Watchung's Hometown Newspaper

Published by Renna Media, On-line at **RennaMedia.com**

ISSUE 143 • OCTOBER 2024

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ADULT FACILITATOR TRAINING PLANNED FOR OCTOBER

Imagine, A Center for Coping with Loss

The staff at Imagine, A Center for Coping with Loss, are so pleased to welcome 15 new youth facilitators who participated in their 2-day youth facilitator training program in August. These high school age volunteers will help create safe spaces for Imagine's young participants who are grieving the loss of someone close to them.

During their training, the new volunteers learned about Alan Wolfelt's companioning model followed in Imagine's groups, where facilitators walk beside participants on their grief journey. The new youth facilitators also learned about how children may use play to help them process their experiences and understand their feelings.

Imagine's Mountainside Clinical Program Supervisor, Abigail Priece, LPC shared this about the new group of youth facilitators: "Youth facilitators are such an asset and benefit our children and our overall program. Their energy, connection with the kids and dedication is invaluable. This new group of facilitators is enthusiastic and skilled, and we are excited to welcome them to the Imagine community!"

The demand for Imagine's programs has been consistently increasing, leading to the addition of new groups and Nights of Support for their upcoming program year. In order to meet the growing need for peer support groups for children, youth, young adults and their parents and caregivers, Imagine is looking for additional adult facilitators as well. A 3-day training for adult facilitators is planned for October 12-14 from 9 a.m. - 5 p.m. each day.

Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years of age or older and must attend all 3 days of the facilitator training. Spanish speaking volunteers are needed as well. Though Imagine asks facilitators to



(above) Imagine, A Center for Coping with Loss welcomed 15 new youth facilitators.

Courtesy photo

commit to one year facilitating their peer support groups, many stay on for many years. Here's what some of Imagine's facilitators have shared about their experience:

"I love Imagine- I love the people; I love the model, and I love being a part of this incredible place."

-Kathy-11+ years facilitating at Imagine

"I feel like I get more back than I give, from the participants, my fellow facilitators, and the staff."

-Debbie-9+ years facilitating at Imagine

"As I offer space for healing to others, I too am healed."

-Thomas-6 years facilitating at Imagine

If you'd like to participate in Imagine's upcoming training and join this incredible team of volunteers, please visit Imagine's website at imaginenj.org and complete their interest form for the upcoming training. If you have questions regarding volunteering with Imagine, please reach out to val@imaginenj.org. The staff at Imagine hope to welcome you to their wonderful team of volunteers!

Imagine, A Center for Coping with Loss is a 501c3 that offers grief and loss education and training to the community and free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. For more information, please contact Imagine at 908-264-3100 or info@imaginenj.org.



Watchung Post

Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

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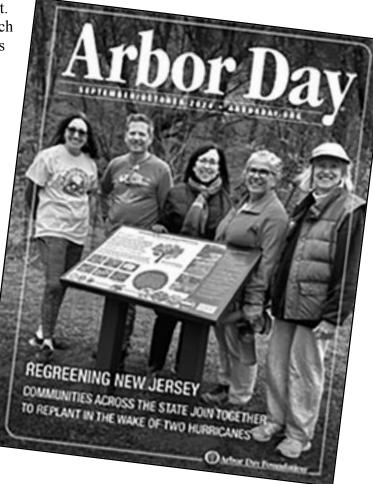
Borough of Watchung

On September 27, 2024, the Watchung Environmental Commission received an Environmental Achievement Award from the Association of NJ Environmental Commissions (ANJEC) at their Environmental Congress held at Rowan College in Mt. Laurel. These awards are given out each year to "recognize exceptional projects"

carried out by environmental commissions and groups."

The Watchung Environmental Commission (EC) was commended for their riparian buffer restoration project that began during Operation Pride Day in 2022 and continued through this year. Community volunteers joined the EC and planted and maintained approximately 100 native trees, shrubs, and wildflowers along a 200' stretch of stream east of Best Lake. This project is designed to help improve water quality entering Best Lake and enhance the natural beauty of Watchung.

In addition to the award, Arbor Day newsletter featured our very own Watchung Environmental Commission. The latest issue features the "12-year Journey to Restore Community Trees" in New Jersey. The Mayor and Council congratulate the Environmental Commission, they have truly been on a winning streak with their Best Lake project. Everyone is extremely proud and grateful to have such a committed team in our borough.





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HOMETOWN HEROES BANNERS NEXT DEADLINE OCT. 8TH

Borough of Watchung

The Borough launched its first "Hometown Hero" Banner Project on Memorial Day, Monday, May 30th, 2022. The program began the tradition of honoring those Veterans and Service Members (living and deceased) as well as Active Military and those who either lived in, currently reside or work for the Borough of Watchung.

This program will continue to help celebrate both Memorial Day and Veterans Day for years to come; each year adding more brave Hero's from past to present.

The banners will be two sided and will be placed along both sides of Somerset Street on the lamp posts. A map of Somerset Street with the names and lamp post numbers will be created and placed on the borough's website for all.

We encourage all to support our Heroes' and Watchung's "Hometown Hero Project" with an

online donation of \$125.

Checks can also be made payable to: The Borough of Watchung and in the memo please write: "Hometown Hero". Mail to: The Borough of Watchung, 15 Mountain Blvd., Watchung, NJ, 07069

Veterans and Service Members are not required to donate, and all donations will be earmarked for this project. All Veterans, Service Members or representatives need to fill out and approve the form in order to be represented.

Applications received by Oct. 8th, 2024, will be included in the next holiday celebration. Applications can be found on-line at watchungnj.gov/resident/hometown-heroes. If you have any questions or need assistance with signing-up, please reach out to: Dámaris Quiñones-Gray at 908-756-0080 ext.: 211 or at dgray@watchungnj.gov.

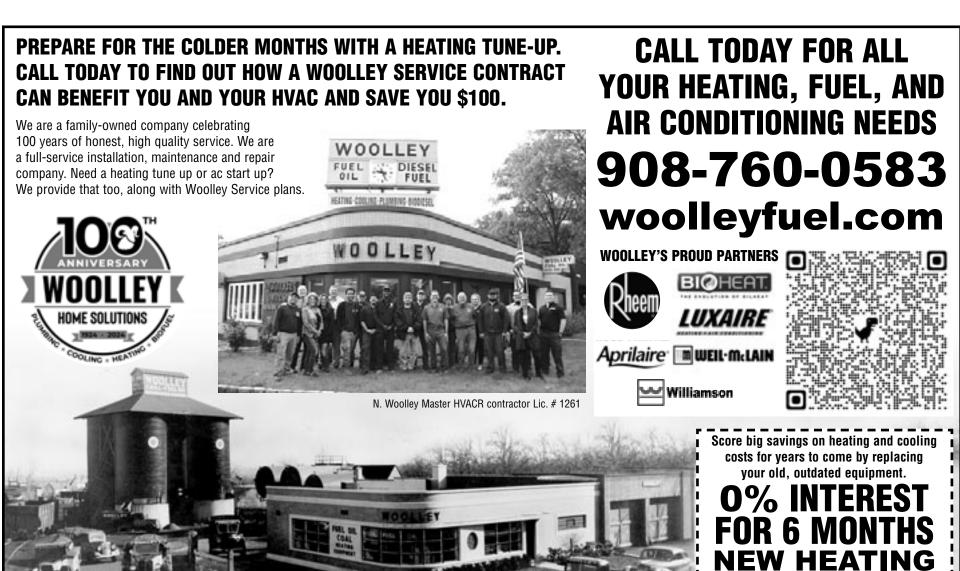




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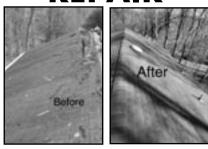




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CELEBRATE LOCAL HISTORY AT WASHINGTON ROCK

Submitted by Holly Dunbar

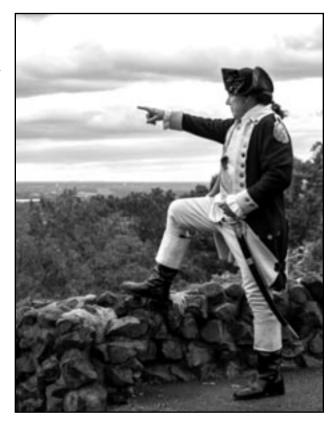
The Daughters of the American Revolution (DAR) will participate in Somerset County's Journey Through the Past history tour on Sunday, October 13, 1-3 p.m. at Washington Rock State Park in Green Brook, weather permitting. Members of Elizabeth Snyder-Continental Chapter will be on hand to help tell the story of this famous landmark.

According to local tradition, George Washington used this outcrop on the Watchung Mountains as an observation point in 1777. When the site was in danger of being sold to a quarry in 1909, the family of a DAR member purchased 20 acres that included the rock and deeded the land to the State of New Jersey. The Continental Chapter then led efforts to erect a monument at the site.

The Green Brook Cultural, Heritage and Historic Preservation Committee is hosting the event at the park that includes a visit by George Washington (re-enactor Sam Davis) at 1 p.m. Washington spent more than 40 percent of the Revolutionary War in and around the Watchung Mountains.

The DAR is a nonprofit service organization open to women 18 and over who can prove descent from an individual who aided the cause of independence during the American Revolution. Based in Green Brook, the chapter

serves areas of Somerset, Middlesex and Union counties. New members are welcome. Contact the chapter at ESCchapterDAR@gmail.com.



(above) Come enjoy the spectacular views and meet George Washington at Washington Rock State Park.

Courtesy photo



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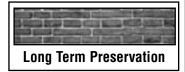
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SENIORS CLUB

The Watchung Seniors Club 55+ holds its regular meetings on the second Wednesday of each month (except July and August) from 11:00 a.m. - 2:00 p.m. Meetings are held at the Watchung Firemen's Exempt Hall at 31 Mountain Blvd, Watchung. (lower level, handicap accessible). The October and December meetings are a bus ride. November is a Thankful Potluck dinner. As of January 1, 2025, we will no longer exist, due to lack of funds available. Thank you to our members for your help and cooperation.





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LOST IN PLACE - NEW DATE: OCTOBER 18

Watchung Recreation

Due to inclement weather a summer concert has been rescheduled for October 18th. The LOSTinPLACE concert will take place at 6-8 p.m. at Philips Field. You must bring your own chair or blanket.

Specializing in classic rock, LOSTinPLACE delivers a diverse selection of songs from the 60's, 70's, 80's, and 90's, applying attention to musical detail and skilled 3 and 4 part harmonies.

Close your eyes and you'll think you're

listening to the radio! The band's individual abilities, talents, and tastes enable them to perform an incredibly diverse mix of Badfinger, Santana, The Beatles, The Stones, Cream, The Doors, Pink Floyd, Tommy James, David Bowie, Prince, Golden Earring, Stevie Wonder, Led Zeppelin, AC/DC, Joe Walsh, James Brown, The Doobie Brothers, Eric Clapton, The Knack, Edgar Winter, Queen, Foreigner, The Eagles, Edwin Starr, Talking Heads, Average White Band, and so much more and they're loving every minute of it.



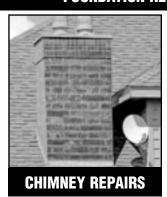








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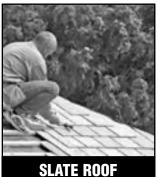




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Mountainside's Restaurant Week is back for the second year! It will run from

OCTOBER 14TH THROUGH THE 20TH.

There will be ten establishments offering plenty of opportunities to take advantage of.

Choose from breakfast at the Mountainside Deli, a mouthwatering sandwich from Mazzella's or a romantic dinner at the Spanish Tavern. There will be something for everyone.

Most of the restaurants offer outdoor dining or if you prefer to eat in the comfort of your own home, all of the restaurants offer take out.

Visit the Restaurant Week website

mountainsiderestaurantweek.com

for more information, including a full list of participating establishments.

Participating Establishments:

- Bovella's Chrone's Echo Tap Famous Dave's
 - Mazzella's Mosaico Mountainside Deli
- Publick House
 Spanish Tavern
 Stage House Tavern



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INCREDIBLE LINE-UP AT THE SIEMINSKI THEATER

Act 2 of the Sieminski Theater's 2024 season continues this October with 3 incredible shows not to be missed!

SATURDAY OCTOBER 12TH @ 7:30PM: **80'S REVOLUTION!**

There's a new band in town and they're totally rad!!! 80's Revolution is the #1 party show band in America! Don't believe us? Come see for yourself!

We are here to Turn Back Time to an era filled with bright neon colors, innovative and memorable fashion, and iconic movie classics. But most of all – the best music in history. This decade is known for mastering all genres. From Pop to Rock, Dance to New Wave, 80's Revolution covers all of your favorites: Madonna, Journey, Michael Jackson, Pat Benatar, Def Leppard, The Go-Go's, Whitney Houston, Bon Jovi, Cher – and so many more!

This band features top musicians: Brian w. Silver, Kat Viksne, Eric Heiss and Max Bolton. They bring their exceptional musical talents to the stage with every performance. The vocal talents of Gloria Carpenter, Chelsey Alyse, and Katie Joel make the perfect trifecta of leading ladies. With the support of Laura Turk and Gianna Hodes this group is totally tubular!

So, grab your leg warmers and leather jackets, tease your hair and spray your Aqua Net...and get ready for a revolution...80's Revolution!

SATURDAY OCTOBER 19TH @ 7:30PM: **DISENCHANTED - THE MUSICAL!**

THE NATIONAL TOUR.

And they lived Happily Ever After. Well...not exactly...Poisoned apples. Glass slippers. Who needs 'em?!

Not Snow White and her posse of disenchanted princesses in the hilarious Off-Broadway hit musical that's anything but Grimm. The original storybook heroines are none-too-happy with the way they've been portrayed in today's pop culture, so they've tossed their tiaras and have come to life to set the record straight. Forget the princesses you think you know - these royal renegades are here to comically belt out the truth

in this delightful and hilarious musical!

Perfect for those who love musical theater or looking for a fun "girls' night out"!! Disenchanted received an "Outstanding Off-Broadway Musical" nomination (Outer Critics Circle Awards) and a "Best New Off-Broadway Musical" nomination (Off Broadway Alliance). This national tour makes a one night stop right here at the Sieminski Theater!!

Contains adult language and content. SATURDAY OCTOBER 26TH @ 7:30PM: **GUNHILD CARLING. SWEDENS QUEEN OF SWING!**

Swedish musical sensation Gunhild Carling is an internationally acclaimed superstar whose show is a can't-miss event! Whether she's singing favorite swinging jazz standards, playing one of the many 11 instruments (trumpet, trombone, harmonica, oboe, harp, flute, recorder, or jazz bagpipe) or juggling and tap dancing, Gunhild's sublime showmanship shines!! With her Postmodern Jukebox Youtube videos getting millions of views, she's a popular musical sensation not to be missed! From authentic Swing to incredible classic jazz standards and a few originals mixed in, this will be a night to remember! A night filled with great music, a great jazz band, incredible showmanship, fun and..... Spoiler alert..... A finale where she plays three trumpets at once!

The Sieminski Theater at Fellowship Village in Basking Ridge provides an intimate, state-ofthe-art experience and offers student and senior discounts, dinner and show packages, and free ample parking, making it the perfect evening out for everyone.

Enjoy an exceptional preshow dining experience at Wilson's Tapas Bar Lounge restaurant before the evening performance. 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.









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OCTOBER PROGRAMS AT THE SCLSNJ WATCHUNG BRANCH LIBRARY

12 Stirling Road, Watchung, NJ • 908-458-8455 • sclsnj.org Monday - Friday: 10:00 AM - 6:00 PM; Saturday: 10:00 AM - 2:00 PM; Sunday: Closed

Watchung Library Writers Group

Wednesday, October 9, 16, 23, & 30: 10:30am - 12:30pm

Watchung branch - Wilson Memorial Church The Watchung Library Writers Group welcomes experienced writers interested in providing and receiving direct, constructive feedback.

Qigong and Meditation

Thursday, October 10: 11:00am - 12:00pm Watchung branch - Wilson Memorial Church Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection. Benefits include learning new ways to de-stress and enhancing coordination and balance.

Fabric Strip Pumpkin

Saturday, October 5, & 9: 10:30am - 12:00pm

Watchung branch We will make a pumpkin using strips of fabric. This program is for adults only.

Baby/Toddler Storytime - Tiny Tots (ages birth - 3 years with caregiver)

Monday, October 7: 10:30am - 11:00am Watchung branch - 20 Stirling Road Introduce your child to the beginnings of storytime in this interactive program featuring rhymes, movement, songs, and stories.

Paint and Snack: Mountain Reflection -(grades K-5)

Tuesday, October 8: 4:30pm - 5:30pm Watchung branch - 20 Stirling Road Discover how to paint step-by-step using watercolors. Pre-packaged snacks and drinks will be served.

Preschool Storytime - Miss June's Room (ages 3-5 years with caregivers)

Wednesday, October 9: 4:30pm - 5:00pm Watchung branch - 20 Stirling Road An interactive program that fosters early literacy skills through books, songs, and activities.

Drones 101 - (grades 5-12)

Thursday, October 10: 4:30pm - 5:30pm Phillips Field (Watchung) Learn how to code drones and fly them at the library!

Book Discussion - The Winter People by Jennifer McMahon

Thursday, October 10: 6:30pm - 7:45pm Watchung branch - Wilson Memorial Church "The Winter People" by Jennifer McMahon moderated by Elaine Stringer

Music with Miss Donna -(ages birth - 5 years and caregivers)

Monday, October 14: 10:30am - 11:00am Watchung branch - Wilson Memorial Church Take time to bond with your children while making music in this interactive session. Enjoy music, fingerplays, and playing instruments.

LEGO® Fun - (grades K-5)

Wednesday, October 16: 4:30pm - 5:00pm Watchung branch - 20 Stirling Road Join the fun if you like building with LEGO® bricks. Bring your creativity and prepare for a challenge.

Teen Volunteer Afternoon - Letters For a Cause (grades 6-12)

Thursday, October 17: 4:30pm - 5:30pm Watchung branch - 20 Stirling Road Write letters and make cards for a good cause. You will earn one hour of service time.

Eat to Beat Stress

Tuesday, October 22: 12:00pm - 1:00pm Watchung branch - Wilson Memorial Church Eat to Beat Stress presented by Elisa and Ellen from Nourish and Thrive Nutrition Center. This program is in collaboration with the Mayor's Wellness Campaign.

Bingo with Miss June - (ages 4 and up)

Wednesday, October 23: 4:30pm - 5:00pm Watchung branch - 20 Stirling Road Share your love of Bingo with other players as you compete to win prizes.

Spooky Science Show - (all ages)

Saturday, October 26: 10:30am - 11:15am Watchung branch - Wilson Memorial Church Discover a Mad Scientist's peculiar and chilling science experiments!

Family Storytime - Move and Groove (families with children)

Monday, October 28: 10:30am - 11:00am Watchung branch - 20 Stirling Road Discover songs, stories, and movement in this active storytime.

STEAM: Nature Prints - (grades K-5)

Tuesday, October 29: 4:30pm - 5:15pm Watchung branch - 20 Stirling Road Explore nature, and use leaves, sticks, and the sun to create your very own nature print. Learn about cyanotype photography and how it works in this program.

Passport Services

Wednesday, October 30: 2:00pm - 5:30pm Watchung branch - 20 Stirling Road SCLSNJ is an officially-designated passport application acceptance facility with passport processing hours set for your convenience. By appointment only. Schedule at https://sclsnj.org/passports/.

Halloween Spin the Wheel -(families with children)

Thursday, October 31: 10:15am - 5:45pm Watchung branch - 20 Stirling Road Spin the wheel to win a prize. Costumes are suggested but not required to spin.

ENCHANTED FOREST: A HAIR-RAISING GOOD TIME AT AT WILSON MEMORIAL CHURCH - OCT. 26

Calling all mad scientists, ghouls, and will make your spine tingle. ghosts—The Enchanted Forest is back with a thrilling twist!

Mark your calendars for Saturday, October 26, 2024, from 11:30 a.m. to 1 p.m. at Wilson Memorial Church, and prepare for a hair-raising good time.

This year, we're diving into the world of spooky science with our "Mad Scientist" theme, and we can't wait to see what creepy concoctions and eerie experiments you'll discover along the

Located behind the church on the Kindness Trail, this free, family-friendly event will transport you into the lab of a zany, haunted scientist. Expect spooky fun around every corner with tricks, treats, and activities that'll leave you bubbling over with excitement! Each station along the trail will feature wickedly fun activities, ghoulish goodies, and interactive displays that

Admission is free, but we welcome donations to help keep the spooky spirit alive. You can donate through the church's website or drop a few coins into the donation buckets at the event. Your contributions help make The Enchanted Forest a magical (and just a little bit eerie) experience for everyone!

We're still looking for mad scientists (aka volunteers) to help us bring this spooky vision to life! If you're interested in creating a station along the trail or lending a hand in other ways, we'd love to hear from you. Stations can include fun treats, snacks, and activities for families. Reach church out to the office admin@wilsonmemorialchurch.org or call 908-755-5020 to get involved.

So don your lab coats, grab your goggles, and join us for a frightfully good time! We'll see you on the trail... if you dare!



WARRENBROOK SENIOR CENTER - OCTOBER CALENDAR

500 Warrenville Road • (908) 753-9440 • October 14 – Center Closed: Columbus Day

Drum Circle with Anil Sachadev

October 7, 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!

Wordle

October 8, 11 a.m.

Wordle is a word-based brain game where participants have six chances to guess a fiveletter word. So, dig deep into your vocabulary repertoire and identify some words.

Monthly Book Club

(Hybrid) October 8, 1:30 p.m.

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!

Musical Entertainment with John Sudia October 9, 11 a.m.

John will play guitar and sing appropriate songs for autumn as well as classic country, classic rock, standards, and more to keep your toes tapping as we welcome Fall season.

Breathing Techniques for Mental Wellness with Dr. Prabha Srinivas

October 10, 11 a.m.

Dr. Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety

Basically Bats with County Park Commission

October 11, 11 a.m.

Class includes our famous bat quiz and a PowerPoint lecture about bat ecology.

Craft: Clothespin Bats.

October 15, 11 a.m.

Just in time for Halloween decorations, we will use card stock and clothespins to make a bat. All materials will be provided. Pre-registration is required, and supplies are provided.

Open Enrollment: Part D Plan Comparison

October 16, 10 a.m. to 3 p.m.

By appointment only, bring a list of your current medications, and a SHIP counselor will use the Medicare plan finder tool to advise you of the lowest cost stand-alone Part D prescription Plan. Please note - this is only applicable to seniors with Original Medicare, not a Medicare Advantage Plan.

Bingo with Bob Mazet

sponsored by Waypoint Legal

October 17, 11 a.m.

Brains Games and Hand Bells

with Adrienne Graubard

October 18, 11 a.m.

Join Adrienne for some mind-tingling, brainstumping word games and a fun-filled musical workout using hand bells.

Studio 60+

October 21, 1 to 4 p.m.

Warrenbrook seniors will meet twice a month to plan the events they are interested in. Some examples include brainstorming the quarterly Community Service projects, craft work, musical entertainment, and Jeopardy. They will also practice for their quarterly musical entertainment & drama. All senior center members are invited to participate.

Junk Drawer Detective with Parul

October 22, 11 a.m.

This month we will play Haunted Halloween Detective, Sweet Tooth Detective & Untidy Crafter Detective.

Disability Awareness: Vision & Health with Jannell Wilson, Community Educator from the Somerset County Office on Aging & **Disability Services**

October 24, 11 a.m.

October is Disability History and Awareness Month, so we're taking today to recognize the challenges that others may be living with. Jannell Wilson will be joining us to discuss vision loss and eye diseases, to help us be more aware of the needs of others.

Craft: Halloween Masks.

October 25, 11 a.m.

Decorate your own paperboard masks using paints, markers and embellishments to get ready for Halloween. All materials will be provided. Pre-registration is required, and supplies provided.

ABCs of Candy with Meg Wastie

October 28, 11 a.m.

As Halloween is right around the corner, learn the history of everyone's favorite sweet treats & take a nostalgic journey guessing the names of candies for each letter of the alphabet.

Boggle

October 29, 11 a.m.

Join us to try to find as many words as possible.

Comedy Magic Show with Ed Smoot

October 30, 11 a.m.

Ed will entertain us by performing a magic show with a blend of mentalism, rope and card magic, juggling, and some story magic. Be ready for fun times with some laughter and giggles.

Halloween Traditions

October 31, 11 a.m.

Borrowing from Irish and English traditions, the idea of dressing up in costume, traveling from house to house, and asking for food eventually became what we refer to as "trick or treat" in America. Come dressed in costume, play Halloween Feud & Left/Right Halloween Story.

Besides the above program, the below programs take place on weekly basis.

Yoga with Kartika

Mondays, 10 a.m.

This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. No fee for this ongoing class.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. - 12 p.m.

If you are an intermediate mahjong player and would like to play this game of skill, strategy, and calculation, then join us on Tuesday mornings.

Take Control with Exercise

Tuesdays, 10 a.m.

This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or sitting. No fee for this ongoing class. Call for more information.

Zumba Gold with Judith

Tuesdays, 10:15 a.m.

This class is achievable for beginners or others who need modifications to their exercise routine. Cost is \$40 for the 8-week program.

Chair Belly Dance

Tuesdays, 1 p.m.

This seated dance class is fun for all fitness levels. It offers workouts for the entire body designed to improve posture, flexibility & endurance. No class on October 8th.

Bridge Group with Ronnie

Tuesdays, 1 - 4 p.m.

Join Ronnie and her group as they play bridge every week. New members and beginners welcome (lessons available).

Stretch & Strength

Wednesdays, 10 a.m.

with Mikaela Kane from Rutgers Co-operative Extension. Mikaela will be leading a 10-week exercise class that involves stretch & strength. No fee for this ongoing class. Please call for more information. No class on October 30th.

Craft Activities with Jean

Wednesdays, 1-4 p.m.

This is a great opportunity for artists & crafters to meet new people while creating an art piece or craft. We all work on doing craft work for Community Service projects throughout the year. All supplies will be provided.

Line Dancing with Linda Hyland

Thursdays, 9:30 - 10:15 a.m.

Chair Kickboxing

Thursdays, 1 p.m.

A fun heart pumping cardio kickboxing class is for everyone. This workout will work your body in the seated position.

Card/Table Games

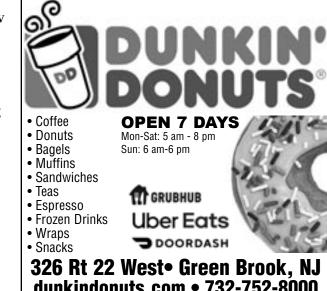
Thursdays, 1 - 4 p.m.

Join in and play some of your favorite games such as dominoes, left-right-center dice games, Rummikub, Canasta, Mexican Train and more.

Tai Chi with Roger

Fridays, 10 a.m.

Participants will focus on shifting body through a series of controlled movements that flow rhythmically into one long gesture.



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9	HALF PAGE 6.5° x 9°	or 10° x	7"	\$320	ĺ
12	Units	10° x	8°	\$360	ĺ
18	FULL PAGE	10° x	14"	\$400	ĺ
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FRC	\$320				
FRC	\$240				

Rates are per month. Artwork included in price. Newspapers are black on white

1 3 6 9 12 15 18

1 own 560	TOWNS S150	6 10WNS 5250	9 TOWNS \$350	12 TORNS \$400	15 10WNS \$450	18 100xs 8500	21 TOWNS \$550	24 TOWNS \$600
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180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
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PER 1,000 MENUS

PER 1.000

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 SEE WHAT IS WORKING AND NOT WORKING Know where your web traffic is coming from and why.

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INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

NO OBLIGATION

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