trying to gain access to consumers' financial information to steal their identity and assets.

Scam emails are designed to trick taxpayers into thinking these are official communications from the IRS or others in the tax industry, including tax software companies. These phishing schemes may seek information related to refunds, filing status, confirming personal information, ordering transcripts, and verifying PIN information.

Be alert to bogus emails that appear to come from your tax professional, requesting information for an IRS form. IRS doesn't require Life Insurance and Annuity updates from taxpayers or a tax professional.

Variations can be seen via text messages. The IRS is aware of email phishing scams that include links to bogus web sites intended to mirror the official IRS web site. These emails contain the direction "you are to update your IRS e-file immediately." These emails are not from the IRS.

The sites may ask for information used to file false tax returns or they may carry malware, which can infect computers and allow criminals to access your files or track your keystrokes to gain information.

For more details, visit www.irs.gov; YouTube IRS Videos on Tax Scams.

Bryan Monty NJDEP #94858A



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'WINTER CABARET' ENTERTAINS 'COFFEE HOUSE' AUDIENCE AT WHRHS

A dozen acts, along with nearly as many improvised between-act skits, made for an entertaining evening at the Script and Cue's 2018 Winter Cabaret, Thursday, Jan. 25, on the stage of the Watchung Hills Regional High School (WHRHS) Performing Arts Center (PAC), 108 Stirling Road, Warren, New Jersey.

An intimate audience gathered around cabaret tables and in portable chairs arranged cross-stage style on the broad PAC stage. Nearly all the stage curtaining was raised to create a coffee house style exposed-brick performance space backdrop. Blue tint mood lighting bathed the atmosphere.

Performers, mostly singers with simple self-accompaniment acoustic guitars, keyboards, or recorded music, honed their skills in front of a live audience. Everyone seemed to recognize that this was a living-learning live-audience workshop for the performers. It was also an evening for fun, encouraged, and applauded entertainment.

A healthy dose of "in-between act" performances included yeoman turns by familiar Script and Cue hosts and student leaders, Sam Sinnott, Francesca Infante-Meehan, Emma Leary, Anhal Dhir and Kayla Martins, among others. Many performed in multiple minute-or-less skits.

One of the highlights at the Winter Cabaret were appearances by some of the male student cast members of the upcoming 2018 WHRHS Spring Musical, "Guys and Dolls." Mark your calendar, Guys and Dolls will be performed Thursday, Friday and Saturday, March 22, 23, and 24, 2018 in the WHRHS PAC.

At the Winter Cabaret, six of Guys and Dolls' signature male "heavies," Sam Sinnott, Ben Allgor, Will Johnson, Jack Melillo, Will Broder and Lucas Mammone, left their Nathan Detroit-style gangster zoot-suits in the wardrobe department in favor of stripped-down improv-style black slacks/white shirt-nearly-mime outfits to sing the spirited song of sweet revenge from the Broadway musical/movie, "Chicago."

With tongue planted firmly in cheek, the actor/singers worked off nearly everyone's vivid memory of the song, "He Had It Coming," being belted out most convincingly in the movie by such notable enraged females as Queen Latifah, Catherine Zeta-Jones, and Renee Zellweger, among others. The guys at the Winter Cabaret

delivered a hilarious portrayal of just enough over-the-top "wronged hurt" by a sextet of enraged males. If this skit was any indication, the "Guys" roles in the upcoming WHRHS Spring Musical, "Guys and Dolls," are in the hands of an ensemble of actors already adept at entertaining an audience as a well-oiled team.

The array of acts at the Cabaret included:

Jack Melillo singing "Landslide," and accompanying himself on guitar;

Kaelin Churchill singing, "Thinking Out Loud," accompanied on guitar by her dad, Ray;

Dana Wasserman singing, "Can't Take My Eyes Off You," and accompanying herself on ukelele;

Olivia Kider and Melissa Miketen singing, "Flight," by popular Broadway leading lady, Sutton Foster;

Becca Baitel reading one of her own original poems;

The student band, Moonwake, singing two songs, "Rosie," featuring singer Nicole Bell, and "Smooth"; other members of Moonwake are, Will Broder, Eddie Cai, Ben Kosakowski, and Lucas Mammone;

Madeline Leong, singing, "I'm Breaking Down," from the Broadway musical, "Falsettos"

Maddie Johnson singing "I Will Follow You into the Dark," by the recording artists, Death Cab for Cutie, accompanied on keyboards by her brother, senior Will Johnson;

Summer Stuart singing, "I'm Here," from the Broadway musical, "The Color Purple";

Elizabeth Chapleski, Joey Pascale and Maddie Leong singing, "Learn to Do It," from the Broadway musical, "Anastasia";

Giovanna DiSanto singing, "Out Here on My Own," from "Fame," and

Justin Horowitz singing, "On the Street Where You Live," originally from the Broadway musical, "My Fair Lady."

Sound and lighting at the Winter Cabaret was provided by Nick Dinizio, Chris Valent and Rick Clark. Stage Managers were Mark Caamano and Emily Snead. Script and Cue Business manager is WHRHS Business teacher Dianne Krutz, and the Script and Cue Advisor is WHRHS Drama Teacher Doug Eaton.

WHRHS approaches all events such as the Winter Cabaret, as opportunities to encourage heavy student involvement in organizing and leading the event. Virtually every school event, including the Winter Cabaret, is seen as multi-discipline living learning experiences that include ancillary tasks such as catering, graphic design, social media usage, supportive financial and business tasks, understanding learning in context, and more.

This supports one of the stated goals of the 2015-2020 Strategic Goals: The WHRHS District will provide the resources, technology, and organizational change to achieve, among other goals: "To integrate creative, innovative, and interdisciplinary learning throughout the district to empower and inspire students to succeed in a changing global community."



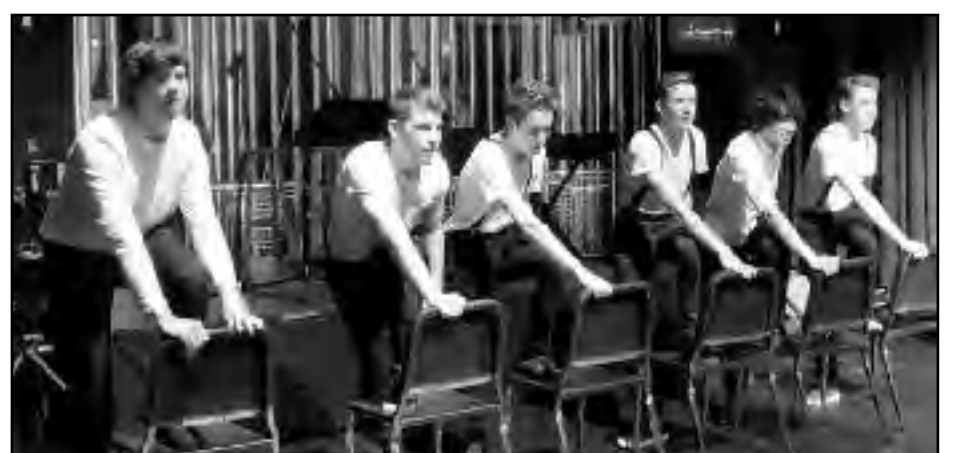
(above) Junior Becca Baitel of Watchung read an original poem at the Winter Cabaret.



(above, l-r) Student organizers Emma Leary and Francesca Infante-Meehan, entertained the audience with some between-act humor at the Winter Cabaret.



(above, l-r) "He had It Coming." Bearing wronged tough-guy scowls, are, Jack Melillo, Will Johnson, Ben Allgor, Sam Siott, Will Broder, and Lucas Mammone.



(above, l-r) "Guys and Chairs" Will Johnson, Ben Allgor, Lucas Mammone, San Sinnott, Will Broder, and Jack Melillo made their entrances using chairs as dance props at the Winter Cabaret.

WARRENBROOK SENIOR CENTER CALENDAR

Located on the Warrenbrook Golf Course, 500 Warrenville Road, Warren, New Jersey.

Open Monday through Friday from 9 a.m. to 4 p.m.

For info call 908-753-9440 or visit: seniorcenter.us/sc/warrenbrook_senior_center_warren_nj

Advanced registration required.

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

ON-CALL MEALS ON WHEELS VOLUNTEER OPPORTUNITY

Help portion and package food for Meals on Wheels clients (9 to 10:30 a.m.)

We are in need of on-call volunteers who are willing to fill in when the center's regularly scheduled volunteers are not available. Position requirements: must be able to stand for two hours, wear "provided" hair net and gloves, adhere to safety and Department of Health guidelines. No nail polish, artificial nails, or gel nails as they do not meet Department of Health guidelines. A background check will be required.

INDIVIDUAL COMPUTER INSTRUCTION.

Are you intimidated by computers? Do you know how to email and/or play solitaire on the computer? Do you know how to do a web search? By the end of an eight-week, one-on-one class, you will understand what your grandkids have been trying to explain to you. Please call 908-753-9440 for information. Instruction classes available: Monday, 10 a.m. to 3 p.m.; Tuesday, 10:30 a.m. – 12:30 p.m.; Wednesday: 10 a.m. – 1 p.m.

ZUMBA GOLD WITH ANGIE.

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 and above, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

- Monday Morning 10:45 a.m. – 11:30 a.m. \$40 for the eight-week program, new session starts March 26. Advanced registration required.

- Monday Afternoon 1 p.m. to 1:45 p.m. \$40 for the eight-week program, next session starts March 26.

- Wednesday Morning 11:30 a.m. to 12:15 p.m. \$40 for the eight-week program, next session starts March 7.

WATERCOLOR PAINT CLASS.

Monday and Thursday, 9 to 11:30 a.m. This is an opportunity to meet people while watercolor painting. Experience required, and limited supplies provided. Advanced registration required. Openings available in Monday Group

OIL PAINTING.

Wednesday, 9 to 11 a.m. This is an opportunity to meet people while oil painting. Experience required. No supplies required.

HEALTHY BONES EXERCISE CLASS.

Wednesday and Friday, 10 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility, and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. Openings available, call Caitlin Witucki at 908-704-6339 for more information.

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JIGSAW PUZZLE.

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LENDING LIBRARY.

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BINGO

March 1, 8, 15, 22 and 29. 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves listening and short-term memory skills.

BRAINS, GAMES, AND HAND BELLS WITH ADRIENNE

March 2, 9, 16 and 23. 10:30 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

"CLIMATE CHANGE, INDOOR OZONE & VASCULAR FUNCTION: AIR POLLUTION & YOUR HEALTH"

March 5. by Dr. Kathy Black, Ph.D., M.P.H., Rutgers School of Public Health, 10:30 a.m. Dr. Black will focus on the causes of indoor and outdoor pollution, how they can affect your health and their possible impact on climate change. In conclusion, Dr. Black will provide us with steps you can take to help protect your health.

LINE DANCING WITH NANCY,

March 5, 12, 19* and 26 – 1 to 3 p.m.* Line Dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for people with limited mobility and is known to improve cardiovascular and muscular strength and improve coordination and balance as you work through the different movements. *March 19 class begins at 1:30 p.m.**

TWO-PART IPHONE/IPAD WORKSHOP

March 6 & 13. Get the Most from this Powerful Tool in your Pocket, Maureen Greenbaum, 10 a.m. At this workshop you will get answers for your questions and explore the benefits of individual iPhone apps such as "Find My Friend," Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more. Participants will decide the class direction. Good for beginners and those with some proficiency who are interested in learning skills to make using the iPhone more effective and fun. Be sure to bring your iPhone or iPad. Space is limited.

BOGGLE AND WORD WITHIN A LARGER WORD

March 6 and 20. 10:30 a.m. 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 may not use the same letter on the grid 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.

NEXT CHAIR YOGA SESSION DATES,

March 13 through May 1.

CHAIR YOGA WITH JILLIAN

March 13, 20 and 27. 12:45 to 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength, and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. This class is perfect for stress relief and overall well-being. \$40 for the eight-week program.

BRIDGE GROUP WITH RONNIE

March 6, 13, 20 and 27. 1 to 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome. Lessons available.

"MAKING HOMES SAFER FOR SENIORS" BY JAY REYES

March 7. Home Instead Senior Care, 10:15 a.m. This program will inform you about the in-home hazards that could threaten independence and will offer resources to help you age safely in place. Check out ways to help make your home safer by completing a room-by-room safety checklist.

STONE AND FLEXIBILITY EXERCISE CLASS WITH SABINA

March 7, 14, 21 and 28. 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls, and dance moves. Exercises can be done standing up or sitting down.

BALLROOM DANCING WITH BICE

March 7, 14, 21 and 28. 1 to 3 p.m. Meet new people and make some friends while exercising. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance, and emotional well-being. Join Bice, who has won several dance competitions, as she plays a variety of Ballroom Dance music.

"GO FURTHER WITH FOOD" BY JESSICA GUARNIERI

March 12. Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. "Go Further with Food" is the National Nutrition Month theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact, as well. Join us as we learn healthier eating styles, while reducing food loss and waste.

BOGGLE WITH SOME "FOLK DANCERCISE"

March 13. with Rekha Srinivasan, Bharat Nritya Academy, 10:30 a.m. Before playing Boggle, which is a challenging game that is played using a grid of letters, we will do some Folk Dancercise, the gaiety of folk dancing used as an exercise. Join us as we stimulate the body and the mind.

WARRENBROOK BOOK CLUB,

March 13, First Tuesday of the Month. Featured book to be discussed: "The Aviator's Wife" by Melanie Benjamin, 1:30 p.m. New Members Welcome.

"TALES AND TUNES OF IRELAND, SCOTLAND AND THE NEW WORLD"

March 19. by Jan and Jeff Ausfahl, the Cracked Walnuts, 10:30 a.m. A musical visit to the British Isles featuring songs, stories and humor of Ireland and Scotland. Along with vocals, this program features banjo, guitar, penny whistle, tambourine, and concertina musical instruments.

STATE HEALTH INSURANCE PROGRAM (SHIP).

March 23. A counselor will be available to provide free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Services available by advanced appointment only and will be available the last Friday of the month.

"HOW TO PREP & STAGE YOUR HOME FOR SALE"

March 26. by Adriane Stewart, REMAX Premier Realtor Associate, SRES Senior Residential Specialist, 10:30 a.m. Ready to put your home on the market but don't know where to start? Confused about the best ways to showcase your home for everyday use or for sale? Join us for this informative program and get the secrets straight from an expert. In addition, the REMAX "Stager" will be present to discuss the specifics of getting your home ready to show and sell.

"WALK WITH EASE INTRODUCTION"

March 27. by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Caitlin will introduce this very beneficial, evidence-based program entitled, "Walk with Ease." This program was developed by the Arthritis Foundation and has been proven to reduce the pain of arthritis and improve health among adults with osteoarthritis who have been inactive. This program is also appropriate for individuals who have been inactive for a period of time and are looking for a safe way to reintroduce themselves to exercise. Walk with Ease is a six-week program designed to be delivered in two formats; Instructor-Led Group or self-Directed Individual. Both formats utilize a step-by-step workbook.

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