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## WELLNESS DAY HEALTH FAIR AT WHRHS

Submitted by Denis Kelly

Faculty, administration and staff at Watchung Hills Regional High School (WHRHS) were offered a range of information and health screenings during the lunchtime Wellness Day Health Fair, sponsored by the Healthy Edge Initiative, on Friday, January 11, 2019.

Gathered in Room 107, adjacent to the North Cafeteria, were representatives from health insurance companies, dental services, pharmacies, and even a local full-service supermarket, which was represented by a registered dietitian.

There was also a naturopathic physician, who answered questions about naturopathic approaches to health. The Warren Township Rescue Squad (WTRS) was represented by a group of Emergency Medical Technicians, many of whom were graduates of WHRHS. They were offering blood pressure readings, as well as other health information, and information about how to volunteer with the rescue squad.

A masseuse provided mini massages in a private room off the Media Center, and representatives from the Optical Academy of Clifton offered screenings in a nearby classroom.

The Wellness Day Health Fair was organized by the team of volunteers on the WHRHS Healthy Edge Wellness Committee, organized by WHRHS Health and Physical Education Teacher Jill Gleeson. Others behind the planning were Director of Human Resources and Professional Development Beth Scheiderman, Executive Administrative Assistant for Human Resources and Professional Development Donna Dinson, Health and Physical Education Teacher Caitlin Brennan, WHRHS Instructional Aide Marla Heath, and volunteer benefits advisor who helped line up the vendors from the community, Brooke Frapwell.

Gleeson said the idea of holding Wellness programs for students, staff and parents grew out of the multi-year effort to provide nurturing and nourishment for the mental health and well-being of students, parents, teachers and staff. This ongoing effort rose out of the work of the Wellness Committee and the Teen Action Group, two of the many committees and subcommittees developed with input from a broad group of WHRHS Board of Education members, administrators, teachers, students, parents and community leaders and volunteers, back in 2014. They were then, and many still are now, working to identify and implement the goals and objectives of the WHRHS Strategic Plan 2015-2020.



(above) WHRHS Special Services English Teacher Amita Lluveres puts a ticket into one of many Tricky Tray bags for one of many fun mini-prize packages from local restaurants, stores and services in the community, who support the Wellness Day Health Fair on January 11.

Photos by WHRHS

### THE STRATEGIC PLAN'S THREE GOALS ARE:

- Create and expand programs and services that enhance the social and emotional wellness of all students within a compassionate learning community.
- Build and strengthen support structures that engage students in developing their individual potential, enable students to experience success in high school, and empower students to plan and prepare well for post-secondary learning.
- Integrate creative, innovative, and interdisciplinary learning throughout the district to empower and inspire students to succeed in a changing global community.

Gleeson said the committee plans to hold other Healthy Edge/Wellness programs later in the school year.

Coming up, Gleeson said, the Wellness initiative is planning a parent/community night on Tuesday, April 2, featuring with nationally acclaimed Prevention Expert, Timothy Shoemaker. He will focus on addiction, raising drug-free teens, detection tips and strategies to learn the most common concealment techniques of teenagers. Shoemaker will also bring an extensive hands-on display. His presentation will unveil dozens of deadly new drugs and drug use techniques that are currently plaguing teens, and he is

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# Watchung Post

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## PROMOTE YOUR COMMUNITY EVENT

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## WELLNESS DAY (Continued)

expected to discuss vaping in depth, Gleeson said.

In addition, Gleeson's team is also planning a community showing of "Angst," a documentary centering around anxiety in teenagers and how to handle and manage stress with positive coping skills. The date has not yet been determined, Gleeson said, but she expects it to be determined soon, and it will likely be during the Spring.

Earlier this year, in November, a program geared primarily for parents called "Vaping: Clear the Air," was organized by the Healthy Edge Committee and the WHRHS PTO (Parent Teacher Organization), Gleeson said.

Contrary to the popular notion that "Vaping" might be the safer alternative to smoking or chewing tobacco, guest speaker Melissa Tasse warned Watchung Hills Regional High School (WHRHS) parents that, in fact, e-cigarettes deliver multiple-times more concentrated

dosages of the highly addictive drug, nicotine, than their tobacco alternatives.

Then, on December 4, about 100 students, teachers and community volunteers participated in the annual and dynamic Challenge Day, a nation-wide, self-empowerment and values-affirming program geared for students. Through small group discussions, large group ice-breakers, and time-honored values-clarifying activities, students learned that if they have challenges and excess stress they are not alone; they have both peers and trained staff who can help, and they are valued for who they are as well as who they aspire to become. Challenge Day has been offered annually to students at WHRHS for years.

For more information about the WHRHS Healthy Edge Wellness initiative, visit the school's Web site, and click on "Community" button near the top of the Home Page. Or visit [whrhs.org/community/new-page](http://whrhs.org/community/new-page).



(above, l-r) Stacey Roy, Stephanie Scheiderman, Ward Scheiderman, Jason Ross, Ashley Irving, Brian Nalewajek, Lynn Lin, and Brian Finkel from the Warren Township Rescue Squad.



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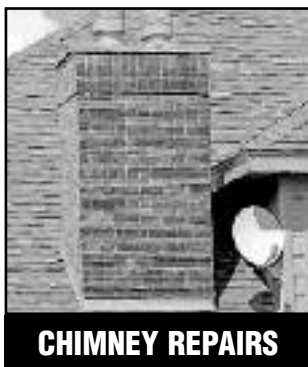
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## SECOND ANNUAL END HUNGER 3.6 PACKAGING PROJECT

*Submitted by Carmela Moeller*

Based on the resounding success of the End Hunger 3.6 Packaging Project of March 2018, the Rotary Club of Madison and the Madison Rotary Foundation announced that this year's project will take place once again at the The Simon Forum at Drew University, Madison Avenue on Saturday, March 9, 2019 from 9 a.m. to 3 p.m. This year's goal is to surpass last year's total of 160,000 meals, by packaging 250,000 meals.

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With the newly merged District 7475, a second packaging event will take place on March 30 at Raritan Valley Community College from 12 p.m. to 6 p.m. to package 150,000 meals for a grand total of 400,000 meals. This is a Rotary District 7475-wide project which includes Watchung and residents are welcome to volunteer and contribute.

What does 3.6 represent? Every 3.6 seconds someone in the world dies of malnutrition or starvation. In Rotary District 7475, which encompasses 10 counties in north central and central New Jersey, it is estimated that over 300,000 men, women and children are food insecure. Over one million persons are living below the poverty level in New Jersey. Over the long term, prevention of food insecurity is likely to be more cost-effective in treating the consequences of this crisis.

The End Hunger 3.6 project is a community event involving volunteers packaging non-perishable, ready to cook meals, such as macaroni and cheese, rice and vegetables,

minestrone, and apple cinnamon oatmeal. All food is vitamin enriched and GMO-free. The meals are distributed to soup kitchens and feeding stations throughout Rotary District 7475 as this is a district-wide project.



In order to purchase ingredients for packaging, donations and grants are required. Donations of \$500 or more will be acknowledged in Rotary's publicity materials. Contributions are tax deductible and can be made online or by mail to Madison Rotary Foundation, P.O. Box 211, Madison, NJ. 07940. Contributions for the March 30 event at Raritan Valley Community College may be sent to: Branchburg Rotary Club Foundation, P. O. Box 5135, Branchburg, NJ 08876. Both are 501(c)3 organizations.

A total of 800 volunteers are needed for the day of the event. Please register by March 5 on Madison Rotary Website: [madisonrotarynj.org](http://madisonrotarynj.org). For further information, contact Ellsworth Havens, Chair, at: [ellsworthhavens@icloud.com](mailto:ellsworthhavens@icloud.com) (Madison) or Tulsi Maharian, RVCC event Chair at [trmaharjan@gmail.com](mailto:trmaharjan@gmail.com).

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Pathways, a women's cancer support program at The Connection, is celebrating its 25th anniversary with a Casino Night Event held on Saturday, March 30, from 7 – 10 p.m. at the Canoe Brook Country Club in Summit. Please join us for an exciting evening in support of the myriad services Pathways provides women with cancer. In addition to casino games with great prizes, there will be Hors D'oeuvres, dinner, wine, champagne and beer, plus \$100 in Casino Cash, are included with each ticket. For tickets, information and donations go to [BIDPAL.NET/PATHWAYS25](http://BIDPAL.NET/PATHWAYS25).

Twenty-five years ago, women with cancer who were scared and suffering found solace in the newly-founded Pathways breast cancer support groups. The support groups helped so many women feel safe in sharing their deepest fears as well as the triumphs achieved during their cancer journeys. During the past twenty-five years, Pathways expanded by offering many other programs and services to fit the needs of women with cancer and allow them to feel cared for, connected and empowered.

The Pathways 25th Anniversary fundraising event will help Pathways continue to provide our programs free-of-charge to women with cancer:

Pathways Cooks serves organic, nutrient-rich, delicious meals weekly to women undergoing cancer treatment and their families, allowing women to focus on recovery and gaining strength.

The Pathways Women's Cancer Teaching

Project empowers breast and gynecological cancer survivors to enhance patient-centered, humanistic healthcare by sharing their personal journeys in educational sessions with doctors and students studying medicine at over 17 healthcare institutions in NJ.

The Pathways Financial Assistance Fund helps women undergoing treatment for any type cancer who are in critical need of financial assistance pay utility, rent, medical and other bills.

The Pathways Dragon Boat Team – Team SOS (“Save our Sisters”) inspires female cancer survivors to paddle together weekly on a dragon boat in a serene lake setting on Lake Parsippany and to participate in festivals, offering exercise and a floating support group.

Wellness Programs such as Therapeutic Yoga allow women with a history of cancer to bond while managing stress and supports their recovery by increasing strength and flexibility.

Pathways Support Groups, led by a trained facilitator, are offered for breast and

gynecological cancer survivors when interest is expressed by enough women to form a group.

The variety of programs offered by Pathways allow every woman to feel at home, regardless of her diagnosis and no matter where she finds herself in her cancer journey. As a breast cancer survivor, Pathways Director, Lesley Andrews, understands first-hand the struggles a survivor faces. She also knows how much Pathways can help a survivor find the strength to persevere and make meaning of her disease, as it did for her.

This very special event is being led by a dynamic committee: Lesley Andrews, Marie Avagliano, Terry Jacobs, Ann Karr, Alicia Molnar, Mary Orloff.

For more information about Pathways, or to make a tax-deductible donation to support our invaluable free programs and the women we serve, call Lesley Andrews @ 908-273-4242 ext. 154, write to her at [pathways@theconnectiononline.org](mailto:pathways@theconnectiononline.org) or visit our website at [TheConnectionOnline.org](http://TheConnectionOnline.org).

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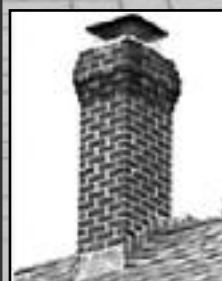
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The Academy of Continuing Education (ACE) in Cranford is accepting applications for its March 4-April 26 semester. ACE offers adults with developmental or physical disabilities the opportunity to pursue continuing education as an alternative to traditional day programs.

"Adults with disabilities who have graduated from the public school system or specialized schools often have limited choices when planning their future," said Robin Morris-Marano, ACE director. "Their options often are limited to generic day programs that do not offer the intellectual stimulation and growth provided by our academy. Our program also is ideal for older adults with disabilities who wish to sharpen previously learned skills."

ACE's course offerings for the upcoming semester include math, reading and creative writing, history, science, jewelry design and merchandising, card making, visual arts and crafts, music, performing arts, career and financial literacy, media production and self-understanding/peer leadership.

Based on their interests, students may take as many or as few classes as they choose.

"ACE differs from a traditional day program, where the attendee's day is planned for them," Morris-Marano said. "We work with our students and their families to help them select the classes that will bring them the most enjoyment and from which they will get the most benefit."

Whenever possible, ACE curricula are developed in accordance with the New Jersey Department of Education (NJDOE) guidelines, implementing Core Curriculum Content Standards and aligned with the most current

information offered by the NJDOE, according to Morris-Marano. The ACE Program is approved by the New Jersey Department of Developmental Disabilities for Day Habilitation through the department's Supports Program.

For more information, Morris-Marano can be reached at 908.354.3040, ext. 4671.

The Academy of Continuing Education is a program of Community Access Unlimited (CAU), a statewide, Union County-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, providing supports in areas including housing, vocational skills and life-skills training, education, advocacy and recreation.

### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating its 40th year in 2019, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil right. CAU currently serves more than 6,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at [www.caunj.org](http://www.caunj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

## TRANSPORTATION IS KEY TO CANCER CARE AMERICAN CANCER SOCIETY

Would you drive a mile to save a life? An estimated 53,260 New Jerseyans will learn they have cancer this year and getting to their scheduled treatment will be their greatest concern. Every day thousands of cancer patients need a ride to treatment here in the Garden State, but some may not have a way to get there.

For the last six years Meg Wilkens has been helping so many of her neighbors during the toughest times of their lives. She has been driving New Jersey residents to their cancer treatments through the American Cancer Society's volunteer Road To Recovery program, which provides free transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

"Transportation shouldn't be a roadblock to cancer treatment," said Wilkens. "Even with help from family and friends, sometimes patients have trouble getting every ride they need. I am a second-generation Road To Recovery driver, my

father did it when I was growing up. I knew when I retired I wanted to give back and help people."

For those who cannot drive themselves or have no other means of getting to their treatment, Road To Recovery volunteers donate their spare time and the use of their cars to give cancer patients a much-needed lift. Patients can then receive the life-saving treatments they need.

"When you drive, you learn about people's hopes and fears," she said. "None of them are quitters; they all want to beat cancer. I have made some lifelong friends and have enjoyed every ride."

The American Cancer Society is always looking for volunteers, if you have a current, valid driver's license, own or have regular access to a safe, reliable vehicle, then you're already on the road to volunteering.

For more information call the American Cancer Society at 800.227.2345 or visit [cancer.org](http://cancer.org).



# WATCHUNG HILLS ELKS SEEKS DONATIONS FOR TROOP CARE PACKAGES

*Submitted by Michael Ryder*

As U.S. troops continue to deploy and defend our nation overseas, many Americans want to know how to send Care Packages for service members, even if they don't personally know them. Care Packages enhance the morale and well-being of the deployed troops worldwide, which is especially important outside the established holidays.

Our country loves supporting our troops both at home and overseas and Care Packages sent to overseas bases or stateside hospitals are a great way to show that gratitude.

Veterans Services Committee Chair Fran Bellew (PER) of the Watchung Hills Elks set out a collection box on Thursday, January 31, 2019, to collect items that can be sent to personnel deploying with the Army in March.



The box will be available until March 18, 2018; please stop by 1 Elks Trail, Warren, NJ (across the street from the Rescue Squad) any Monday through Saturday, 12 - 9 p.m. or Sunday 10 a.m. - 7 p.m. to drop off items.

Questions should be taken up directly with Fran at 908-405-2922 or by email at fatbobs1960@gmail.com.

## CARE PACKAGE DO'S

Here are the kinds of items best-suited for Care Packages:

- Personal hygiene items (unscented whenever possible)
  - Wet wipes, individually wrapped
  - Disposable razors (men's and women's)
  - Chap sticks
  - Tooth brush, toothpaste, body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner
  - Foot powder and the like
- Feminine products (unscented whenever possible)
  - Small packs of napkins and tampons
  - Female version of body wash, lotion, razors, face wash, mouth wash, deodorant, Q-tips, hair de-tangler, face moisturizer, shampoo, conditioner
  - Small grooming kits
- Laundry PODS packed in a sturdy plastic or metal container.

- Sunscreen
- Magazines (clean content)
- Fun posters and calendars for dressing the place up
- AA batteries
- AAA batteries
- Movies and music on thumb drives only (CDs, DVDs and tapes are useless)
- 2 GB + USB memory sticks (thumb drives, blank)
- Cards, letters, group photos
- Tobacco (cigarettes, dip, chew and vapes)

You must double-bag individual liquid and gel items. Just imagine what happens in the war zone when they sometimes get dumped out of a hovering chopper.

## CARE PACKAGE DON'TS

- No pressurized products (aerosol shave cream, hair spray, etc.)
- No cocoa
- No Food

Not yet a member of the Elks? Are you interested in making new friends, providing direct service to veterans, special children or making a difference in your community? Consider joining the Elks – come down and meet us at Watchung Hills Elks Lodge #885. Send us an email to get the ball rolling at [membership@elkslodge885.org](mailto:membership@elkslodge885.org).

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"I was admitted to Spring Grove earlier this month from Overlook Hospital with a broken femur. I have to admit that I wasn't excited about the need to go anywhere for rehabilitation, but at the suggestion of my physician and a social worker I selected Spring Grove. The care has been great! Therapy was amazing! I went from being dependent to independent in a few short weeks!"

**John Montanna**

## PROGRAMS AT SCLSNJ'S WATCHUNG LIBRARY BRANCH

SCLSNJ's Watchung Library branch is located at 12 Stirling Road, Watchung, NJ. Reach by phone at 908-458-8455 or visit online: SCLSNJ.org.

All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change; visit SCLSNJ.org or call the library for more information and to register.

### ALL AGE PROGRAMS

#### Magic Show

March 9, 11-11:45 a.m.  
(families)

### CHILDREN, TWEEN, AND TEEN PROGRAMS

#### Cat in the Hat Party

March 1, 10-10:45 a.m.  
(ages 3-4 with caregiver)

#### Toddler Storytime - Tiny Tot Time

March 5, 10:30-11 a.m.  
(ages 18-36 months)

#### Preschool Storytime - Miss June's Room

March 7, 4-4:30 p.m.  
(ages 3-5)

#### Preschool Storytime

March 8, 10:30-11 a.m.  
Just for You Storytime (ages 3-5)

#### Bingo with Miss June

March 8, 4-4:30 p.m.  
(ages 4 and up)

#### Sing-Along Storytime

March 12, 10-10:30 a.m.  
Presented by Sundance School  
(ages 18-36 months)

#### Creative Hands

March 20, 4:30-5:30 p.m.  
(grades K-2)

#### From Our Farms

March 29, 10-10:45 a.m.  
(ages 3-5)

### ADULT PROGRAMS

#### Mah Jong Club of Watchung

March 4, 5, 11, 12, 18, 19, 25, 26  
1-4 p.m.

#### Watchung Writers Group

March 7, 14, 21, 28  
10:30 a.m. - 12:30 p.m.

#### The Canasta Group

March 7, 14, 21, 28, 1-3 p.m.

#### Game Night

March 11, 7-8:45 p.m.

#### Book Discussion

March 14, 7:30-8:45 p.m.  
"And Then There Were None,"

#### Learn How to Elevate Your Style

March 20, 7-8 p.m.

## FROM REHAB TO RELEASE, MARCH 16

On Saturday, March 16, 2019 at 1:00 p.m. join The Raptor Trust for an in-depth look at how we care for the thousands of injured birds that come through the doors of one of the busiest, most comprehensive avian care centers in the United States. Learn about the history of the Trust, as well as the day-to-day operations.

We will discuss common injuries and illnesses, medical procedures, and what you can do to help an injured wild bird.

The cost is \$10/person, ages high school-adult. The Raptor Trust is located at 1390 White Bridge Rd, Millington, NJ.

Please visit TheRaptorTrust.org for registration information.



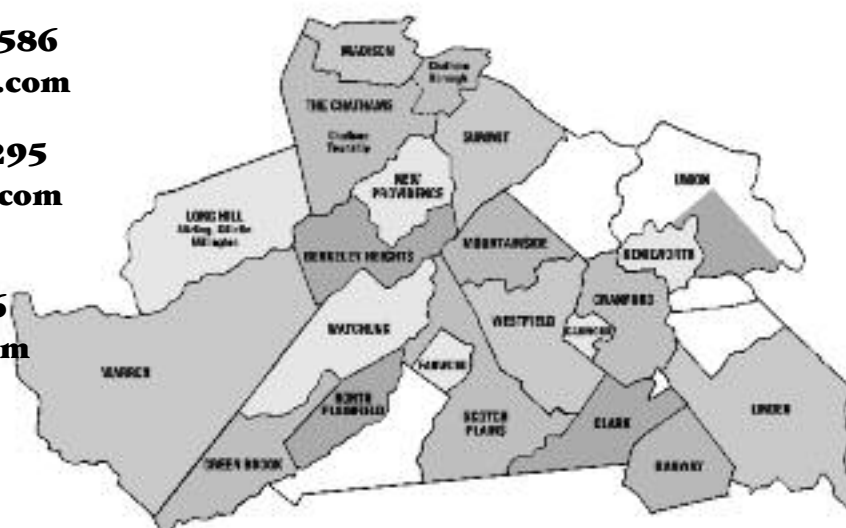
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# MARCH PROGRAMS AT WARRENBROOK SENIOR CENTER

**Warrenbrook Golf Course, 500 Warrenville Rd., Warren, NJ • 908-753-9440 • Open Monday – Friday, 9:00 a.m. – 4:00 p.m.**

The Warrenbrook Senior Center is operated by the Somerset County Office on Aging & Disability Services.

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 a.m. the previous business day.

## Meals on Wheels Volunteer Opportunities

Help portion and package food for Meals on Wheels clients

**Wednesday Morning and On-Call, Monday through Friday, (9:00 – 10:30 a.m.)**

We are in need of a regularly scheduled Wednesday volunteer and 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).

## 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.

## Oil Painting

**Wednesday, 9:00 – 11:00 a.m.**

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

## Healthy Bones Exercise Class

**Wednesday & Friday, 10:00 a.m.**

This is peer-led, 24-week exercise and education program for individuals who are at-risk or have osteoporosis. Exercises focus on improving balance, strength, flexibility and posture. Advanced registration is required. A doctor’s note is also required prior to the 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 for more information.

## 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.

## Assembling St. Patrick’s Day Table Centerpieces

**March 1 – 10:00 a.m.**

Join us as we assemble six St. Patrick’s Day themed table centerpieces and then stay for the brain games and trivia program.

## Brain Games and Trivia

**March 1, 8, 22 & 29 – 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.

## Housing and Financial Literacy Overview

Sharon Clark, Executive Director,  
Central Housing Resource Center

**March 4 – 10:30 a.m.**

This program is designed to touch on several topics to help participants be aware of fair housing, reasonable accommodations, the importance of good credit, credit scores and debt to income ratio. It will also cover current

housing programs, how to avoid scams and protecting yourself from identity theft. The program will end with a review of programs and resources available, such as: energy assistance and weatherization.

## Zumba Gold with Angie

**March 4, 11, 18 & 25**

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, 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 an 8-week session. Monday Afternoon 1:00 p.m. – 1:45 p.m. \$40 for an 8-week session.

## Boggle with some “Folk Dancercise,”

**Rekha Srinivasan, Bharat Nritya Academy**

**March 5 & 12 – 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.

## Chair Yoga with Jillian

**March 5, 12, 19 & 26 - Tuesdays – 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 session, registration required.

Next session begins in May.

## Bridge Group with Ronnie,

**March 5, 12, 19 & 26 – 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 Only

**March 5, 12, 19 & 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.**

## Tone and Flexibility Exercise Class with Sabina

**March 6, 13, 20 & 27 – 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. Standing up or sitting down.

## Zumba Gold with Angie

**March 6, 13, 20 & 27**

**Wednesday Morning 11:30 a.m. – 12:15 p.m.**

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, 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. \$40 for an 8-week session. Registration required, call 908-753-9440 for more information. Next session begins in June.

## Ballroom Dancing with Art & Fe

**March 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

**March 7, 14, 21 & 28 – 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.

## Line Dancing with Linda

**March 7, 14 & 28 – 1:00 p.m. – 3:00 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.

Line dancing canceled on March 21.

## Cooking with Herbs, Vanessa Young, Thirsty Radish

**March 11 – 10:30 a.m.**

Simple to grow and delicious to taste, herbs have many applications for flavorful cooking. In this workshop we will cover methods for incorporating herbs in delicious and healthy ways in favorite dishes and new recipes. With tips for easy herb gardening, you will learn how to grow and use your own herbs.

A kitchen counter or small outside area is all you need to have fresh herbs at your fingertips.

## Warrenbrook Book Club

**Second Tuesday of the Month**

**March 12 – 1:30 p.m.**

Featured book to be discussed: “In the Garden of the Beasts” by Erik Larson. New Members Welcome! Rescheduled from February 12.

## Ireland Tidbits and Irish Trivia

**March 15 – 10:30 a.m.**

Join us as we have fun stimulating our minds while we learn interesting facts about Ireland and St. Patrick’s Day. Make an advanced lunch reservation and enjoy Irish music while you dine. Lunch reservations needed by 10:00 a.m. on Thursday, March 14.

## March Merriment, Don Anthony

**March 18 – 10:30 a.m.**

Enjoy the musical merriment associated with the month of March as Don plays a selection of Irish and Mardi Gras songs. He will also include music from famous singers that were born in March.

## What’s on MyPlate?

Jennifer Korneski, MPH, Healthy Living Program Coordinator, Rutgers Cooperative Extension of Somerset County

**March 19 – 10:30 a.m.**

Understand the MyPlate food groups, discuss why macronutrients (carbohydrates, fats and proteins) are important for our bodies, and take a look at fad diets and why they are not nutritionally healthy.

## A New Year, A New Me: How to Prevent Injuries

**While Reaching Your Weight Loss Goal**

Michael Evangelist, MS, PT, Vice President, Clinical Services, JAG-ONE Physical Therapy

**March 25 – 10:30 a.m.**

We enjoy seeing a renewed effort to get healthy around the New Year and the following months. However, starting a new workout often can lead to injury, which of course means you can’t work out. Instead of slipping into this cycle, this program will offer you tips for getting back in shape slowly and safely, so that your progress can be sustained for the long haul.

## Coloring Stained Glass “Paper” Sheets with Gwen

**March 26 – 10:30 a.m.**

Using Ed Sibbett, Jr.’s floral designs individual stained glass coloring sheets, we will color and create our own larger stained glass window for the center.

## State Health Insurance Program (SHIP).

**March 29**

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.





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