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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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(above) Photo from Watchung Hills Regional High School Class of 2023 Project Graduation

Photos from this and other events can be found online at rennamedia.com and on Long Hill Leader page on facebook.com Feel free to "Like," "Tag," and "Share."

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SPRING GROVE NAMED AMONG NATION'S BEST NURSING HOMES

Spring Grove Rehabilitation & Healthcare Center in New Providence has been named among the nation's 2024 Best Nursing Homes by U.S. News & World Report, marking the fourth consecutive year it has been recognized for at least one program. The 106-bed skilled nursing facility, located at 144 Gales Drive, provides post-hospital care, short-term rehab and long-term residential care.

"Spring Grove's year-after-year recognition as one of the nation's top centers speaks to the tireless efforts of its team in providing exceptional skilled nursing care each and every day," said Kani Burgos, regional director of market development at Marquis Health Consulting Services, which supports Spring Grove. "For well over a decade, U.S. News' annual Best Nursing Homes rating has served as a credible resource for consumers, their families and caregivers. We congratulate Spring Grove on this notable achievement and are proud to support their team."

Spring Grove received its U.S. News high performance rating for long-term care. For its 2024 list, U.S. News, a global authority in health care rankings and consumer advice, evaluated more than 15,000 nursing homes. Ratings were determined by nurse staffing, patient and resident outcomes, and safety measures, among other indicators of quality.

Spring Grove's reputation for quality care and services is well established. The facility

maintains a five-star rating for quality measures from the Centers for Medicare & Medicaid Services (CMS). More information on Spring Grove can be found at springgroverehab.com.

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization's operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.



(above) Spring Grove Named Among Nation's Best Nursing Homes for Fourth Consecutive Year. The 106-Bed Center in New Providence, N.J., earned a 2024 High Performance Rating for Long-Term Care.

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NEW BOOK CLUBS FOR KIDS, TEENS, AND PARENTS

Long Hill Township Library

As part of its mission to promote a love of reading at every age, Long Hill Township Library is adding three new book clubs to its calendar: one for young children and their parents, one for elementary school students, and one for middle school students.

The library, located at 917 Valley Rd. in Gillette, already hosts multiple book clubs for adults as well as a monthly book club for teenagers.

“Reading is at the heart of everything we do,” said Library Director Albie Ashbrook. “Now everyone in Long Hill can join a book club, whether they are already an enthusiastic reader or are discovering a love of books for the first time.”

The Saturday Morning Book Club, for kids in Grades 2-5, will next meet on April 27 at 11 a.m. to discuss *Matilda* by Roald Dahl.

The March meeting featured a discussion of *The Elephant in the Room* by Holly Goldberg Sloan. Fifth-grader Alexa Fox was the club's first member and had the honor of choosing the March book.

The Graphic Novel Book Club, for kids and teens in Grades 5-8, includes drawing activities as part of every meeting. The book for the April 24 meeting at 4 p.m. is *Stargazing* by Jen Wang.

“Members of the Graphic Novel Book Club can swap recommendations with other graphic novel fans as well as create their own comics and characters,” said Youth Services Librarian Jessica Buban.

Copies of *Matilda* and *Stargazing* are available for pickup in the library's children's room.

Participants can register for these book clubs by emailing childrens@longhilllibrary.org.

The Do-Gooders Family Book Club, for kids in pre-school through first grade and their parents, meets quarterly and emphasizes helping the community and the environment.

The first meeting on March 20 began with a storytime and a discussion about the importance of protecting our forests. The June 5 meeting's theme will be *Love Our Oceans*.

The Do-Gooders club is part of a new initiative, LHTCares, which provides Long Hill residents with opportunities to help each other and the world around them from the convenience of the library.

“I'm excited to take our mission at the library and connect it to families in the community,” said Community Engagement Librarian Suzanne Kosempel.

Details on all of Long Hill Township Library's book clubs can be found at LongHillLibrary.org.



(above) Fifth grader Alexa Fox selected *The Elephant in the Room* for the March meeting of Long Hill Township Library's new Saturday Morning Book Club for Grades 2-5.



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A JOURNEY DOWN LEARNING LANE

Parents seeking exceptional early childhood education and afterschool care are in luck: the Berkeley Heights YMCA Learning Lane and its counterpart, Beyond the Bell, are accepting registrations for the 2024-2025 school year!

The Berkeley Heights YMCA Learning Lane, which welcomes children in preschool through Kindergarten, has undergone a number of transformations over the past few years. The nationally renowned Creative Curriculum, emphasizing the importance of hands-on learning and discovery, is now embedded into the program itself. Each day, students engage in a variety of enriching STEAM and language arts activities that set them up for academic success. To take this even further, but the learning doesn't stop there.

"As part of the larger Summit Area YMCA, we're focused on each child's overall well-being," said Associate Executive Director Kelly McHugh. "That includes teaching our students the importance of caring, honesty, respect, and responsibility, helping them learn skills that build their confidence and independence, and ensuring that they flourish socially and emotionally."

Parents will find a host of other benefits that make the Berkeley Heights YMCA Learning Lane a special place. The teachers and caregivers introduce kids to healthy fun through weekly trips to the gymnasium, swim time at the Summit YMCA indoor pools, and nutritious daily snacks. These added features start their students on a path to a lifetime of healthy living.

"In addition to teaching our children about

health and wellness, we want them to learn about their relationship to the community at large," said Diana Burneo Fernandez, the center's director. "Each month, we take the children on field trips around our local area. From farms to the police department, fire station and library, our students see firsthand that we are all part of one larger world and why it's so important that we help one another."

These foundational lessons in health, wellness, and social responsibility can also be found in the Berkeley Heights YMCA afterschool program for school-age children, Beyond the Bell.

For more information, please visit www.thesay.org/learning-lane or contact Diana Burneo Fernandez at diana.burneo-fernandez@thesay.org or 908-464-8373 Ext. 2042.

ABOUT THE SUMMIT AREA YMCA

In 1886, we were founded as the Young Men's Christian Association, but today, we are The Y. An association that values and is made stronger by its diverse people. We stand for youth

development, healthy living, and social responsibility — For a better us. We are committed to creating equal opportunity for all regardless of gender, age, disability, income, ethnicity, sexual orientation, or religious affiliation. We strive to create a welcoming and inclusive culture in which our four core values — responsibility, honesty, caring, and respect — are integral to everyday operations.

Each year, as one of the area's leading 501(c)(3) charitable organizations, the Summit Area YMCA serves more than 17,000 individuals with our free and fee-based programs and services in an area spanning the New Jersey communities of Berkeley Heights, Gillette, Millburn, New Providence, Short Hills, Springfield, Stirling, and Summit. Our history is rooted in working side-by-side with our neighbors to ensure everyone can learn, grow, and thrive. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those in need.

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The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.

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STIRLING SPRING STREET FAIR – APRIL

The Stirling Spring Street Fair will be held on Sunday, April 21, 2024. This event, sponsored by the Long Hill Chamber of Commerce, will be held along Main Avenue between Mercer & Somerset Streets from 10 a.m. – 5 p.m. rain or shine. The street will be closed to vehicle traffic during the event and will be transformed into a giant block party.

SHOPPING

If you like shopping outdoors then this is the place to be. We have quality exhibitors selling a selection of assorted items, a special arts & crafts section, live entertainment, kiddie rides and games, great festival foods and food trucks, and so much more. Don't miss stopping by the many local merchants and civic organizations to see what goodies they are passing out.

FOODIES

As you stroll along stop to have a bite to eat and sit at tables in our live music area. See the show we have planned with live music, dancing, karate demonstrations and more. So come hungry and enjoy eating carnival food favorites like a sausage & pepper sandwich, cheese steaks, kettle corn, chicken fingers, ice cream, zeppole, shish kabobs, gyros, fresh cut fries, fresh squeezed lemonade, Italian ice and the many great gourmet foods from the food trucks. The food trucks will be listed below upon reserving their spaces.

KIDS

We also have The "Kidz Traveling Shindig" which is a section dedicated to children with kiddie bounce rides, slides and interactive blow ups, face painters, sand art and kids games.

MUSIC

Live entertainment throughout the day.

TAKE THE TRAIN TO THE FAIR!

You can take the NJ Transit Train to the Stirling Station and you will be at the street fair. The detour route is Passaic Ave. and Somerset Street. Parking is available at the Train Station lot, and the side streets. Enter the area from Valley Road on Warren Ave. or Passaic Ave. We hope that you'll consider joining us and we look forward to seeing you. For more info visit: JcPromotions.Info

SIEMINSKI THEATER UNVEILS SPRING SEASON

Experience a vibrant selection of shows at the Sieminski Theater, located in Fellowship Village, Basking Ridge. Whether you're looking for a romantic night out or a fun-filled day with family or friends, the Sieminski Theater is the perfect destination for an unforgettable experience. Visit sieminskitheater.org to discover our upcoming shows and let the allure of live entertainment enchant you.

April 7 at 2:30 pm: David Maiocco's Rhapsody In Red, White & Blue, a dazzling tribute by the acclaimed pianist and actor, brings Liberace's legacy to life with a performance that sparkles with the maestro's signature style. Maiocco's uncanny resemblance and incredible talent capture the heart, spirit, and charisma of the man who became "Mr. Showmanship!"

April 13 at 2:30 pm: Mentalist Joshua Kane's Borders of the Mind is an extraordinary journey into the realm of mental marvels and telepathic wonders. This family event beckons those with a curiosity for the mystical, providing a chance to delve into the depths of intuition and unearth hidden psychic talents. Embrace the adventure and unlock the secrets of your mind and discover your inner superhero!

May 4 at 2:30 pm and 7:30 pm: Lisa McClowry's The Beat Goes On is a nostalgic and vibrant odyssey through Cher's discography that will leave you feeling like you've just witnessed a Goddess of Pop concert! With eight costume changes and mesmerizing video projections, the storytelling is perfectly enhanced and promises an experience like no other.

May 12 at 2:30pm: Kimberly Faye Greenberg's Fabulous Fanny: The Songs & Stories of Fanny Brice is a delightful tribute to the life and humor of the Broadway legend. This acclaimed show revives the spirit of "Funny Girl," Fanny Brice and is a must-see for anyone who loves the golden age of Broadway and the enduring wit of Brice.

June 1 at 2:30 & 7:30pm: Frankie Ciroll's The Magic Of Tony Bennett is a heartfelt tribute that captures the emotional depth and elegance of Bennett's iconic songs. Accompanied by a full

orchestra, audiences will be treated to a musical journey, from the touching "I Left My Heart in San Francisco" to the soaring melody of "Fly Me to the Moon."

June 9th at 2:30: Tea for Three: Lady Bird, Pat & Betty is a one-woman show that intimately portrays the lives of Lady Bird Johnson, Pat Nixon, and Betty Ford. Elaine Bromka's heartwarming play takes place in three scenes, each focusing on one of the women as they share their hopes, fears, and loves.

June 15 at 7:30 pm Dancing Dream: An ABBA Tribute is a nostalgic trip to the era of disco and dazzle! The timeless music beckons fans to sway to hits like "Mamma Mia," and "Dancing Queen" Embrace the 70s' flair with platform shoes and sequins and prepare for an unforgettable night of harmonious vocals, vibrant costumes, and lively dance routines.

Tickets for these captivating performances can be purchased at sieminskitheater.org or (908) 580-3892.

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About the Sieminski Theater:

Bringing a professional performing arts venue with a diverse lineup of entertainment to Basking Ridge and the surrounding communities makes the Sieminski Theater and Somerset County an artistic and cultural destination. We enjoy a newly expanded performance schedule from the American Theater Group, Light Opera of New Jersey, New Jersey Festival Orchestra, Trilogy Repertory, and countless national touring groups. Our intimate, award-winning non-profit venue features technical amenities that rival any Broadway theater.

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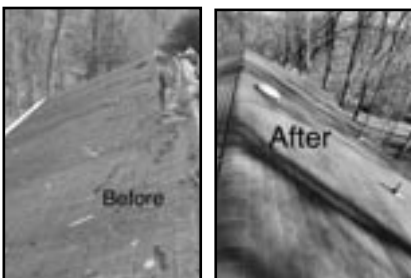
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LOCAL STUDENTS RECEIVE KARATE PROMOTION

Chu's Academy of Martial Arts promoted 3 students on February 27th to the rank of "Cho Dan", or midnight blue belt, in the traditional Korean martial of Soo Bahk Do Moo Duk Kwan. The midnight blue belt is equivalent to black belt in other martial art styles. The 3 students, Vedika Ghosh, 14, of Berkeley Heights; Dylan Herring, 13, of Gillette; and Asher Gupta, 14, of Stirling, all trained for a minimum of five years to achieve their new rank. Additionally, they are on the Academy Leadership Team where they attend special growth and development sessions, and lead a weekly class under the direct supervision of a certified Master Instructor. "We are so very proud of these students", said Lydia Chu, a 6th degree certified Master Instructor and co-owner of the Academy, "the amount of effort and focus they put into this process was extraordinary".

The rank testing took place in October of 2023. The three hour test conducted in Sewell, New Jersey evaluated their ability to properly and effectively demonstrate techniques, knowledge of the art and heritage, endurance, and character. It is typical for students to wait for their promotion for several months, said Michelle Cavett, 4th degree certified master instructor.

"This 'reflection period' reinforces the delayed gratification we instill in them, and also the opportunity for them to fully grasp what it means to achieve this advanced level, and the expectations and responsibilities that accompany it". For more information, visit karate4peace.com or call (908)647-4194.



(above, l-r) with their families behind them are Chu's Academy of Martial Arts new midnight blue belt holders: Asher Gupta, Vedika Ghosh, and Dylan Herring.



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8:45 a.m. Education Hour

Passion/Palm Sunday - March 24
8:00 a.m. Spoken Liturgy with Eucharist
10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - March 28
12 noon Spoken Liturgy with Eucharist
7:30 p.m. Liturgy with Rite of First Holy Communion

Good Friday - March 29
12 noon Ecumenical Community Service
7:30 p.m. Service of Tenebrae

Holy Saturday - March 30
A Day of Silence, Prayer & Reflection

Easter Celebration - March 31
7:00 a.m. Memorial Garden Liturgy
8:00 and 10:00 a.m. Liturgies with Eucharist

Visit our website or Facebook at
Faith Lutheran, New Providence
We practice an open Communion table. All are welcome!

TIMELESS TREASURES WHITE ELEPHANT SALE

Senior Citizen Center of Long Hill

Join us on Saturday April 13 from 10 a.m. to 3 p.m. at the Senior Center, 769 Valley Road, Gillette N.J. for our White Elephant Sale. Our members will be selling everything and anything they wish to part with from household goods, collectibles, decorative pieces, small electronics, paintings, and jewelry.

Join us and find a treasure or two at bargain prices. Coffee and snacks available too. Plenty of free parking. Rain or Shine.

FREE CONCERT - 4/ 11

The Suburban Music Study Club will present Music of The Spring on Thursday, April 11 at 10:30 a.m. Chatham United Methodist Church located at 460 Main Street, Chatham. Patricia Ruggles, voice; July Verbitsky, piano; Gail Berkshire, flute with Chick Barnes, piano will perform sweet music to usher you out of the Winter and in to the the Spring! All are invited. Event is free and handicap accessible. For more info visit suburbanmusicstudyclub.com, or our Facebook page.

RUN FOR THE ROSES FUNDRAISER – MAY 4TH

The Summit Lions Club will be holding their annual Derby Fundraiser on May 4th at Delicious Heights in Berkeley Heights at 5:00 p.m.

Join us for the Run for the Roses with a live stream of the race, buffet, 50/50 cash raffle, and auction items.

Tickets are \$30.00 per person and should be purchased by May 1 by visiting summitlionsclubs.org/donate.

Or you may contact Lion Stephanie Sciallero at stephanie.sciallero@gmail.com.

The Summit Lions was chartered in 1926 at the Summit Beechwood Hotel and is celebrating 98 years of service to the community. In 1925 Helen Keller challenged the Lions to become "Knights of the Blind in the crusade against darkness." Since that time, Lions have been tireless advocates for the blind and visually impaired and has expanded its challenges to six pillars of service. Diabetes, Youth, Environment, Hunger, Disaster Relief and Pediatric Cancer.

Visit our website at summitlionsclub.org. Our membership is 1.4 million worldwide. Our motto is We Serve.

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- 3/4 Goose Egg\$105
- 2-4 Goose Egg.....\$135
- 3/4 Arctic White.....\$135

Prices subject to change without notice.

TREES AVAILABLE THROUGH GRANT – DEADLINE APRIL 15

Long Hill again has a challenge grant and is offering home or property owners in Long Hill a chance to purchase up to two deciduous shade trees for \$250 each through the Shade Tree Commission.

Business owners are also encouraged to apply, particularly those along the Valley Road corridor.

The \$250 level includes a variety of flowering and shade tree species. Other species may be available upon request at a higher amount. All trees must be located so they can be seen from the street.

Through this program, property owners may

purchase a tree for less than the retail value, with the township paying the balance with the grant. Installation is arranged by the Township Public Works Department.

“We have seen the hazards of planting too many trees of one species such as the ash tree.” said Shade Tree Commission Chair Susan Jeans. This year, therefore, the Shade Tree Commission is again expanding the recommended species list to include some new and exciting choices, such as Tupelo (Black Gum) and Serviceberry along with the usual Maples, Oaks, Redbuds and Dogwoods.

Those interested in participating must complete an application available on the township website at longhillnj.gov/forms/Challenge-grant-program-application.pdf. This application should be accompanied by a check

for \$250 per tree with a two tree limit and mailed to Township of Long Hill 915 Valley Road Gillette, NJ 07933.

Applications are due by Monday, April 15, 2024. Only 20 applications will be accepted on a first come, first served basis.

A Shade Tree Commission representative will contact the property owner to approve the location of the tree(s) on the property and to select the variety of tree that would be the best fit for the location. Trees will be planted mid-to-late May.

The Shade Tree Commission reserves the right to make the final decision on location and arrangement for installation. Once installed, the property owner becomes responsible for the watering and maintenance of the tree as prescribed by the Shade Tree Commission.

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(above) Called “one of the best and most consistent native trees for fall color” by tree expert Michael Dirr, the black tupelo is a terrific landscaping choice. Displaying various hues of yellow, orange, bright red, and purple - often on the same branch - it’s foliage is a standout of the autumn season. Even the distinctive bark, which resembles alligator hide, adds visual and textural interest. It also serves as an important food source for birds, bees and other wildlife.” - Arbor Day Foundation



“This (multi-stemmed) tree/shrub is an all-season beauty. Delicate white flowers bloom in the spring, and vibrant foliage makes an appearance in the fall. Produces plump red berries edible by both birds and humans. Grows 15’-25’ high with an equal spread.”
 - Arbor Day Foundation

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UPCOMING VIRTUAL LIBRARY PROGRAMS

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Presented by Greater Raritan One-Stop Career Center

Discover various tools to assist you in the workplace.

The Multi-Generational Workplace Emotional Intelligence

April 10, 10 a.m. - 12:15 p.m.

May 1, 10 a.m. - 12:15 p.m.

Failed Presidential Assassinations

April 2, 7-8 p.m.

Explore the more famous attempts on the life of the President of the United States as well as the two lesser known successful assassinations, Garfield and McKinley.

The Sky by Day and by Night

April 3, 7-8 p.m.

Explore the moon, planets, stars, artificial satellites, and the sun's path across the sky.

The Dead Sea Scrolls - The Texts, Their Context, and the Coalescence of Jewish and Christian Scholarship

April 10, 7-8 p.m.

Discover one of the most remarkable archaeological finds of the 20th century; presented by Professor Gary A. Rendsburg of Rutgers University.

The Letters of T.S. Eliot and Emily Hale

April 11, 7-8 p.m.

Explore the largest series of Eliot's correspondence and among the best-known sealed literary archives in the world.

"One Hundred and Sixty Minutes: The Race To Save The RMS Titanic" by William Hazelgrove

April 15, 7-8 p.m.

Discover the heroic acts of more than twenty-eight ships that were involved in the rescue of Titanic survivors.

Across the Mediterranean and Back Again in Twenty Years - Intro to Homer' "The Odyssey"

April 23, 7-8 p.m.

Examine the tale of unlucky Odysseus as he makes his way from Troy back to his homeland of Ithaca, encountering disaster, misfortune, and unfamiliar lands along the way.

"Along the Appalachian Trail: New Jersey, New York, and Connecticut" by Leonard M. Adkins

April 24, 7-8 p.m.

Walk through a historical perspective of the area that is considered by some to be the pathway's birthplace.

New Jersey Nature

April 25, 7-8 p.m.

Join photography enthusiasts and N.J. Audubon Associate Naturalists Becky and Phil Witt for a virtual tour of New Jersey nature.

Fermented Vegetables Workshop

April 29, 7-8:30 p.m.

Learn the basic science behind making fermented vegetables, from sauerkraut to beets, carrots, corn, and more.

"Long Gone, Come Home" Presented by Author Monica Chenault-Kilgore

May 1, 7-8 p.m.

Discover a tale of love, life, and loss that spans from the peak of the 1930s jazz era to the Great Depression and civil rights movement.

The Vietnam War 1956-1975 - How it All Began

May 6, 7-8 p.m.

Address how the Vietnam War started during Military History Month.

Japonisme - Cultural Crossings that Influenced Modern Art

May 13, 7-8 p.m.

Explore the story of how some of our favorite artists - Whistler, the impressionists, Van Gogh, and the post-impressionists - incorporated art and culture of Japanese influences.

Famous (and Some Not So Famous) Movies With a New Jersey Connection

May 20, 7-8 p.m.

Learn about movies that connect to the Garden State, from "On the Waterfront" to "The Wedding Singer," and many more.

In the Shadow of a Pyramid - Anatomy of an Excavation in Egypt

May 29, 7-8 p.m.

Journey through an excavation with Egyptologist and Princeton Ph.D. Candidate Emily Smith-Sangster.

Butter Chicken Virtual Cooking Class

May 30, 7-8:30 p.m.

Learn how to create butter chicken and spiced vegetable rice pilau with minimal effort.

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

SENIOR CENTER OF THE CHATHAMS EVENTS

Those interested in attending should call the Senior Center of the Chathams Mondays-Fridays between 9 a.m. and 3 p.m. to register: 973-635-4565.

Spring & Easter Trivia Game

Monday, April 8, 11 a.m.

Test your knowledge in this fun game of trivia questions about the season and holiday.

Introduction to Acting Course

Tuesdays, April 23-June 11, 10 a.m.

Eight classes taught by returning instructor, Anthony Caruso.

Florian Schantz Jazz Band

Thursday, April 25, 11:45 a.m.

A performance of jazz, Broadway, and Hollywood music pieces.

Paper Shred & Sneaker Drive Fundraiser to benefit the Senior Center of the Chathams

Saturday, April 27, 9 a.m.-Noon

Chatham Middle School

Arthritis & Osteoarthritis Presentation

Monday, April 29, 12:30 p.m.

Learn therapeutic exercises geared toward improving mobility, strength, flexibility, and range of motion for those with arthritis and osteoarthritis.

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DAR SETS NEW RECORD FOR SERVICE

Submitted by Holly Dunbar

The numbers are in and 2023 was another record-breaking year for the Daughters of the American Revolution (DAR). The Society's members recorded a record 7.2 million hours of community service with 97 percent of chapters

worldwide reporting in. Members of Elizabeth Snyder-Continental Chapter, based in Green Brook, recorded 1,800 hours of service last year that included hosting public genealogy workshops, compiling a database of Revolutionary War soldiers in New

Jersey, welcoming new citizens at naturalization ceremonies, recording data for citizen science conservation projects, honoring veterans, volunteering with Somerset County 4-H, cleaning historic headstones, supporting school activities and more.

The DAR has more than 190,000 members in 3,000 chapters across America and in several countries around the world. A nonprofit service organization, membership is open to women 18 and over who are descended from a man or woman who aided the cause of American independence.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter at ESCchapterDAR@gmail.com.

Courtesy photos



(above) Local DAR members contributed to the Society's 7.2 million hours of Service to America in 2023.



(above, l-r) DAR members Holly Dunbar and Beth Kavanaugh collected socks for Native American students.



(above) DAR members honored veterans in November at The Chelsea in Warren.

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- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid ...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

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- Morgan GRIT Athlete Parent
- "My son has been talking about it since the summer program ended. After he attended the summer program we have seen a tremendous improvement with Mason in sports. He is much more aggressive and focused now."

- Robert, GRIT Athlete Parent
- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent
- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent
- "We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"

- Dara, GRIT Athlete Parent

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Warning: Our summer season begins June 17th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR code and enter your information to find out more about the Summer Program.