

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 136 • APRIL 2024

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Green Brook Cub Scout Pack 129 hosted their annual Pinewood Derby on March 8, 2024. As usual it was a big success. The Cub Scouts invited the Girl Scouts, each making their own cars and winning awards. If anyone is interested in joining Cub Scouts, we invite boys from Kindergarten to 5th grade from any town. We have kids from Green Brook, North Plainfield, Middlesex and Warren. Cub Scouts is a great way to make new friends, get outside, hiking and camping. Please contact Scoutmaster, Jay Kong at jlk.scouting@gmail.com for more information.



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WARREN MONTHLY

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ALISHA LI'S COLLEGE FENCING RECOGNITION

Wellesley College

Alisha Li of Warren was one of four members of Wellesley College fencing to receive U.S. Fencing Coaches Association (USFCA) Northeast All-Region recognition in March. First year Alisha Li made the Division III All-Region

Team.

The awards are determined based on result and field size at each of the NCAA Regional Competitions. The U.S. Fencing Coaches Association is an association of United States fencing coaches and was established in 1941.



Photos by Frank Poulin

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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. Or Mail checks payable to WHRHS Project Graduation 2024: Project Graduation 2024

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

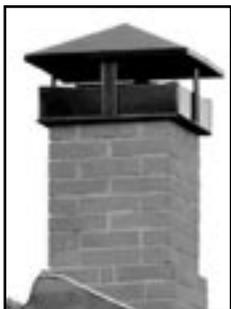
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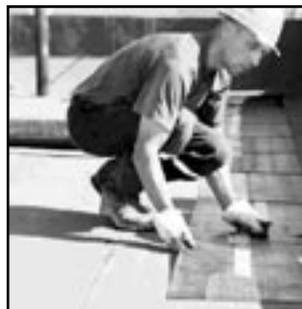
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SIEMINSKI THEATER UNVEILS SPRING SEASON

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 Cirell'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.

Enjoy an exceptional pre-show dining experience at Wilson's Tapas Bar Lounge restaurant Located steps away from the Sieminski Theater, culinary dishes prepared by Fellowship Village's award-winning executive chef feature only the freshest ingredients and highest quality. Make a reservation by calling 908-580-3818 for 5:30 pm for the show date.

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.

Visit us at www.sieminskitheater.org to view our upcoming entertainment schedule, where any seat is the best seat in the house.

<p>April 7</p> <p>David Maiocco LIBERACE Rhapsody in Red, White & Blue</p>	<p>April 13</p> <p>Joshua Kane's BORDERS OF THE MIND DISCOVER YOUR SUPERHERO POWERS</p>	<p>May 4</p> <p>Lisa McClowry CHER THE BEAT GOES ON</p>
<p>May 12</p> <p>KIMBERLY FAYE GREENBERG FABULOUS FANNY The Songs & Stories of Fanny Brice</p>	<p>June 1</p> <p>Frankie Cirell The Magic of Tony Bennett</p>	<p>June 9</p> <p>TEA FOR THREE Lady Bird, Pat & Betty</p>
<p>June 15</p> <p>DANCING DREAM AN ABBA TRIBUTE</p>	<p>8000 Fellowship Rd Basking Ridge</p> <p> SIEMINSKI THEATER CULTURAL ARTS CENTER</p> <p>SieminskiTheater.org 908-580-3892</p>	

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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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Sunday Mornings
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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

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TO LEARN MORE, VISIT:
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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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CASA SHAW PROVIDES FAMILY RESOURCES

Court Appointed Special Advocates of Somerset, Hunterdon, and Warren Counties (CASA SHaW) has announced an online resource for families through their CASA SHaW Family Video Series. The video series is housed on their YouTube channel and provides an array of presentations for resource and biological parents to utilize as they navigate the world of parenting and child development.

“We want to make sure that all families have access to educational resources in a fast paced and changing world.” said Tracey Heisler, Executive Director of CASA SHaW.

Thanks to a grant provided to CASA SHaW by the Lowell Johnson Foundation, the staff at CASA have been busy over the past 9 months producing the “TED Talks-type” videos for the community at large. Family series videos that have been uploaded include:

- Positive Childhood Experiences
- Infant Brain Development
- Caring For Textured Hair
- Educational Advocacy
- Understanding Adverse Childhood Experiences
- Advocating For a Child with Disabilities
- Domestic Abuse
- Supporting LGBTQ+ Youth

Future videos will be forthcoming as CASA continues to dive into other subject matters pertaining to foster care in the future.

The videos can be accessed at youtube.com/@casashaw3959.

CASA of Somerset, Hunterdon, and Warren Counties is part of a statewide network of community-based, non-profit programs that recruit, screen, train and supervise volunteers to “Speak Up for a Child” removed from home due to abuse or neglect. CASA is the only program in New Jersey that uses trained volunteers to work one-on-one with children, ensuring that each one gets the services needed and achieves permanency in a safe, nurturing home. To find a local CASA program in your county, visit casaofnj.org.

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SOMERSET COUNTY SPRING NATURE PROGRAMS

Online registration is currently open. For a complete list of programs and to register visit somersectcountyparks.org. For more information, call 908-722-1200, ext. 5002.

Saturday Bird Walk & Talk

Saturday, April 6, 13, 20 and 27, 7 to 10 a.m.

Each Saturday there will be a different birding-themed topic, such as habitats, migration, warblers and more. This program is appropriate for adults. The cost is \$21 per adult and \$18 per senior citizen. Activity Number: 51965.

Snack & Chat: A Book Discussion

Thursday, April 25, 2 to 3 p.m.

Enjoy a snack while discussing “An Immense World: How Animal Senses Reveal the Hidden Realms Around Us,” by Pulitzer Prize winner Ed Young. This is a free program and is appropriate for adults. Activity Number: 51965.

Birding the D&R Canal at Colonial Park

Wednesday, April 24, 9 a.m. to 12 p.m.

Enjoy walking along the D&R Canal near calming water, away from traffic, while connecting with nature and searching for warblers, vireos, waterfowl, and other early-season migrants. This program is appropriate for adults. Participants will meet in Parking Lot F at Colonial Park. The cost is \$25 per adult and \$20 per senior citizen. Activity Number: 51967.

Sayen House and Strolling Garden

Wednesday, May 29, 10 a.m. to 3:30 p.m.

Walk with Naturalists on a trip full of gorgeous spring blooms. Enjoy seeing a beautiful collection of azaleas and rhododendrons at Hamilton Square where

there are thousands of bulbs and blooming dogwoods. Bring a picnic lunch and drinks.

This program is appropriate for adults.

Participants will meet at the EEC where transportation will be provided to Hamilton Square. The cost is \$45 per adult and \$35 per senior citizen. Activity Number: 51894.

Sunangels

Friday, June 14, 7 to 8 p.m.

Learn about Ruby-throated Hummingbirds, also known as Sunangels, in this interesting program at the EEC where participants will learn facts about these tiny precision-flying hummingbirds.

Participants also will find out how to attract hummingbirds to their yard, what kind of food hummingbirds eat, and see fun photos and videos of a variety of other hummingbird species. This program is appropriate for adults.

The cost is \$7 per adult and \$6 per senior citizen. Activity Number: 51966.

REGISTRATION

Preregistration is required for all programs. Online registration is currently open. Registration closes 24 hours before the start of a program. Enrollment may be open after the registration deadline if the class is not full.

AGE REQUIREMENTS

Adult programs are for participants ages 18 years and above. Children under the age of 15 years must be accompanied by a registered adult in programs for “all ages.”

CLOTHING

Weather-appropriate clothing is required. Participants should wear waterproof boots for all outdoor in-person programs.



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Courtesy photos

JAYA DAVE RECEIVES GOVERNOR'S AWARD

Jaya Dave, a senior at Watchung Hills Regional High School, was recently awarded the Governor's Award for Exceptional Artistry & Community Leadership in Dance. She has been dancing since the age of 4 at the Washington Rock Dance (WRD) school in Warren. During her time at WRD, she has trained pre-professionally in ballet and modern dance as well in contemporary, jazz, hip-hop and tap. She also has many years of training in Bollywood and Classical Indian dance. Jaya has furthered her dance technique at the Ailey School Professional Division Summer Intensive as well as the American Dance Festival Pre-Professional Intensive.

Through the years, Jaya has had many prominent roles in the WRD's Nutcracker Ballet production as well as had opportunities to perform alongside professional in various venues throughout New Jersey and New York City. Most recently, she was invited to dance at a reception at the Governor's Mansion during a Women's History Month event.

In addition to advancing her artform through her own training, Jaya has spent many hours over the last 7 years teaching dance as an assistant teacher at WRD, where her passion for dance education and leadership began. Jaya strongly believes that all students should have access to learning various dance forms, regardless of socioeconomic background, and thus led the initiative to reintroduce the dance program into the Watchung Hills Regional High School curriculum. She presented research to the board

on the benefits of arts education and attained student signatures to further her cause. Her interest in education and community service has led her to be a co-instructor for the Dance for Parkinson's program. She has also participated in many local school and community outreach events to promote the Arts.

Next year, she plans to go to college to study dance, while taking courses in business and education. Jaya aspires to dance, choreograph, teach and, maybe one day, own her own dance company and studio.



(above) Jaya Dave has received the NJ Governor's Awards In Arts Education Student Award: Exceptional Artistry & Community Leadership in Dance

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UPCOMING VIRTUAL LIBRARY PROGRAMS

These programs are hosted virtually. Most programs require registration. Visit SCLSNJ.org. To join a virtual program by phone, dial (646) 876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

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.

PATRONS SHARE FEELINGS

A beautiful handmade quilt, composed of original artwork squares created by library patrons of all ages, the youngest was a toddler, is now on display in the Watchung Library. It features important impressions and feelings the quilters have about their library.

The project was coordinated by Friends of the Watchung Library. Friends President Marcia Walsh assembled the quilt, along with volunteers from the Friends.

The quilt is hanging in the Second Story Bookstore on the second floor of the library, off the Watchung Circle.



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- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- 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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- "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

GET MORE INFORMATION (STARTS JUNE 17TH)

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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.

WARRENBROOK SENIOR CENTER APRIL PROGRAMS

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April fool Bingo with Bob Mazet

April 1, 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.

Downsizing

April 3, 11 a.m.

George Pizzo from Caring Transitions will talk about the benefits of downsizing, how to prepare for downsizing and tips for sorting and decluttering & moving.

Junk Drawer Detective

April 4, 11 a.m.

Junk Drawer Detective is an intriguing mystery – solving game where players explore the chaotic realm of a forgotten drawer. As a detective, you unravel puzzles, decipher cryptic clues, and piece together the scattered remnants of everyday items to solve mysteries. This immersive game offers a blend of hidden object challenges and brain teasing puzzles, providing an engaging experience as players unlock the secrets hidden within the eclectic contents of a junk drawer.

Mini Gardening

April 5, & 26 11 a.m.

Hirey Molligoda from Assisting Hands Home Care will guide us through the delightful activity designed to bring joy and nature into the lives of seniors by filling the eggshells with soil & planting them with seeds. You will have the opportunity to decorate the faces of the egg using markers, attach googly eyes and colored wool for the hair. All supplies will be provided. PRE-REGISTRATION IS REQUIRED. Please call (908) to register.

TV Show Theme Songs Sing Along

April 8, 11 a.m.

Our own Warrenbrook Senior Musicians will lead a musical journey of TV show theme songs from the 1960's through the 1990's. Those were the good old days with TV shows headed by Mary Tyler Moore, Bob Hope, Doris Day, Kermit the Frog, and other superstars. Words will be provided for eleven songs. Please bring your reading glasses and singing smiles!

Monthly Book Club

(Virtual) April 9, 1:30 PM

Meets Every Second Tuesday of the month. Join the Warrenbrook Seniors Book Club members to discuss the book of the month and select the next book to read. New members are always welcome! ****Only for Warrenbrook Senior Center Participants****

Gotcha! Avoiding Scams

April 10, 11 a.m.

So many individuals spend a great amount of time working to help themselves to your money and valuables.

Breathing techniques for mental wellness

(Virtual) April 11, 11 a.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.

Around the world on a paper plane CRAFT

April 12, 11 a.m.

To celebrate the International Day of Human Space Flight, we will be making our own paper planes and see which flies the fastest, the farthest and which one crashes.

Space Trivia

April 12, 1 p.m.

To continue with the theme of Space, we will play Space Travel Quiz and Astronomy Quiz.

Ageless Grace Fitness Program

April 15, 11 a.m.

with Roz Gerken, Certified Ageless Grace Educator. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e., strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic thinking). The program is intended for participants of all abilities while thoroughly engaged and seated in a chair.

Drum Circle

April 15, 29, 1 p.m.

Soothe the mind, body and spirit in this drumming circle. This is a holistic experience that leaves participants feeling a sense of joy! This is an ancient approach to promote healing and incite self-expression. The benefits of drumming are deep relaxation, lower blood pressure, reduced stress and open communication. Dave will teach participants how to hold a drum and how to make different tones.

Health Benefits of Nuts

April 17, 11 a.m.

Nuts offer various health benefits. Rich in heart-healthy monosaturated and polyunsaturated fats, they can help lower bad cholesterol. Jennifer Korneski from RUTGERS Co-operative Extension will talk about nuts and

how they provide a good source of protein, fiber, vitamins, and minerals contributing to overall well-being and potentially reducing the risk of chronic disease.

Plants: Earth's Silent Rulers

April 18, 11 a.m.

To celebrate Earth Day & Arbor Day, we will be watching a video about "Plants, Earth's Silent Rulers," which will unravel the mysteries of plants, the oldest form of life on earth. We will show that while plants are often thought to be passive, they have adopted aggressive strategies for survival. It is these "quiet rulers" of Earth that are not only the foundation of the global ecology, but also the spring from which all life flows.

Tree Trivia

April 18, 1 p.m.

To continue the theme about trees, we will play the "All about Trees" and "Trees of the World" quiz.

Brains n Games and Hand Bells

April 19, 26, - 11 a.m.

with Adrienne Graubard. 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.

Bingo

April 22, 11 a.m.

with Bob Mazet - 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.

Breathing techniques for mental wellness

April 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.

Navigating the Health Care Field

April 24, 11 a.m.

Randi Goldberg will discuss proactive ways of managing health, staying informed about insurance coverage, and building a relationship with a primary care provider.

Volunteer Recognition

April 25, 11 a.m.

This is a heartfelt event celebrating the dedication and contributions of volunteers. During this special occasion, volunteers are acknowledged for their selfless efforts with personalized gratitude speeches, certificates of appreciation and a musical event by Ken Kuehl. Through this recognition, the Warrenbrook Senior Center aims to inspire a continued spirit of service among its valued volunteers.

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



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



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

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Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit & Times NJ Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Zip: 07090

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FREE WORKSHOP – APRIL 11

Commission on Child Abuse & Missing Children

Learn how to identify and report child abuse from experts at the free workshop forum “Know & Tell: Preventing, Recognizing and Reporting Child Abuse.” Workshops will take place during Child Abuse Prevention Awareness Month on Thursday, April 11, from 9 a.m. to 1 p.m. in the Event Center at Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ. There will be a light breakfast available, and registration will be open at 8:30 a.m. Participants can receive Professional Development Certificates.

Workshops are appropriate for mental health professionals, law enforcement, and the public including parents, neighbors, caregivers and anyone who has an interest in protecting children in their community.

Expert presenters will lead dynamic and interactive workshops about creating a safe community for children, identifying and reporting child abuse, and understanding the legal roles and responsibilities when reporting child abuse. Presenters of the workshops are Communications and Outreach Director Olga Aramini of New Jersey Children’s Alliance (NJCA) and Child Advocacy Manager Melinda McCabe of the Special Victims Unit, Somerset County Prosecutor’s Office.

WORKSHOP PARTICIPANTS WILL ALSO LEARN:

- Legal definitions of neglect, and physical, psychological, and sexual abuse
- Warning signs of child abuse
- Mandatory child abuse reporting responsibilities according to New Jersey law
- Steps for reporting child abuse on the Child Abuse Hotline
- Barriers to reporting child abuse and how to overcome the barriers
- Strategies for keeping children safe from online and in-person predators
- How New Jersey’s Child Advocacy Centers, Multidisciplinary Teams, and other stakeholders work together to protect children



(above) Commission on Child Abuse & Missing Children to Sponsor Free Workshops. ‘Know & Tell: Preventing, Recognizing & Reporting Child Abuse’ on April 11. Professional credits are available, but the workshops are open to the public.

To preregister for the workshop, contact Luisa Hernandez at lhernandez@co.somerset.nj.us.

For more information, contact Community Planning Specialist Kristy Soriano at 908-704-6356 or ksoriano@co.somerset.nj.us.

CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month when communities around the nation come together to support families and children by educating communities about strategies, outreach programs, resources, activities and tools to help identify, prevent and protect children from neglect and abuse.

SPONSORS OF THE CHILD ABUSE FORUM

Sponsors of this event include the Somerset County Commission of Child Abuse and Missing Children, the Somerset County Office of Youth Services, and the Somerset County Prosecutor’s Office in partnership with Raritan Valley Community College and the Safe Communities Coalition.

ALL STAR
 Those Oldies but Goodies/Doo Wop to Disco
 Those Toons from the 50's, 60's, and 70's
 Date: April the 10th
 at the Shore House in Spring Lake, NJ.
 OPEN to ALL Warren Seniors (55 & above)

Bus (provided by the Township)
 leaves OLM parking lot
 at 9:30 and returns about 5:00
 The cost will be \$70 per person
 check should be made out to "Warren Township Seniors
 MUST be paid by April 3rd

Menu:
 One Hour Open Bar
 Fresh Garden Salad
 Caterer's choice of Soup
 Choice of Beef Brisket, Chicken Kiev or Herb Salmon
 Desert - Coffee or Tea
 Wine or Soda during Lunch

For Tickets, please contact one of the following:
 Walter Ryder (908-668-0726)
 Wendy Willaman (973-632-0281)
 Bill Sundburg (908-754-5915)
 or 9 Gates Avenue, Warren, NJ



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Renna Media has posted its second episode of “Mind Your Own Local Business,” a podcast that gives advice on how to run a successful local business. To learn more call me, 908-447-1295, or email joerenna@rennamedia.com.



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Cherie Berger
cherie.berger@compass.com
M: 908.410.0931 | O: 973.310.6816



Steven Berger
steven.berger@compass.com
M: 908.256.0307



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

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