

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## SENIORS PARTY KICKS OFF HOLIDAY SEASON

On Wednesday, December 6, 2023, local seniors gathered to celebrate the holiday season at the Forest Lodge in Warren. The event included a chance to talk with friends, enjoy a meal, music and dancing, and a visit from Santa Claus! The annual holiday party served as a great kick off to the season.



*Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Warren Monthly page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”*



### Ashley's November Warren Market Update

**\$1,036,285**

Average  
Sales Price

**13**

# of  
sales

**54**

Average Days  
on Market

**37**

# of houses on  
the market

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Ashley Berger Freitas M: 908.432.9818  
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# WARREN MONTHLY

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## RESCUE SQUAD CONGRATULATES ATHARVA KALYANPUR ON OBTAINING EAGLE SCOUT RANK

### Warren Township Rescue Squad on Facebook

The Warren Township Rescue Squad would like to congratulate Atharva Kalyanpur for obtaining the rank of Eagle Scout with The Boy Scouts of America. Atharva demonstrated unwavering dedication to his Eagle Scout project, which benefited the Warren Township Rescue

Squad. His Eagle Scout project involved the meticulous renovation of our supply closet, thereby enabling our organization to expand its capacity for emergency shelter supplies.

Again, we congratulate Atharva Kalyanpur on this wonderful achievement and wish him the best of luck in all of his future endeavors.





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BBQ BEEF SHORT RIBS

Half 18 | Whole 34

“COMBO”

BBQ CHICKEN & PORK SPARE RIBS

For one 15 | For Two 28

Menu & Prices Subject To Change Without Notice

## PORTUGUESE FAVORITES

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Kale, potato puree, chorizo

6

SHRIMP IN GARLIC SAUCE

Garlic, white wine, chili flakes

16

GRILLED Linguica

Grilled Portuguese Sausage

14

“PREGO” STEAK SANDWICH

Fried egg, caramelized onions, mustard aioli, Portuguese roll

16

BIFANA

Spiced pork loin, chorizo, pepperjack cheese, onion, mustard aioli on a port muffin

15

CHICKEN IN GARLIC SAUCE

Chicken breast, yellow rice, Spanish chips

21

PICADINHO

Sautéed marinated pork cubes, potatoes, chorizo, pickles jiardineira

22

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# SCHOOLS PARTICIPATE IN ANNUAL WEEK OF RESPECT TRADITION

## Warren Township Public Schools

From October 2, 2023, through October 6, 2023, students and staff from Angelo L. Tomaso (ALT) School, Central School (CS), Mt. Horeb School (MHS), Warren Middle School (WMS), and Woodland School (WS) participated in the annual tradition of The Week of Respect in coordination with the Anti-Bullying Bill of Rights Act—the daily activities recognize the importance of creating a safe and respectful learning environment.

The students and staff are encouraged to participate in spirit days to illustrate the meaning of the Week of Respect.

Monday, October 2 - Week of Respect Kick Off, “We All Belong.” Students and staff were encouraged to wear their school colors.

Tuesday, October 3 - Put Conflict to Bed - Students and staff dressed in their favorite

pajamas.

Wednesday, October 4 - Team up for Inclusion - Students and staff sported a jersey from their favorite team.

Thursday, October 5 - Superhero Day - Help your friends respect others. Students and staff were invited to wear Superhero costumes.

Friday, October 6 - Being a Friend is No Sweat - Students and staff were invited to wear athletic attire.

In addition to the daily themes, the School Counselors, Mrs. Kelly Blessings-Maire (ALT), Ms. Alyssa Pech (CS), Dr. Kelly Stankiewicz (MH), Mrs. Lauren Systo (WMS), Mrs. Helen Scully (WMS), Ms. Jenna Rotella (WMS), and Mrs. Alexandra McWilliams (WS) planned special lessons and activities to emphasize the importance of students respecting their families, friends, community, school, and most importantly, themselves. The lessons are part of the district’s character education curriculum and focus on the district’s initiative to encourage a sense of belonging.

Pech met with a class of grade three Central School students on the afternoon of Wednesday, October 5, to discuss conflict resolution and the definition of bullying. The students gathered comfortably on the classroom carpet, eager to participate in a special lesson. To begin with, Pech asked the students to raise their hands and give examples of what they perceived to be bullying behavior.

Pech then shared a short video with the students that defined bullying as unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time.

Pech paused the video to help the students

break down the definition by acting out scenarios with the group of children. The video went on to help clearly define bullying by using the BOO acronym. The B stands for ‘Being Mean’. The video explained the difference between friendly teasing and the harmful effects of bullying. The O stands for ‘On Purpose’. The students learned that mistakes can be made, but what matters most is what we do about it. If someone is intentionally being mean without taking ownership and changing their behavior, that can be a form of bullying. The second O stands for ‘Over and Over again.’ The message that the students received is bullying behavior is being mean, on purpose, over and over again.

McWilliams, Woodland School Counselor, is working with all students to create a school-wide puzzle focusing on unity, kindness, belonging, and inclusion. Each child will decorate their puzzle piece, and McWilliams will put the puzzle together and display it in the coming weeks.

According to McWilliams, although the week of events has ended, lessons learned will be reinforced throughout the school year. “During the Week of Respect, students and staff members participated in engaging theme days and activities that promoted a sense of belonging, kindness, and inclusion. Students learned to demonstrate respect towards their peers, families, school, and community, which is part of ongoing efforts to promote a positive school climate and culture.”

All Warren elementary schools will participate in “A Week of Making Good Choices” during the week of October 23 in recognition of School Violence Awareness and National Red Ribbon Week. Students will be encouraged to make healthy choices for their minds and bodies and strengthen social connections.

Photos by Warren Township Schools



(above) Central School Counselor Ms. Alyssa Pech met with each class during the Week of Respect. Pech taught age-appropriate lessons on how to identify bullying behavior. Anna Gemignani, Eduard Sakardin, Ella Caprarola, Olivia Wu & Paul Ulrich enjoyed participating in Ms. Pech’s lesson.



(above) WMS student Alana Sarcevic and Mrs. Beverly McGorman sport their favorite jerseys to “Team up for Tolerance.”



(above) Mt. Horeb students in Mr. Jones’s class, Zoe Chibwe and Isabella Geertsema participate in pajama day during the Week of Respect.



(above) Woodland students Mia Frushon and Logan Velez in Mrs. Eitelberg’s class participate in pajama day during the Week of Respect.



(above) Mt. Horeb students in Mr. Jones’s class, Zoe Chibwe and Isabella Geertsema participate in pajama day during the Week of Respect.

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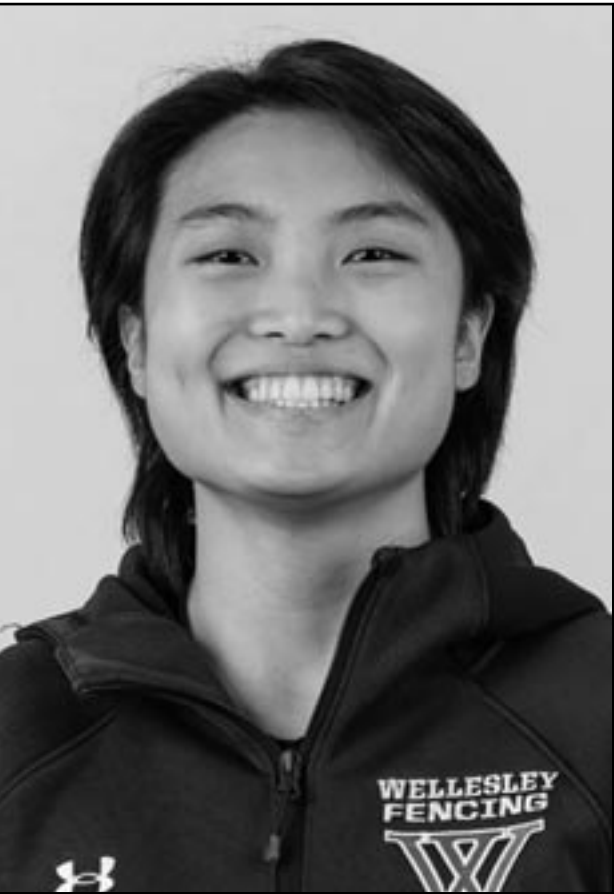
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(above) Alisha Li, from Warren, NJ, earned Second Team honors in epee.

# ALISHA LI EARNS NORTHEAST FENCING CONFERENCE ALL-STARS RECOGNITION

Westley College Fencing

The Northeast Fencing Conference (NFC) announced its Conference All-Stars in the varsity division for the 2023-24 season following the conclusion of the NFC Conference Meet held recently. Wellesley College fencing sophomore Grace Xu (Toronto, Ontario) was named to First Team in epee, first year Phoebe Li (Palo Alto, Calif.) made the First Team in foil, and first year Alisha Li (Warren, N.J.) earned Second Team honors in epee.

Xu put together a 15-3 (83.33%) NFC Conference fencing record this season with the highest winning percentage of any individual in epee. Xu's highlights included going 6-0 against Division I Brown and Boston College, and four total wins against Division III ranked Brandeis and Tufts. Xu was previously named to the NFC Conference All-Stars Second Team for the 2022-23 season.

Phoebe Li went 14-4 (77.78%) in NFC competition to earn First Team status in foil. P. Li had 3-0 shutouts of Brandeis, Sacred Heart, and Vassar, while earning two wins against Tufts and Boston College.

Alisha Li made the Second Team in epee with a 14-5 (73.68%) record at the NFC meet. Alisha Li swept Tufts 3-0, and had a pair of wins against Boston College, Sacred Heart, and Vassar. Alisha Li earned at least one victory in all eight matches for the Blue.

Founded in 1992, the Northeast Fencing Conference's mission is to support intercollegiate fencing in and around New England. The league organizes a round-robin schedule of dual meet competitions for the fencing programs at all member institutions. The member institutions are a mix of both NCAA varsity programs and student-organized club programs.

## SPIRITUAL? CURIOUS? SEEKING?

Do you consider yourself Spiritual? Are you Curious about what people are talking about when they speak of having faith or being spiritual? Are you Seeking peace of mind, of heart of soul?

Come and see for yourself. Come and explore the Christian faith. Come and discuss with other seekers what is on your mind, what you cannot talk about except with other seekers. Come to an Alpha gathering.

Alpha is for everybody that wants to discuss seeking answers to life's big questions. Why are we here? Is this all there is to life? Where are we going? How do I attain peace of mind, heart, and soul? Whether you are young or old, have faith or are atheist or agnostic, Alpha provides a safe environment for exploring our big questions about life.

We begin by sharing a meal together and getting to know each other. We watch a video

together then break into small groups for uninhibited discussion about what is on our minds.

There is no cost to participate. The series runs for 12 weeks on Monday nights beginning at 7:30 p.m. and ending at 9:00 p.m. It will begin February 5th, 2024, and end May 6th, 2024. Three of the sessions are live in person and the remainder are on Zoom. You will need a desire for frank discussion, a willingness to participate and a commitment to attend. You will also need a computer or smartphone capable of Zoom sessions.

The live in person sessions will be held at Immaculate Heart of Mary Parish, 1571 S. Martine Ave., Scotch Plains, NJ 07076. If you have any questions, please call (908) 889-2100. To register go onto [IHMParish.net/alpha](http://IHMParish.net/alpha).

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## Meet new people & explore faith together.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Each session includes a time to connect with others (often over a free meal), hear a short talk on an element of the Christian faith, and then a chance for each person to share their own questions with the group. We'd love to hear your perspective!

**Alpha Winter/Spring 2024**  
Season begins **LIVE**  
**Monday February 5th**  
**7:00 pm @**  
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Scan the QR Code with your phone or smart device to access our sign up page at [www.ihmparish.net/alpha](http://www.ihmparish.net/alpha)

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*(above) Aden Kamath created a new section in the prayer garden at Our Lady of the Mount Church in Warren. He and his team laid a bluestone patio and pathway, installed benches and oversaw the installation of a statue honoring the Blessed Father McGivney. Aden attends Gill St. Bernard School, and will graduate in 2024.*



*(above) Tej Jasti designed and built a new fire pit with seating, for the Watchung Hills Elks Lodge #885 in Warren. For the inaugural fire, he led a group of scouts to conduct an American flag retirement ceremony. Tej graduated from Watchung Hills Regional High School in 2023, and is attending Northeastern University.*



*(above) Kanav Desai worked with the Watchung Reservation to recreate a historic rhododendron garden. He led a team to dig out the ground, plant bushes according to his designed layout, and install deer fencing. Kanav graduated from Watchung Hills Regional High School in 2023 and attends Rutgers University.*

# TROOP 228 OF WARREN ADDS 7 EAGLE SCOUTS

Warren Troop 228 is proud to announce that in 2023, seven more scouts have earned the Eagle rank, the highest achievement available within the Scouts BSA program. Eagle Scouts have demonstrated their knowledge in a variety of important life skills including first aid and emergency preparedness, camping and the outdoors, citizenship, physical fitness and time and money management. They have also honed their leadership skills by taking on a variety of roles in their troop setting. As a culminating experience, scouts are required to plan, develop and lead others in carrying out a significant

service project for the benefit of any religious institution, school or community. Troop 228, originally chartered in 1965, is part of the Pioneer District of Patriot's Path Council BSA, and is chartered by the Mt. Bethel Volunteer Fire Company in Warren. Only about 4% of scouts nationally achieve the Eagle rank, and we are extremely proud of the character and perseverance demonstrated by each of these young men. Troop 228 welcomes new members, and is open to boys in middle or high school. For more information, please email [troop228warren@gmail.com](mailto:troop228warren@gmail.com).

Courtesy photos.



*(above) Sean Gubitosi focused on the continuing need for improvements at the Warren Nature Preserve. He and his team built a 60' bog bridge along one of the entrance trails, designed and built new directional signs for the trails, and updated blazes on the trails around Dealaman Pond. Sean graduated from Watchung Hills Regional High School in 2023 and attends Rochester Institute of Technology.*



*(above) Quentin Tao completed a project in support of the Watchung Hills Elks Club, by designing and leading a team to build two large enclosed sheds for storing firewood. Quentin graduated from Watchung Hills Regional High School in 2023 and attends Rutgers University.*



*(above) Alexander Huang parlayed his interest in the environment into creating a flower bed and 60" square wooden garden box at WHRHS, both aimed at attracting local pollinators. The garden box required a bit of creative design, needed to meet the beneficiary's requirement that it be moveable even when full with soil and plants. Alex attends Watchung Hills Regional High School, and will graduate in 2024.*



*(above) Zack Micheller designed and led construction of a pet supply donation shed for Trinity United Church in Warren, which, in partnership with the Rotary Club, wanted to provide the community an outlet to donate pet supplies to the Plainfield Animal Shelter. Designed to look like a doghouse, the shed provides an attractive, yet secure place for area residents to leave their donations. Zack graduated from Watchung Hills Regional High School in 2023.*



# WATCHUNG GIRL SCOUTS AND WARREN ELKS TEAM UP FOR HOLIDAY CHEER

Three Watchung Girl Scout troops came together to decorate sugar cookies on December 8th. The cookies were baked with love and donated to St. Ann's soup kitchen in Newark, NJ. This is an annual event the scouts participate in to teach the girls about community service and

helping those in need around the holidays. The Warren Elk's Lodge kindly donated their space for the girls to come together and decorate the cookies. The Elk's lodge also donated a large bag of toys to the children who visit the soup kitchen.

Courtesy photos



# WATCHUNG HILLS REGIONAL HIGH SCHOOL CLASS OF 2024 PROJECT GRADUATION

## WHAT IS PROJECT GRADUATION?

Project Graduation is a tradition at many high schools to keep graduates safe and substance-free on graduation night. For WHRHS, the event will be six hours long, filled with all kinds of indoor activities, entertainment and -- of course -- lots of food and drinks! All students are required to ride the bus to and from the event, which will be held on graduation night June 13, 2024. Location TBD.

## WHO RUNS PROJECT GRADUATION?

Project Graduation is an independent parent organization with their own budget, fundraising events and planning committee. Senior parent volunteers work hard to host various exciting events that lead up to the end-of-year graduation night event.

## WHO ATTENDS PROJECT GRADUATION NIGHT?

WHRHS has approximately 500 seniors from the towns of Green Brook, Long Hill, Warren and Watchung who will be graduating on June 13, 2024. The event is open at no cost to the entire WHRHS graduating class, and we hope for 100% participation.

## WHO PAYS FOR THE EVENTS?

Project Graduation is funded completely through donations.

The ability to provide all the events throughout the year is only possible through generous donations from our families & community. This includes the parents, local businesses and community organizations. As we are a regional high school, we are reaching out to the member towns, seeking donations to help offset the costs of this celebration. In the past, we have received pledges as well as goods and services, from many different community members. If you have a business or skill you can offer or know someone willing to help, please let us know!

## HOW TO PARTICIPATE:

VENMO @WHRHS-ProjectGrad2024

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Project Graduation 2024

Watchung Hills Regional High School

108 Stirling Road, Warren, NJ 07059

# DANCE WITH FRIENDS AT ELKS LODGE

Our next "Dance With Friends At The Elks", will be held on Saturday, January 13, 2024, from 7 – 11 p.m. at the Middlesex Elks Lodge #1488, located at 545 Bound Brook Rd., Middlesex, NJ.

Music by DJ Don Pesce will feature ballroom, contemporary, disco, and line dancing. Join us for great music and fun and make new friends. Ages 40 and up. Dance hosts will be available for singles. The cost is \$15 per person. Light refreshments will be served. No registration required. For further information contact Ramona at 908-528-0794.

# WATCHUNG SENIORS CLUB 55+

Regular meetings are held the 2nd Wednesday of the month, from 11:00 a.m. - 2:00 p.m. at the Watchung Firemen's Exempt Hall, located at

31 Mountain Blvd., Watchung (lower level, handicap accessible). Guest speakers, trips, and fun parties are planned throughout the year. Join us! For more information call Madelyn (908)816-0641.

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## LT. ROBERT FERREIRO NEXT CHIEF OF POLICE

### Warren Township

As the result of a selection process conducted on October 24, 2023, the Warren Township Committee selected Lt. Robert Ferreiro as the next Chief of the Warren Township Police Department (WTPD).

Lt. Ferreiro will replace Chief William Keane who will be retiring on December 31, 2023. He was one of three Lieutenants and a Captain who participated in the selection process authorized by Resolution 2023-227.

Lt. Ferreiro has served the WTPD since January 2007, having graduated from the Somerset County Police Academy in December 2006. He has had an impressive career in law enforcement that includes serving in the following positions in the Warren Township Police Department: Patrol Sergeant, Operations Lieutenant, along with Deputy Coordinator, and then Coordinator, of the Warren Office of Emergency Management, and President of the Warren Township PBA 235. Additionally, Ferreiro has worked as a Task Force Officer on an FBI Task Force and conducts training for law enforcement officers at conferences throughout North America on a wide range of law enforcement topics.

Mayor Gary DiNardo stated that, "The Township is fortunate to have such talented officers in police administration from which to select our future Chief, and I look forward to

working with Robert Ferreiro as he assumes the mantle of leadership."

Lt. Ferreiro's vision as Chief, as presented to the Township Committee during this process, is to implement the Warren Police Department's "FIRST" plan that he described as representing the following values: Family, Innovation, Respect, Resiliency, Standards and Trust in Teams. His plan will include improving recruitment of future officers in order to respond to Warren's development, ensuring a healthy environment for officers, collaborating with other law enforcement agencies, institution of an alumni officer, a peer-to-peer program, and development and implementation of a strategic plan for the Department.

Committeeman and Police Liaison Victor Sordillo commented that "Robert Ferreiro has the skills, experience, and vision to lead the WTPD into the future and will carry on the tradition of

ensuring that the Warren Police Department is the finest Police Department in the State of New Jersey.

Lt. Ferreiro stated, "I am beyond thankful for being trusted to serve as the next Chief of Police, and I want to offer my commitment that Warren PD will remain ever vigilant to providing a service based in both pride and professionalism."

He further stated, "I am proud to be the first Hispanic Chief of the WTPD. With a sense of eager anticipation, I again wish to express my gratitude and display my desire to start on this journey!"

Robert Ferreiro is a resident of Warren Township where he resides with his wife and daughter. He will assume office on December 31, 2023. The Township Committee will determine salary and other contract conditions prior to Ferreiro assuming the duties of Police Chief.

## CERT VOLUNTEERS COMPLETE BASIC TRAINING

### Somerset County

Somerset County's Office of Emergency Management graduated 21 local residents from their Community Emergency Response Team (CERT) Basic Training program. These volunteers spent twenty-six hours over the month of October learning how to support their community and first-responders when disasters strike through a coordinated, team effort at the municipal or county level.

"We've seen over the last decade and more how important CERT teams are to disaster response in Somerset County," said Somerset County Deputy Director Doug Singleterry, liaison to the Office of Emergency Management. "The people of Somerset County owe a debt to these volunteers who have committed through training and joining their local and County CERT team to be there when needed for their family, neighbors, and community."

October's CERT class included residents of Somerset, Hillsborough, Warren, Branchburg, Franklin, Franklin Park, Raritan, Bridgewater, Flemington and Gladstone.

Following their month of training in Disaster Preparedness, CERT Organization, Light Search and Rescue, Disaster Psychology, Terrorism, Fire Safety, Medical Operations, Sheltering Operations, and Stop the Bleed each participant

must complete a written exam and practical exercise to graduate. The CERT members conducted cribbing exercises during their final practical exercise along with a search and rescue simulation.

Local CERT programs train and organize teams of volunteers to assist their families, neighbors, co-workers, and other community members during emergencies when professional responders may not be immediately available to provide assistance.

Before, during, and after disasters, CERT volunteer teams perform basic response activities, including checking in on neighbors, distribution of information to the public, supporting emergency operations centers, and helping to manage traffic and crowds. The deployment of CERT volunteers to perform these activities frees up professional responders to focus efforts on more complex, essential, and often life-saving tasks. CERT volunteers also support their communities by organizing, promoting, and participating in emergency preparedness events, activities, and projects.

For more information regarding the CERT program, please utilize the following link:

<https://www.co.somerset.nj.us/government/public-health-safety/emergency-management/cert-volunteers>.



(above) Lt. Robert Ferreiro will assume the office of Chief of Police on December 31, 2023.

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(above) Somerset County's 2023 Community Emergency Response Team (CERT) Basic Training Graduates

## CUB SCOUT PACK 182 SPREAD HOLIDAY CHEER

During the month of December Cub Scout Pack 182 of Warren spent some time caroling at The Chelsea of Warren. The event was filled with happiness and smiles as we spent time giving back to our senior community for the holidays! With the new year upon us, the Scouts and Pack


leaders have been reflecting on some of our key events from park clean ups, fire safety, hiking, parades, trip to NY Intrepid, and pinewood derby! We want to personally thank the Warren Township Volunteer Fire Department for supporting us and being a great sponsoring

agency.

For any families interested in having their son join who is in K-5th grade please email our Membership Chair: Lindsay Bateman - [ljerni@gmail.com](mailto:ljerni@gmail.com) or contact Cub Master Ryan Valentino at (732) 983-1035.

Courtesy photo





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**\*Additonal information contact  
Bill Sundburg - 908-754-8915  
or email [wjs1936x@gmail.com](mailto:wjs1936x@gmail.com)**

**Come Join Us**





# WARRENBROOK SENIOR CENTER CHRISTMAS PARTY

Warrenbrook Senior Center celebrated their annual Christmas Holiday Party on December 13th with music, dance and fun times.



Courtesy photos



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# WARRENBROOK SENIOR CENTER ACTIVITIES FOR JANUARY

Warrenbrook Senior Center located at 500 Warrentown Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are FREE for the registered members. Please call (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center.

### Bingo with Rashmi

January 3, 31, 11 a.m.

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

### The Fascinating World of Insects

January 4, 11 a.m.

We've all got bug-bears about the insect world, they can be pretty annoying, buzzing, biting and being creepy – but without our invertebrate neighbors we'd be in serious trouble. They clean up the planet for us, pollinate the plants we depend on and provide the bases of the food chain supporting all life including ourselves. With millions of years of fine-tuning, they are miniature marvels that the world just can't live without... We will be watching an amazing documentary on the world of insects.

### Brains n Games and Hand Bells with Adrienne Graubard

January 5, 19, 11 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.

### Joyfully Neat

January 8, 11 a.m.

Joy Jacobs, of Joyfully Neat, will discuss what to do when you feel you have too much stuff and give ideas on how to become clutter-free. Whether you are preparing for a move or home sale or want to finally get organized.

### Hearing Screening

January 10, 10 a.m.

A hearing screening is a brief test to detect if you have hearing loss. Everyone over the age of 60 should have a hearing screening. Even if you don't have hearing loss, a screening can be used as a baseline should you develop hearing loss later. Hearing loss can develop gradually. Early detection and treatment are important. Tracy Walker from HearingLife will be providing a free complimentary Hearing Screen at Warrenbrook Senior Center.

PRE-REGISTRATION REQUIRED.

### Snowflake Bracelet Craft

January 12, 11 a.m.

We will be making a snowflake bracelet craft. The beads for these bracelets are faceted for an ice theme. All supplies will be provided. PRE-REGISTRATION IS REQUIRED.

### Martin Luther King Holiday

January 15

Senior Center Closed

### Medicare Patrol Part 2

January 17, 11 a.m.

Joel Schneider from Senior Medicare Patrol will teach us how to protect ourselves from Medicare Fraud, waste and abuse.

### Passports to Penguins

January 18, 11 a.m.

Passports to Penguins by Vanessa Darras, Naturalist, Somerset County Parks Commission. Travel to the bottom of the globe on an adventure of learning! During this one-hour presentation you will learn a lot about our black and white, waddling friends; penguins, information about the many different types of penguins, where they live, what they eat, and much more will be discussed and presented.

### Legends of Liberty Hall – Hannah Gaston

January 22, 11 a.m.

Time to explore some of the mysteries at Liberty Hall Museum! Liberty Hall has 250 years of stories to tell, and some of its most famous stories have become legends. Listen to the legends of the home—stories of ghosts, murder, love affairs, and secret rendezvous! Discover the elements of truth behind these stories. How did these stories become legends in the first place? Did they even happen at all? Experience Liberty Hall Museum in a whole new light as we explore the secrets of its colonial residents.

### Breathing techniques for mental wellness – Meditation

January 22, 1 p.m.

Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode. A few techniques can be practiced on a regular basis to develop an ongoing awareness of trigger situations and to calm and regulate the nervous system consistently.

### Music Through the Ages: 1950's-1980's

January 24, 11 a.m.

The Jersey Girls will take you on a musical journey through the years featuring hit songs from the 1950's, 60's, 70's and 80's. Jersey Girls will you up on your feet and ready to dance.

### Armchair Travels to Iceland

January 25, 11 a.m.

Iceland! A captivating land of fire and ice, where majestic glaciers collide with volcanic vistas, and the ethereal whispers of elf folklore drift upon the winds. We will be watching Icelandic Folk Songs, the best places to visit in Iceland and end it with a Trivia.

### Casino Games with Caitlyn Campbell

January 26, 11 a.m.

Casino is a lot of fun! It's a great way to get everyone engaged, because the dealers find ways to include all ability levels and are trained to teach people how to play a variety of table games. It's stimulating and very exciting, and truly simulates a casino experience.

### PRE-REGISTRATION REQUIRED Over the Counter Drugs Interactions

January 29, 11 a.m.

Drug interactions with over the counter (OTC) drugs can be a problem. According to the FDA, drug interactions may make your drug less effective, cause unexpected side effects, or increase the action of a particular drug. Some drug interactions can even be harmful to you. It is important to note that OTC drug labels contain information about ingredients, uses, warnings, and directions that is important to read and understand. The label also includes important information about possible drug interactions. You can reduce the risk of potentially harmful drug interactions and side effects with a little bit of knowledge and common sense. Shivani Shah from Walmart Pharmacy will be explaining about what to look for while taking the OTC drugs.



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December 6, 13 and 20 at 12 noon  
Organ Recitals After Services on December 6 and 20

**Christmas Eve**  
Sunday, December 24  
Family Service with Eucharist at 4:00 p.m.  
Candlelight Eucharist with Special Music at 7:00 p.m.

**Christmas Day**  
Monday, December 25  
Nativity of Our Lord Eucharist at 10:00 a.m.  
Service of Lessons, Carols and Eucharist  
Sunday, December 31 at 10:00 a.m.

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# SCLSNJ'S VIRTUAL PROGRAMS THROUGH FEBRUARY 2024

Somerset County Library System New Jersey's (SCLSNJ) Watchung Branch, is located at 12 Stirling Road, Watchung, New Jersey. All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change; visit [SCLSNJ.org](http://SCLSNJ.org) or call the library at 908-458-8455 for more information and to register.

## How to Look -

### Impressionism Presented by Jay Schuck

January 3, 7-8:30 p.m.

Examine the major themes and styles of Impressionism through the artwork of Monet, Manet, Renoir, and more.

### Vegetarian Braises - Virtual Cooking Class Presented by Laura Scheck

January 4, 7-8:30 p.m.

Discover the basics of vegetarian braising from choosing plant-based proteins, building and complementing flavors, searing, deglazing, simmering to tender perfection, and utilizing cooking vessels.

### Dealing with Household and Estate Books Presented by Mike Ivankovich

January 8, 7-8 p.m.

There are many factors that add value to books. Learn about household and estate books and explore how to sell them in today's market.

### Netherlands - Journey Through Art, Architecture, and History Presented by Professor John Rossi

January 10, 7-8 p.m.

Explore this progressive 21st century nation that is a land of windmills, tulips, and canals. The capital, Amsterdam, is famous for its waterways and its laid back atmosphere.

### The Great Storage Clean Out Presented by Jamie Novak

January 16, 7-8 p.m.

Learn the simple steps for clearing out that overflowing storage space and discover the secret on how to easily find things.

### STEM for Adults

January 18, 7-8 p.m.

Discover STEM skills that can benefit adults in a variety of different ways, such as mentoring their children and grandchildren on basic science topics and learning some weird and wild science facts.

### Theodore Roosevelt and his Legacy Presented by Dr. Edward T. O'Donnell

January 24, 7-8 p.m.

Theodore Roosevelt Jr. was an American politician, statesman, soldier, conservationist, naturalist, historian, and writer who served as the twenty-sixth president of the United States from 1901 to 1909.

### Finding the Words - An Active Approach to Moving Through Grief

January 25, 7-8 p.m.

Discover an alternative path for processing pain that is active and vocal and truly honors loved ones lost.

### "Walk With Me" by Kate Clifford Larson February 1, 7-8 p.m.

Explore the life of Fannie Lou Hamer who rose from humble beginnings to become one of the most powerful voices of the civil and voting rights movements for African Americans.

### African Americans in Space Presented by Dr. Bill Thierfelder February 7, 7-8:30 p.m.

Discover some of the remarkable African Americans who've helped shape America's space program and who've introduced millions to the wonders of the Universe.

### The Tuskegee Airmen - America's First Black Pilots February 12, 7-8 p.m.

Explore the history of the formation of the Tuskegee Airmen, the unit's wartime accomplishments, and the unit's overall effect on American society.

### "A Look into Manville's Past" by Kathryn Quick February 13, 7-8 p.m.

Learn about Manville's interesting history and evolution through wonderful photos, stories, and relics from community residents.

### Art by African Americans - From the Protest of the '60s to the Age of Black Lives Matter

February 15, 7-8 p.m.

Celebrate the rich contributions these pioneers made to American culture and examine some of the work that continues to astonish art lovers today.

### A Look at Black History Through Jazz Presented by Sanford Josephson

February 21, 7-8 p.m.

Explore black history through the lens of jazz with author and editor of Jersey Jazz magazine, Sanford Josephson.

### Tina Turner - Queen of Rock Presented by Vinnie Bruno February 27, 7-8:30 p.m.

Explore the life of iconic rocker Tina Turner as she found success in the rhythm and blues, soul, and rock genres in a career that spanned five decades.

### The Lunch Counter Sit-In Movement of 1960 Presented by Professor Christopher Schmidt February 28, 7-8 p.m.

Explore this defining moment of the civil rights movement and how it fits into the continuing history of struggles for equal access to public accommodations.

### "Flight Paths" by Rebecca Heisman February 29, 7-8 p.m.

Discover some surprising stories from the history of bird migration research and understand why migration is so crucial for bird conservation.

For additional assistance, call (908) 845-8400. To discover all SCLSNJ has to offer, visit [SCLSNJ.org](http://SCLSNJ.org) or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.

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cherie.berger@compass.com  
M 908.410.0931  
O 973.310.6816



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steven.berger@compass.com  
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Ashley Berger-Freitas  
ashley.freitas@compass.com  
M 908.432.9818



Karla Gary  
karla.gary@compass.com  
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