

# WARREN MONTHLY<sup>NJ</sup>

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 69 • SEPTEMBER 2018

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## CUB SCOUTS COMPLETE 5 MILE JOCKEY HOLLOW HIKE

*Submitted by Tricia Patricco*

On Sunday August 5, 2018, Cub Scouts and Families from Pack 182 in Warren took on the challenge of a 5 Mile Historic Hike at Jockey Hollow, part of Morristown National Historic Park.

The weather conditions were not for the faint of heart or the poorly hydrated. 90 degree temperatures made this hike a bit more challenging, but our scouts and families persevered to the end, and enjoyed some beautiful, shady trails, occasional stops with pretty views and everyone learned about the history of George Washington's encampment of the Continental Army during the worst winter of the 18th Century from December 1779 to the spring of 1880.

After a 15 minute movie in the visitor's center to orient us to the history of Jockey Hollow, scouts were reminded of the 6 essentials to bring on a hike and read both the Outdoor Code and Leave No Trace Principles, which they observed during the hike. Cubs and siblings used the buddy system to ensure everyone stayed accounted for. They also made sure to have trash bags at the ready in case there was any trash found on the trails. I'm happy to report we found very little, and apart from some muddy patches after the heavy rains the day before, the trails were in excellent condition.

Pack 182's own leader, Mike Ryder lead the group on the 5 mile designated Cub Scout Trail "inner loop", with stops at the Wick House and Garden, The Soldier Huts, The Grand Parade, Cat Swamp Pond, the Scenic Overlook and back around to the Visitor's Center. Along the way Scouts used their observation skills to spot different trees and plants and some really cool mushrooms. They listened and looked for evidence of wildlife, a few toads even croaked their welcome to us at various points along the trails. All Scouts who completed the hike will earn the Jockey Hollow Historic Hike Patch for this hike. This activity also counts toward the National Summertime Award for Scouts who participate in scouting activities in June, July and August this year.

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](https://facebook.com/Pack182WarrenNJ) our website [warrenpack182.org](http://warrenpack182.org) or by contacting us at [membership@warrenpack182.org](mailto:membership@warrenpack182.org).



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# WARREN MONTHLY

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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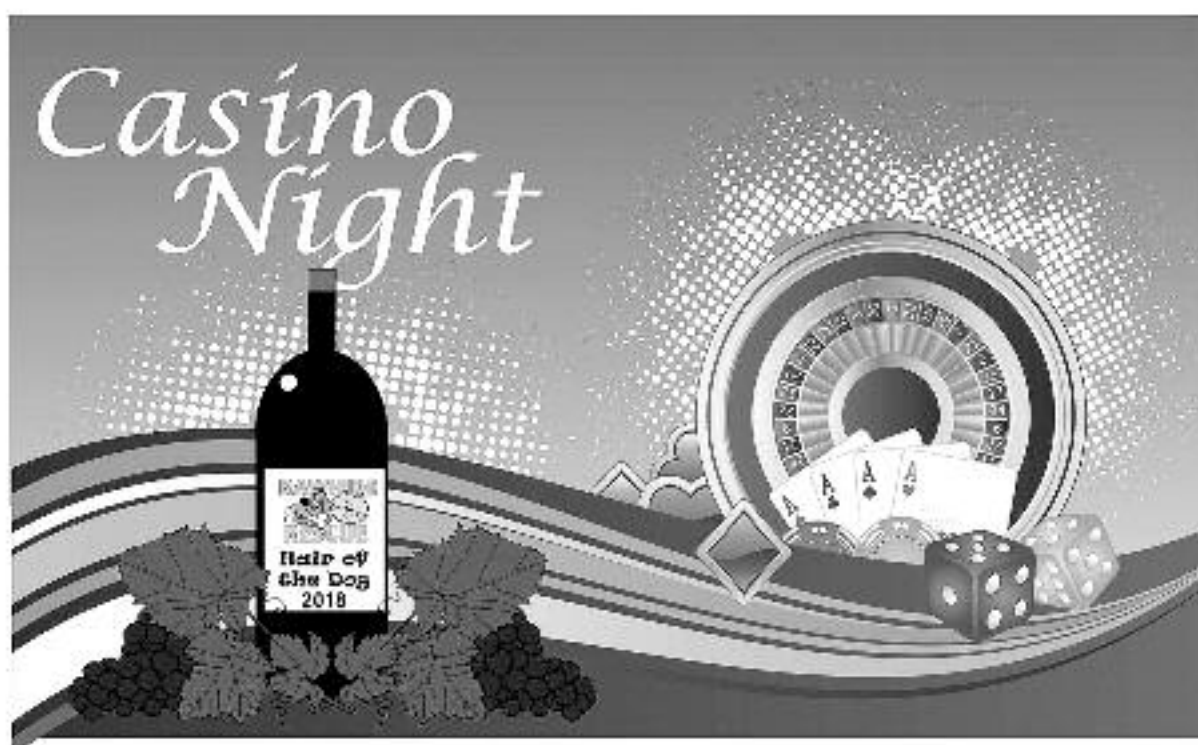
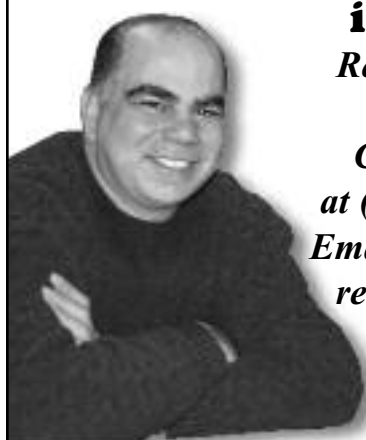
Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

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# FRANCESCA SALAS WINS WORLD CHAMPIONSHIP



Francesca Salas from Warren, New Jersey won the World Championship Gold Medal on Beam for USAIGC Gymnastics on July 1, 2018 in Orlando Florida. She gained this first place title with a score of 9.325.

She also took 5th place on the uneven bars (9.050) and placed 7th All Around with a total score of 35.925.

Congratulations to this hometown girl who remains dedicated to this sport she loves.



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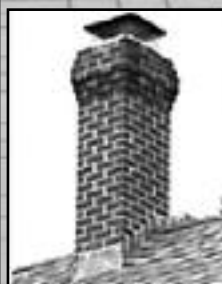
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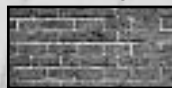
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# OUTSTANDING CITIZENS TO BE HONORED AT BOY SCOUTS AWARDS DINNER

Boy Scouts of America, Patriots' Path Council will be honoring local citizens at the 2018 Good Scout Awards Dinner to be held on the evening of Tuesday, October 2, 2018 at The Primavera Regency in Stirling.

This year's honorees are Bob English and Carol Prasa of Long Hill, Michael Fogarty of Warren, Anthony Ingrassia and Christopher Vander Fliet of Watchung, and Lawrence Najarian of Basking Ridge. The event recognizes these six outstanding citizens for their community service, as evidenced by their leadership and interests within the community, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event co-chairs are Wayne Hanlon and Bruce Meringolo, both active volunteers in the community.

Bob English is the Captain of the Long Hill First Aid Squad; Carol Prasa is Past Chair & Current Member of the Historic Preservation Advisory Committee in the township of Long Hill; Michael Fogarty is the Scoutmaster of Boy Scout Troop 228, Warren; Anthony Ingrassia is

President of Ingrassia Construction; Christopher Vander Fliet is a Civil Engineer at Petry Engineering in Fairfield and a member of the Watchung Historical Society; and Lawrence Najarian is an ophthalmologist at Bedminster Eye & Laser Center located in Bedminster and is an active volunteer in Boy Scout Troop 555, Basking Ridge.

Funds raised through the Good Scout Award dinner will go to support the Scouting programs in the Patriots' Path Council. Over 5,000 adult

volunteers deliver the values of Scouting to over 16,000 Scouts in the counties of Morris, Somerset, Sussex, Union, and most of Middlesex.

For more information on Scouting, attending the event, and sponsoring the program journal, contact Jennifer Volz, Sr. Development Director, at 973-765-9322 ext. 249 and/or [jennifer.volz@scouting.org](mailto:jennifer.volz@scouting.org).

Registration for the event available online at [ppcbsa.org/special-events](http://ppcbsa.org/special-events)



(above) Lawrence V. Najarian, MD of Basking Ridge, ophthalmologist at Bedminster Eye & Laser Center located and is an active volunteer in Boy Scout Troop 555.



(above) Carol Wolf Prasa of Long Hill, Past Chair & Current Member of the Historic Preservation Advisory Committee in the township of Long Hill.



(above) Christopher A. Vander Fliet, Civil Engineer at Petry Engineering in Fairfield and a member of the Watchung Historical Society.

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(above) Bob English of Long Hill, Captain of the Long Hill First Aid Squad.



(above) Michael Fogarty of Warren, Scoutmaster of Boy Scout Troop 228.



(above) Anthony Ingrassia of Watchung, President of Ingrassia Construction.

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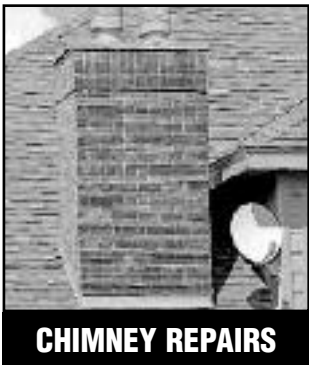




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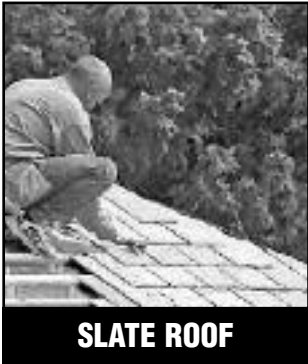
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September 25, 10:30-11 a.m.

(ages 18-36 months)

### Toddler Storytime - Story and Craft

September 26, 27; 10:10-10:30 a.m.

(ages 18-36 months)

### Preschool Storytime

September 27, 11-11:45 a.m.

(ages 3-5)

## ADULT PROGRAMS

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September 10, 17, 24; 10 a.m. - noon

### English Conversation Group

September 11, 18, 25; 10-11:30 a.m.

### Needlepoint

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### Book Discussion

September 13, 1:30-3:30 p.m.

and September 26, 7:15-8:45 p.m.

### Special Needs Social Hour - Movie Night

September 17, 7-8 p.m.

### Writers Group

September 19, 7-8:30 p.m.

### Film Discussion: "Cat on a Hot Tin Roof,"

on September 20, 1-4 p.m.

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### Emergency Preparedness

September 29, 10:30-11:30 a.m.

## VISIT NEW JERSEY LANDSCAPES WITH SCLSNJ

Submitted by Tracy Carny

Discover New Jersey landscapes by experiencing the photography of New Jersey native Dave Blinder. Blinder's photography will be exhibited at the Art Space at Warren in the Somerset County Library System of New Jersey's (SCLSNJ) Warren Twp. Library branch, located at 42 Mountain Blvd in Warren Twp., through September 30, 2018.

This 21-piece collection of photographs includes nature and landscapes from each of New Jersey's 21 counties.

"The purpose of 'Landscapes of New Jersey' is to highlight the diversity and importance of the open spaces found throughout our state," said Blinder. "As the most densely populated state in the USA our demands for outdoor recreation are very high. I hope to inspire others to embark on New Jersey adventures just as I have."

The exhibition will be available to the public during normal Library hours. Artists interested in

exhibiting in the Art Space at Warren located in SCLSNJ's Warren Twp. Library branch should contact Kathy DeCristofaro at [kdecrist@scslibnj.org](mailto:kdecrist@scslibnj.org).

About Somerset County Library System of New Jersey

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. Together we enrich lives, expand knowledge and strengthen communities. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit [SCLSNJ.org](http://SCLSNJ.org).



(above) Local photographer Dave Blinder's works will be on display at the Warren Twp. Library through September 30. His photography includes nature and landscapes from each of New Jersey's 21 counties.

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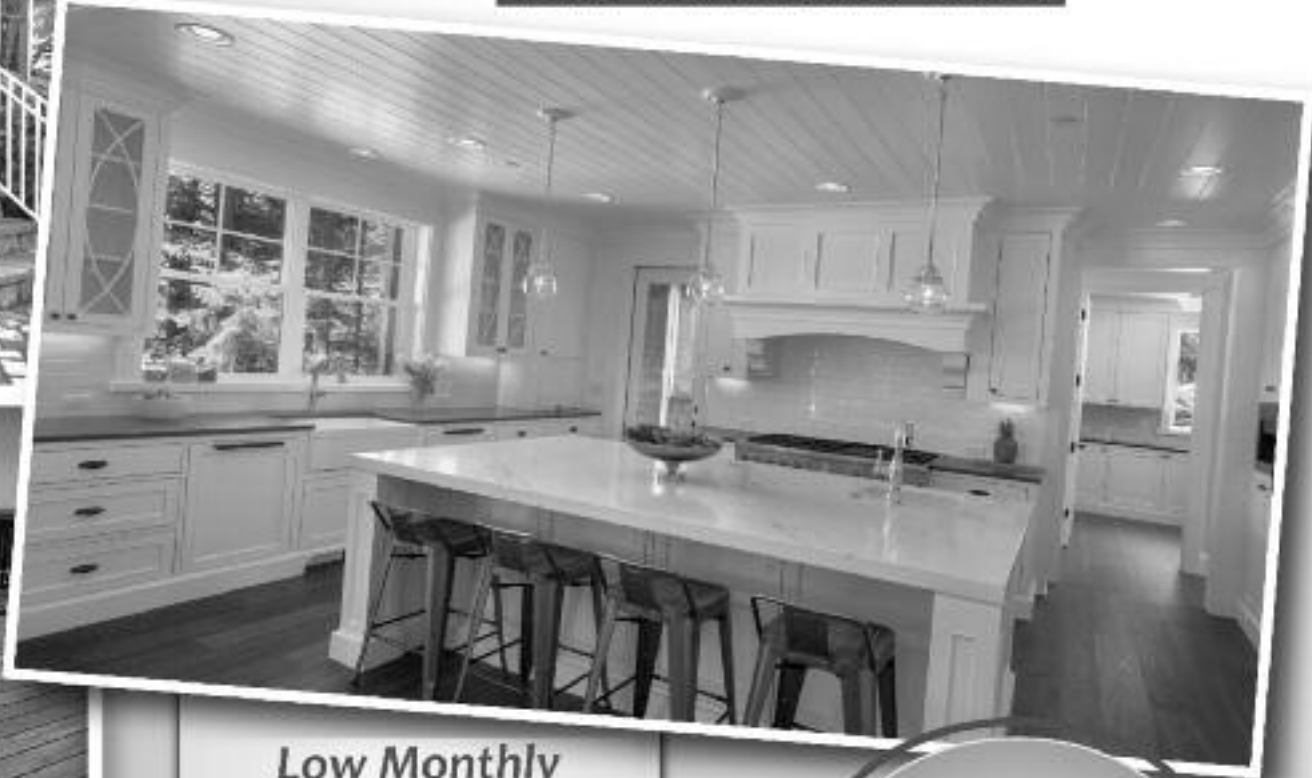


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## 'ARGYLE FISH & CHIPS' DINNER AT THE FIRST PRESBYTERIAN CHURCH OF STIRLING

The First Presbyterian Church of Stirling is planning its annual 'Argyle Fish & Chips' Dinner for Saturday, September 22, 2018, from 4:30 - 6:30 p.m. at the church.

Usually held in the spring, this year's fundraising dinner will be held on the first day of Autumn. Our bagpiper will be back this year to provide the proper Scottish flair, and we plan to continue our tradition of dining 'al fresco' on the front lawn of the church. Take-out will also be available. In the event of inclement weather, we will be indoors.

The community has been very supportive of this fundraising event in the past, and we hope all will return to participate in the fun!

The church is located at 158 Central Avenue in Stirling, one block north of the train station.

To contact the church office, call 908-647-1033. Visit us online at [fpcStirling.org](http://fpcStirling.org) and on our Facebook page.

## WARREN RECREATION FALL EVENTS

Warren Recreation will be holding Fall Tennis Lessons beginning the week of September 11, 2018. Classes are available on Monday, Tuesdays or Wednesday evenings for ages 4 - adult. There are a total of eight 55 minute sessions for \$140. The instructor is Steve Levin. Registration is open now for Warren, Watchung and Green Brook Residents.

Warren Recreation will be holding Co-ed Adult Volleyball and Men's Adult Basketball on Mondays from September 17 to June 10. Both programs are open to Warren, Watchung and Green Brook residents over the age of 18. Volleyball is located at the Central School Gymnasium from 7-10 p.m. and basketball is located at the Warren Middle School (gym 1) from 6:00-9:45 p.m.

The Warren Senior Annual Picnic will be held on Wednesday, September 12 starting at noon. It will be held at the Lion's Club Pavilion located behind the Municipal Complex at 46 Mountain Blvd, Warren, NJ 07059. Attendees must be 55 years or older and a Warren Resident. Tickets are \$5 a person. The menu will include hamburgers, hotdogs, sausage & peppers, meatballs, fried chicken, onion rings, French Fries, watermelon, corn on the cob, potato salad, coleslaw, lemonade, ice tea, and an ice cream truck.

For tickets please contact  
Betty Grossweiler at 908-755-7029,  
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## SEPTEMBER IS PEDIATRIC CANCER AWARENESS MONTH

Sunday, September 23rd

The Pingry School Basking Ridge, NJ

*Join us and help raise awareness for kids with cancer in New Jersey and across the country!*

During the showcase, 14 of the top high school girls soccer teams from the Skyland and Shore Conferences will Lace Up 4 Pediatric Cancer® to show their commitment to local kids with cancer.

**100% of all donations will benefit New Jersey families!**

**MOUNTAINS**  
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**VS**

**THE SEAS**  
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Shore Regional  
Toms River North  
Middletown South  
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St. John Vianneys

For more information, contact Brian Figueiredo [BrianFig73@verizon.net](mailto:BrianFig73@verizon.net)

### Helping Kids with Cancer Achieve Their Goals



**Go4theGoal.org**

Go4theGoal is a 501(c)(3) charitable organization

Go4theGoal's unwavering mission is to improve the lives of children battling cancer by providing financial support, developing and implementing unique hospital programs, funding innovative research, and granting personal wishes. Through our first hand experience with pediatric cancer and our medical background, Go4theGoal provides the best practices to patients, their families, and the hospitals and staff that care for them.

## Bring a bottle to our Wine Swap

*A fundraiser for Alzheimer's New Jersey*



**Thursday, Oct. 4th 4:30-6:30pm**

**Suggested donation: \$25 per person**

**Bring a bottle and take a bottle home. We'll also provide our own wine, food, giveaways and a raffle! RSVP to Linda by Oct. 2nd, 908-903-0911.**



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## Warren Township Recreation Survey

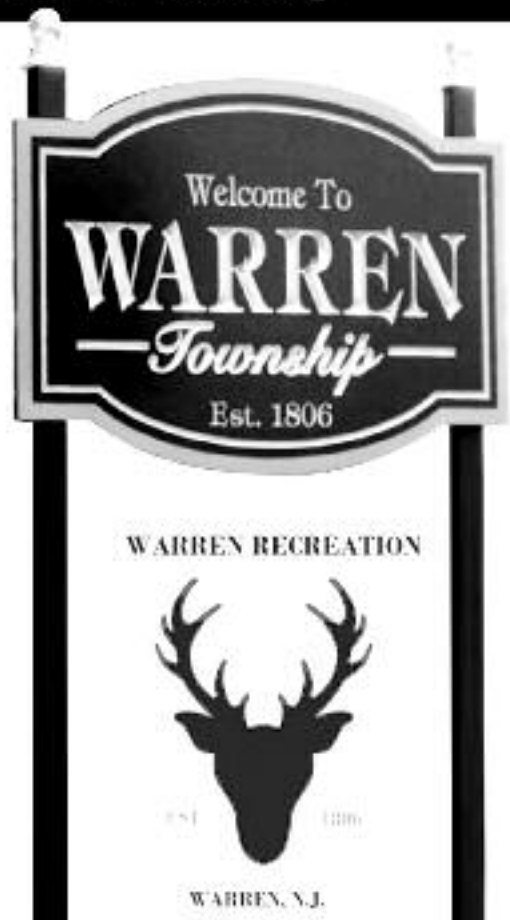
The Mission of the Warren Township Recreation Commission is to enhance the quality of life in Warren Township by providing the best possible recreational facilities, open natural spaces and programs for its citizens. The Warren Township Recreation Commission invites all residents to take advantage of the parks, natural resources, and recreation programs available in the township.

Warren Township's Recreation Department is looking for feedback from Warren Residents on current programs, events and facilities. All feedback is greatly appreciated to help improve in the future.

To access a short Google Survey, please go to <https://goo.gl/forms/qeDV8MUlKh44qjm2>.

If you know of a Warren Resident who would like to complete this survey as well, please share the link with them.

To stay updated with recreation news visit [warrennj.org](http://warrennj.org), Facebook & Twitter. If you have any questions or concerns please contact the Recreation Director, Joseph Passaro at 908-753-8000 ext. 270 or [jpassaro@warrennj.org](mailto:jpassaro@warrennj.org).



Mayor Sordillo and the  
Warren Township Committee

invite you to attend  
the 911 Memorial Service

that will be held on  
Tuesday, September 11, 2018

The service will begin at 8:30 am at the  
Warren Township Municipal Complex

located at

46 Mountain Boulevard

Warren, NJ

We hope that you will be able to join us  
in remembering those who tragically  
lost their lives seventeen years ago.

## EXPERT TREE, SHRUB & LANDSCAPE SERVICES



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Ask for TV Project Department,  
for job evaluation and estimate  
of cost and compensations!  
**Serious Inquiries Please!**

**SEPTEMBER 9TH - 16TH**

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BERKELEY HEIGHTS.  
**RESTAURANT**  
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# THE RAPTOR TRUST CELEBRATES 35TH ANNIVERSARY

For more information and to register for the event visit online at [TheRaptorTrust.org](http://TheRaptorTrust.org).

From a small, backyard, family operation to an internationally acclaimed wildlife rehabilitation center

The Raptor Trust will be celebrating 35 years of caring for New Jersey's wild birds at The Raptor Trust's 35th Anniversary Celebration on September 27, 2018. The event will be held at The Stone House at Stirling Ridge, 50 Stirling Rd, Warren, NJ 07059, 6:30 to 9:30 p.m. Dress is business casual.

"This is a milestone for The Raptor Trust and we are so proud of all we have accomplished. It's a great time to put on an event to celebrate and to thank our friends and supporters," said Chris Soucy, Executive Director at The Raptor Trust.

## A LOCAL TREASURE. A NATIONAL REPUTATION FOR EXCELLENCE

A stalwart advocate for birds and wildlife for over three decades, The Raptor Trust was established as a nonprofit 501(c)(3) in Millington, NJ in 1982 by Dr. Leonard and Diane Soucy. The organization has become one of the nation's leading wildlife rehabilitation centers for birds and has built a reputation for educational excellence through the programs they conduct, both onsite and statewide at schools, libraries, universities, garden clubs and more. The Raptor Trust admits more than 5,000 birds each year for medical care and has handled over 100,000 wild birds since its inception. The Raptor Trust is open to the public 365 days a year.

## HONOREE: WILLIAM F. CONGER

The event will honor William F. Conger, The Raptor Trust's Chairman of the Board of Trustees.

"Bill has truly been a hero among NJ environmentalists. He has brought management expertise to TRT, along with a tremendous devotion to the birds, including his favorites: hawks and owls. His friendship with the founders and their shared passion helped lead the organization from its humble origins to one of the foremost avian rehabilitation centers in the US," said Event Chairperson, Nancy Miller-Rich.

Mr. Conger and his wife, Nancy, raised their family in Long Hill Township, living there for more than 30 years. Bill has spent 45 years in the financial services industry and is presently a Principal at Red Hook Management, a Registered Investment Advisor in Morristown, NJ. He formerly served on the Board of Gill St Bernard's School, and is currently on the Board of the Foundation for Morristown Medical Center.

## THE EVENT:

The 35th Anniversary Celebration will feature both a silent and live auction, some of The Raptor Trust's live hawks and owls, educational activities, cocktail hour, hors d'oeuvres, various food stations and live music. Celebrity auctioneer Nick Dawes from "Antiques Roadshow" will do the auction honors. The Honorable Thomas H. Kean will speak at the event.



(above) William F. Conger, Event Honoree

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**Summar's 10<sup>th</sup> Annual Golf Outing**

# Columbus Day

**Monday, October 8<sup>th</sup>**  
**12:00pm Shotgun Start**  
**Warrenbrook Golf Course**  
500 Warrenville Road, Warren, NJ

**Cocktail Dinner & AWESOME Tricky Tray at 5:30pm.**  
**JUST COME FOR THE TRICKY TRAY, DINNER & DRINKS ONLY \$50**

**FOREST LODGE**  
11 Reinman Road, Warren, NJ 07059

**~Prizes~**

<b>Longest Drive Men &amp; Women's</b> Top Group Score	<b>Straightest Drive</b> Worst Group Score	<b>Closest to Pin</b> 50/50
---	---	--------------------------------

Proceeds will be donated to  
**Monmouth Medical Center | RWJBarnabas HEALTH**  
**Children's Psychiatric Unit**

Specifically, for desks (1 unit with a chair attached) and school supplies. The school, inside the hospital, cares for ages 5-17 kids, that are dealing with their mental issues, and trying to keep up with their schooling. The budget is extremely limited and kids are going without BASIC necessities.

**Player Registration (Dinner & All Drinks Included) is only \$135 per Golfer!**  
**Please add \_\_\_\_\_ people for Dinner/Drinks/Tricky Tray ONLY option for \$50 ea.**  
**Money Due ASAP! Veterans get a discount at \$110 per golfer.**

Player 1 _____	Player 2 _____
Player 3 _____	Player 4 _____

**For more information, please contact Summar A. Kasar at**  
**[Summarak@gmail.com](mailto:Summarak@gmail.com) or 732.331.9796**  
All Sponsors are appreciated!!

**Summar's 10<sup>th</sup> Annual Golf Outing**

Proceeds will be donated to  
**Monmouth Medical Center | RWJBarnabas HEALTH**  
**Children's Unit**

**Sponsorship Program**  
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**Diamond Sponsor \$2,500**

- Company Logo will be printed on all goodie bags given to golfers.
- Company Sign will be featured at a hole
- Foursome for event
- Ad marketed in the program
- Introduction at Dinner
- Presented a special gift at the dinner.

**Dinner Sponsor \$1,000**

- Company Name will be featured at a hole
- Reserved table, with seating for eight guests
- Ad marketed in the program
- Company advertised in Dining Room

**Gold Sponsor \$500**

- Company Name will be featured at a hole
- Ad marketed in the program

**Bronze Sponsor \$100**

- Thank you in our program

**Platinum Sponsor \$2,000**

- Company Logo will be printed on all golf balls given to players.
- Extra sleeves of printed balls given to company for advertisement.
- Company Sign will be featured at a hole
- Ad marketed in the program
- Introduction at Dinner
- Presented a special gift at the dinner.

**Cocktail Sponsor \$750**

- Company Name will be featured at a hole
- Name will be featured on signage near the bar
- Ad marketed in the program

**Silver Sponsor \$250**

- Company Name will be featured at a hole
- Thank you in our program

**Tricky Tray Sponsor**

- "Donated By" sign displayed on any baskets or items donated.

**Columbus Day**  
**Monday, October 8<sup>th</sup>**  
**12:00pm Shotgun Start**  
**Warrenbrook Golf Course**  
500 Warrenville Road, Warren, NJ

Cocktail Dinner & AWESOME Tricky Tray starts 5:30pm at  
**FOREST LODGE**

Please contact Summar A. Kasar 732.331.9796 or [Summarak@gmail.com](mailto:Summarak@gmail.com) with any questions.

**Thank you for donating to such an important cause!**

# 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](http://seniorcenter.us/sc/warrenbrook_senior_center_warren_nj)

## SPECIAL EVENTS

### “Artifacts”

September 10

by Dakota Hettel, Morris Museum, 10:30 a.m. This is an audience and educator driven program in which the participants learn about a few New Jersey born artists whose work is part of the Morris Museum’s collection. Participants will learn the academic steps to critique art work, hopefully opening their appreciation for artwork styles they may not have understood in the past. Opinions are encouraged and are never wrong! \*\*This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission\*\*

### “George Washington Remembers New Jersey”

September 17

by B. David Emerson, History on the Hoof, 10:30 a.m. George Washington was no stranger to New Jersey. From Trenton to Princeton to Morristown to Monmouth to Middlebrook, (and more), the General spent more time here than in any other state. Join General Washington (portrayed by David Emerson in full costume) as he reminisces about his brightest and darkest moments during the battles and encampments of the “Cockpit of the Revolution.”

### “Natural Approaches to Inflammation and Diet”

September 25

by Dr. Nikki Conte, ND, 10:30 a.m. This program will give an overall view of the inflammatory pathway as it applies to joints, intestinal health, immune system and brain health. This program will highlight some anti-inflammatory diet recommendations that could be implemented and will also offer some lifestyle recommendations that help with the immune system and joint mobility.

## RECURRING EVENTS

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 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you.

### Watercolor Paint Class

Monday & Thursday, 9:00 – 11:30 a.m.

This is a great opportunity for an experienced artist to meet new people while watercoloring.

\*\*Advanced registration required.

POpenings available in Monday Group\*\*

### Oil Painting

Wednesday, 9:00 – 11:00 a.m.

This is an excellent way to connect with people who have oil painting experience.

\*\*Advanced registration required.

### Healthy Bones Exercise Class

Wednesday & Friday, 10:00 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. \*\*For a new participant, the price is \$45. This includes ankle weights, a participant

manual and the class fee. If ankle weights are not needed the price is \$15.

Call Caitlin Witucki at (908) 704-6339

### Billiards Room

Pool table available daily on a drop-in basis,

Monday – Friday.

### Computer Lab

Call for Availability.

### Jigsaw Puzzle

Available Monday – Friday.

Strike up conversation, make new friends and enjoy assembling puzzles together.

### Lending Library

Available Monday – Friday.

Soft covered books available to take home and return when read.

### Four Part iPhone/iPad Workshop

September 4, 11, 18 & 25

Get the Most from this Powerful Tool in Your Pocket with Maureen Greenbaum, 10:00 – 11:30 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. Advanced registration is required. Space is limited\*\*

### Boggle and Word within a Larger Word

September 4, 11 & 18 – 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.

### Bridge Group with Ronnie

September 4, 11 & 18 – 1:00 – 3:00 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).

### Mah Jongg for Experienced Players

September 4, 11, 18 & 26 – 1:00 – 4:00 p.m.

If you are an experienced Mah Jongg player and are looking for another opportunity to play this game of skill, strategy and calculation, then join us on Tuesday afternoons.

### Chair Yoga with Jillian

September 4, 11, 18 & 25 – 12:45 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. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. \*\*\$40 for 8-week program. Next session begins on October 2nd\*\*

### Tone and Flexibility Exercise Class with Sabina

September 5, 12, 19 & 26 – 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 Art & Fe

September 6, 13, 20 & 27 – 1:00 – 3:00 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 Art and Fe as they play a variety of Ballroom Dance music.

### Bingo

September 6, 13, 20 & 27 – 10:30 a.m.

Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination which improves listening and short term memory skills.

## OTHER EVENTS

### “Armchair Travelogue Adventure to India:

From Bombay to Mumbai” with Gwen

September 7 – 10:30 a.m.

India is a land of mystery and intrigue with so many sights, sounds and smells. Though poverty is extreme in some parts of the country, the people are amazing as they go about their daily lives. There is so much to find out about India’s history and culture. Join us as we travel, via PowerPoint presentation, to Mumbai. .

### Matter of Balance Workshop

September 10, 17 & 24 – 1:00 -3:00 pm.

Chances are you know someone who has fallen or is afraid of falling. A Matter of Balance is an evidence-based program designed to help people manage concerns about falls and increase physical activity through practical strategies. A Matter of Balance: Managing Concerns About Falls is conducted in 8, two-hour sessions and uses group discussion, problem-solving, videos and gentle physical exercise. Older adults learn positive coping methods to reduce their fear of falling and remain active and independent. This is not an exercise class (although there is a small optional exercise component) it is a class designed to help you feel confident, strong and able to continue your favorite activities safely.

\*\*Preregistration is required by September 3rd. Please call (908) 753-9440 for more information\*\*

### Warrenbrook Book Club, 2nd Tuesday of the Month

September 11 – 1:30 p.m.

Featured historical fiction book to be discussed: “At The Water’s Edge” by Sara Gruen. New Members Welcome!

### “Cool Critters” by Rich Hoffman, Naturalist,

Somerset County Park Commission,

Environmental Center

September 14 – 10:30 am.

Snakes, dragons and bugs, oh my! Let’s investigate things that slither, hiss and hop.

We will meet some things live and some things dead, but all cool and very special.



# WARRENBROOK SENIOR CENTER CALENDAR (continued)

**“How to Make Your Own Terrarium – Lunch & Learn Opportunity”** by Tyler Gavett, Horticultural Specialist, Somerset County Park Commission  
September 20 – 1:00 p.m.

Terrariums are a beautiful addition to desks, dining room tables and other well-lit spots. Join us as we learn how to add a little green to an indoor space by creating an eye-catching terrarium. Tyler will show some examples of working terrariums he has created and provide step-by-step instructions. Participants will need to provide their own medium-sized container with an air tight lid and any novelty item(s) you wish. Plants, soil, charcoal, stones, moss and sand will be provided. \*\*Space is limited. Advanced registration is required by Sept. 14th\*\*

**“Standing Tall Against Falls”**  
by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services  
September 21 – 10:30 a.m.

Don't assume that a fall can happen to you. During this presentation participants will learn how to determine the risk factors associated with falls, realize how common falls are in older adults, understand the consequences that can't occur from a fall, maintain a healthy lifestyle in order to reduce the risk of falls and identify what you should do if you fall. Literature will be available.

**“In Case of Emergency: Emergency Preparedness for Seniors and Their Families”** by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services

September 24 – 10:30 a.m.

When an emergency or disaster happens, being prepared can be the difference between life and death.

This is even more true if you are vulnerable due to chronic disease or impairment. This is essential information for seniors and for caregivers.

**Mind Your Mind Brain Workout**

September 28 – 10:30 a.m.

Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain.

As a group, we will do several “mind-stimulating” exercise workouts.

**State Health Insurance Program (SHIP).**

September 28

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

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<b>OUR TOWN Rahway NJ</b> Qty: 6,000 5,000 mailed to homes and businesses. Zip: 07065	<b>Scotch Plains NJ WHAT'S HAPPENING MONTHLY</b> Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit NJ Times</b> Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirit of UNION NJ</b> Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY NJ</b> Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post NJ</b> Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield NJ MONTHLY</b> Qty: 11,800 Mailed to every home and business. Zip: 07090

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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ANY 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
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9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
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Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
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