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Watchung's Hometown Newspaper

NJ

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## DAR LAUNCHES AMERICA 250 CELEBRATION

Submitted by Holly Dunbar

America's semiquincentennial year has arrived and the Daughters of the American Revolution (DAR) kicked off the celebration by honoring their patriot ancestors at the Somerset County Park Commission's Festival of Trees.

"Celebrating America 250 by Honoring Our Patriot Ancestors" was the theme of the tree hosted by Elizabeth Snyder-Continental Chapter DAR at the Environmental Education Center in Basking Ridge during December. The 8-ft. tall tree was decorated with red, white and blue lights and the profiles of the Revolutionary War ancestors of DAR chapter members.

"We hope that our tree helped to raise awareness of the individuals who established our nation," said Regent Nancy Stoll. "Our members are descended from patriots in nine states who served in a variety of ways. We need to remember the sacrifices that they all made for our freedom."

Featured on the tree were mini profiles of 50 patriot ancestors and their service. They included a captain of the



(above) Some patriot ancestors honored were locals.

Lexington Alarm in Massachusetts, a river boat pilot, people who donated money or supplies, a brigadier general of the light dragoons, a spy, a president of the provincial Congress, and farmers who joined their local militia.

To join the DAR, women need to document their descent from a man or woman who aided the cause of American independence. Some prospective members have mapped out their family tree, but others know only that they have an ancestor who served in the Revolution. In that case, the DAR will assist them with research and the application process.

The DAR is a non-profit, non-political women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. There are currently 190,000 members in 3,000 chapters in the U.S. and several nations abroad.

If you are a descended from a patriot of the Revolution and would like to join the DAR, contact the chapter at [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com).

Courtesy Photo



(above) DAR tree was decorated with early American flags and profiles of 50 Revolutionary War ancestors of members.

### Ashley's December Watchung Market Update



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\$1,265,000  
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▲ Increased from last month



5 # of sales

No change from last month



46 Average Days on Market

▲ Increased from last month



6 # of houses on the market

▼ Decreased from last month



COMPASS

# Watchung Post

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202 Walnut Ave., Cranford, NJ 07016

Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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# BOROUGH OF WATCHUNG RECREATION'S WOMEN'S VOLLEYBALL

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**Contact: Damaris Gray - Recreation Coordinator  
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## PIERCE GORNSTEIN REVNJ250 DESIGN WINS TOP HONORS



(above) Congressman Tom Kean's district director Erin D'Auria presenting the certificate of recognition to Pierce Gornstein in honor of his REVNJ250 logo design.

Courtesy Photo

Pierce Gornstein's RevNJ250 logo design was selected to represent school district. Pierce is a Watchung resident, and a junior at Watchung Hills Regional High School. The school held a logo design contest in partnership with RevNJ250, the statewide initiative marking the 250th anniversary of the American Revolution. More than 115 students submitted designs, and Gornstein's was selected as the winning logo that will be displayed throughout the school district.

During the December 9, 2025 School Board meeting Pierce Gornstein and his design were recognized by WHRHS principal Dr. William Librera, School Superintendent Elizabeth Jewett, Watchung Mayor Ronald Jubin, and the Board of Education. Gornstein also received a special congressional recognition award from Congressman Kean's office. He stated "When I created the logo, I wanted it to capture both our school community and the history that has shaped our country, especially New Jersey's part in that story. I'm grateful to have contributed something connected to that tradition."



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# WATCHUNG LIBRARY FEBRUARY 2026 EVENTS

20 Stirling Rd. Watchung, NJ. Some programs require registration. Visit [SCLSNJ.org](http://SCLSNJ.org) to register. Call (908) 845-8400.

Visit [SCLSNJ.org](http://SCLSNJ.org) or connect with SCLSNJ on Facebook, Instagram, X or YouTube.

## BIRTH TO 3 YEARS

(with caregiver)

### Baby/Toddler Storytime

February 2, 10:30 - 11:00 a.m.

Introduce your child to the beginnings of storytime in this interactive program featuring rhymes, movement, songs, and stories.

## BIRTH TO 5 YEARS

(with caregiver)

### Music with Miss Donna

February 23, 10:30 - 11:00 a.m.

Take time to bond with your children while making music in this interactive session. Enjoy music, fingerplays, and playing instruments.

Hosted at Wilson Memorial Church.

## AGES 4 AND UP

### Bingo with Miss June

February 18, 4:30 - 5:00 p.m.

Share your love of Bingo with other players as you compete to win prizes.

## GRADE K - 4

### Read to a Therapy Dog

February 17, 4:30 - 5:30 p.m.

Practice your reading skills by reading a story to a certified therapy dog. Registration is required by visiting the Youth Services desk or calling 908-458-8455.

## GRADES K - 5

### LEGO® Fun

February 11, 4:30 - 5:00 p.m.

### STEAM: Graham Cracker Engineering

February 24, 4:30 - 5:15 p.m.

Make a cup phone and kazoo to discover the science behind sound.

## GRADES 5 - 12

### Think It, Ink It: Manga Madness Workshop

Friday, February 27, 4:30 - 5:45 p.m.

Presented by former Simpson's artist Carlos Nieto III, of Anime Your Way.

Learn how to create your own manga, from character design, to story development, to awesome page layout and panel composition.

## GRADES 6 - 12

### Teen Volunteer Afternoon:

### Letters to Community Helpers

February 19, 4:30 - 5:30 p.m.

Help the library out for an hour. Attendees will earn one hour of service time.

## FAMILIES WITH CHILDREN

### Family Painting Afternoon: Zentangle Flower

February 3, 4:30pm - 5:30 p.m.

### Family Storytime: Yoga

February 9, 10:30- 11:00 a.m.

Discover songs, stories, and yoga poses in this active storytime.

## ADULT

### Adult Book Discussion

### "Assasination Vacation" by Sarah Vowell

February 12, 6:30 - 7:45 p.m.

Hosted at Wilson Memorial Church

### Improv Games/Reading Sides Workshop

Saturday, February 28, 2:00 - 3:30 p.m.

Hosted at Wilson Memorial Church

Classic improv games and cold reading sides.



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## VETERANS AND FAMILIES HONORED FOR SERVICE AND SACRIFICE

### Somerset County Vocational and Technical High School

Students in Edward Graf's Social Studies classes at Somerset County Vocational and Technical High School (SCVTHS) recently spent a day acknowledging and honoring veterans and Gold Star families. The event, held at a local VFW Post, featured speeches, food, and an opportunity for students to spend time talking to service members and their families, who provided a glimpse of history as seen by those who experienced it first-hand.

This marks the thirteenth year that SCVTHS students have organized the Veterans Day commemoration. The event lasted most of the day, with 140 students arriving early in the morning, before sunrise, to decorate the hall and prepare for the arrival of their guests.

The focus of the day was honoring those who paid the ultimate price while members of the military. Seven Gold Star families watched as students unfurled large banners honoring their relatives who died while serving our country. In addition, roughly 30 Armed Services veterans were honored at the event.

Following the ceremony, students served a hot lunch to their guests, and then joined them to eat and talk. After lunch, students and veterans broke up into small groups to discuss service, patriotism, and honor.

"Our students promote what we like to call an 'attitude of gratitude,'" said Mr. Graf. "This event shows how much our school and our community appreciates the service and sacrifice of these veterans and families."



(above) SCVTHS Social Studies instructor Edward Graf speaks to veterans, Gold Star families, and students during the annual Veterans Day commemoration. This is the thirteenth year that his students have organized the event to honor those who have served our country in the military.

Photo by SCVTHS

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# The Women of Watchung

**ACCEPTING NOMINATIONS FOR 2026!**

Do you know a dedicated and exceptional woman who is committed to the Watchung community?

The Mayor and Council acknowledge and celebrate the accomplishments and efforts of community volunteers. The Women of Watchung program reflects the Borough's gratitude towards the women who dedicate their time and efforts to improve the quality of life in Watchung.



**NOMINATE A  
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You can access the online form at:  
[www.watchungnj.gov](http://www.watchungnj.gov)

or at Borough Hall, 15 Mountain Boulevard, Watchung, NJ 07069

Nominations for this year's awards will be accepted until  
February 13, 2026





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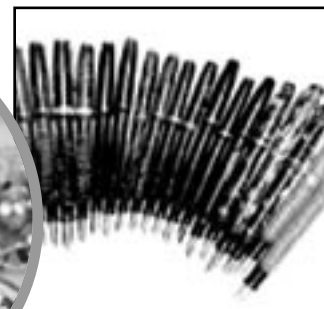
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# SHANNON PISANI NAMED 2025-2026 EDUCATOR OF THE YEAR

## SCVTHS

Somerset County Vocational & Technical High School (SCVTHS) is pleased to announce that Science instructor Shannon Pisani is the school's 2025-2026 Educator of the Year. Mrs. Pisani graduated from Rider University with a Bachelor of Science in Biology and a minor in Marine Science. She had always been interested in teaching, and, in fact, had applied to college as an Education major before she realized she loved



(above) Science instructor Shannon Pisani, the 2025-2026 Educator of the Year at Somerset County Vocational & Technical Schools

Photo by SCVTHS

science and switched her degree track. However, upon graduating college she soon discovered that she did not want a career as a lab technician.

After a friend suggested that she look into a career in education, Mrs. Pisani decided to follow the alternate route pathway to becoming a teacher. She has been an educator for twelve years, and is currently in her eleventh year at SCVTHS, teaching classes in Earth & Space Science and Workplace Readiness, as well as a Principles of Anatomy class geared specifically to students enrolled in the Cosmetology program. She also serves on the school's Social Emotional Learning committee and is an advisor to the Red Cross Club, the Peer Mentor program, and the Student Council. As a member of the SCVTHS Green Team, she was instrumental in securing a Bronze Certification from Sustainable Jersey for Schools, which recognizes achievement in the development of environmental best practices and learning opportunities.

A number of students and fellow staff members nominated Mrs. Pisani for the Educator of the Year award. Student nominations cited her kindness, patience, and energy, as well as her ability to relate to her students and to explain course material in an easy to understand manner. They also appreciate her obvious desire to see her students succeed. Her peers echoed these sentiments, while also praising her leadership, innovation, and willingness to collaborate with

staff as she builds a "culture of respect, inclusion, and success that extends far beyond her classroom."

Maria Johnson, SCVTHS Director of Special Services, praised Mrs. Pisani for her contributions to the school community. "Shannon is a remarkable teacher whose passion for the Biological and Earth & Space sciences is always on display in the classroom," she said. "As she begins each class with an 'Earth Update,' she supports students' curiosity and critical thinking skills and engages them in relevant science content. Shannon is a kind, respected educator who views science not just as a science, but as a tool for understanding the world."

When she is not at SCVTHS, Mrs. Pisani, a Hillsborough native, enjoys boating and travelling with her husband. She also coaches girls aged 8-12 in gymnastics as part of a Jersey Optional Gymnastics Association (JOGA) competitive program.

"I have been fortunate to find a career that gives me an opportunity to combine my passions for science and education," said Mrs. Pisani. "I am thankful to my family and the school community for supporting me and honoring me for doing a job I love."

For more information on this story, please contact Steve Philip at (908) 526 – 8900 x7267 or [sphilip@scvts.net](mailto:sphilip@scvts.net).

## BENEFIT CONCERT FOR THERAYOUTH

At Drew University, Madison, NJ • Saturday, March 21, 2026 • 4:00 PM

Pegasus: The Orchestra will perform at Drew University on Saturday, March 21 at 4:00 PM for the TheraYouth Foundation's Third Annual Concert fundraiser. Held at the Dorothy Young Center for the Arts, the concert will unite world-class professional musicians with local student performers to raise critical funds for TheraYouth's mission to provide needed physical, occupational, and speech therapy services to disadvantaged children who cannot otherwise access care.

Pegasus: The Orchestra pairs artistic excellence with social impact. Pianist, conductor and composer Karén Hakobyan founded the group in 2017 as a nonprofit dedicated to supporting exceptional musical talent, and to bringing world-class performances to underserved communities. True to its namesake, the ensemble empowers its musicians to soar artistically. Pegasus functions as a collective of artist leaders, resulting in performances that run the range of vibrant, driven orchestral performances alternating with intimate and chamber-like expression. The New York Concert Review calls Pegasus "a truly first-rate ensemble" and a "can't miss" group, urging audiences to "get your tickets right away before they sell out."

As a composer-arranger, Director Hakobyan frequently crafts orchestral works to showcase

the unique musicality of the ensemble's artists, as in this concert which Hakobyan specifically wrote for this performance.

The Chatham High School Chamber Choir, directed by Kenneth Bryson, will perform the Interlude. This ensemble has performed at venues including the White House, the National Anthem at Citi Field to open a Mets game, the Empire State Building, and the Cathedral of St. John the Divine, and appreciated for their musical excellence.

The proceeds from this concert will support the TheraYouth Foundation, whose mission is to ensure that children are never denied critical physical, occupational, or speech therapy simply because their families cannot afford it. TheraYouth serves disadvantaged youth with treatable conditions, helping them gain strength, communication, and independence. Funded entirely through donations and fundraisers, every dollar raised supports life-changing therapy sessions for children who might otherwise go without the care they need to thrive.

"Every child deserves the chance to reach their full potential," said TheraYouth founder, Dr. Irina Marcoff, DPT. "This concert not only raises vital funds but brings the community together around the belief that early, high-quality therapy can change the course of a child's life."


**TheraYouth Foundation**  
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# PEGASUS: THE ORCHESTRA

  
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## SHARP-SHINNED HAWK RELEASED BACK TO WILD

This feisty Sharp-shinned Hawk was admitted on 12/22 after being found in a yard in Warren following a window strike. On intake, the hawk had bloody nares and mouth, consistent with head trauma often seen after collisions. The nares are a bird's nostrils, located near the base of the beak, and bleeding there often points to head or facial trauma from collisions.

With supportive care and time to heal, this "Sharpie" as we call them, made great progress and was moved to an outside flight cage on 12/28/25. After proving strong, steady flight and good awareness, the hawk was successfully released back to the wild on 1/2/2026.

Sharp-shinned Hawks are incredibly fast and agile forest hunters, built to weave through dense trees while chasing small birds. That same speed and focus, however, can make them especially vulnerable to window strikes when reflective glass looks like open sky or habitat.

Remember, small changes matter, adding window decals is a simple way to help protect avian wildlife.



Courtesy Photo

### ABOUT THE RAPTOR TRUST

The Raptor Trust is a 501(c)3 non-profit organization located at 1390 White Bridge Rd., Millington, NJ. They provide free care and assistance to injured, sick, or orphaned wild birds. They offer educational programs to the public about wild birds, especially birds of prey. They strive to provide a human example for others. For more information, or to make a donation visit [info@theraptortrust.org](mailto:info@theraptortrust.org). To report an injured bird call 908-647-2353.

### RAPTOR TRUST SUMMER SCHOLARS PROGRAM

Each year from mid-May through August, The Raptor Trust receive hundreds of injured, orphaned, or displaced nestling and fledgling songbirds found by citizens. We see this time as a perfect opportunity to provide experience and education to students who wish to learn about wildlife care and rehabilitation.

### POSITION DATES: MAY THROUGH AUGUST 2026

Scheduling: Approximately 24-40 hours per week, including some evenings and weekends

Location: The Raptor Trust. 1390 White Bridge Road, Millington, NJ 07946

This is an unpaid, volunteer position. College students committed to this position may meet the criteria for eligibility to apply for our volunteer scholarship. This opportunity can also be modified to meet most schools' criteria in qualifying for an academic "internship" or experience credit.

While students in all areas of study are welcome to apply, preference may be given to students who have completed or are currently enrolled in relevant coursework including Ecology, Biology, and Animal Science related studies.

### APPLICATIONS ARE DUE BY FEB 6TH, 2026.

To apply, please submit an application, resume, and cover letter through our website at [theraptortrust.org/summer-scholars-program](http://theraptortrust.org/summer-scholars-program). A selection of 2-3 references whom we may contact is optional. Contact Amanda Cannizzo

at [acannizzo@theraptortrust.org](mailto:acannizzo@theraptortrust.org)

If you are interested, Visit [theraptortrust.org](http://theraptortrust.org) or email [volunteers@theraptortrust.org](mailto:volunteers@theraptortrust.org)

## LIBRARY HOME BORROWING SERVICES

### Somerset County Library System of NJ

Home Borrowing is for anyone residing in Somerset County who is facing a difficulty in visiting the library in person. Any customer having a health, mobility, transportation, age related, vision, disability, or other incapacity that is acting as a barrier to visiting the library can receive Home Borrowing.

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- Friends and Family Pick up: Materials are picked up by a designated person similar to a Hands-Free Hold
- Facility Delivery: For customers who live in a residential facility with essential support staff (such as an assisted living facility, a group home, or similar), the Library may coordinate with facility personnel to deliver materials similarly to By Mail.
- Please note: Library staff cannot deliver materials directly to private residences. Home Borrowing customers cannot receive electronic devices (such as Playaways, Launchpads, or Mobile Hotspots) or Inter Library Loans through the mail, nor can these items be returned to the library by mail.

In addition, some customers may be eligible to receive materials from New Jersey State Library's Talking Book and Braille center. Please ask for more information.

### HOW TO APPLY

For more information, or to apply visit: [sclsnj.org/services/home-borrowing/](http://sclsnj.org/services/home-borrowing/)

You can also contact Home Borrowing Services staff to request a paper application be mailed to your home. You can reach us by emailing [homeborrowing@sclibnj.org](mailto:homeborrowing@sclibnj.org) or calling (908) 458-4938.

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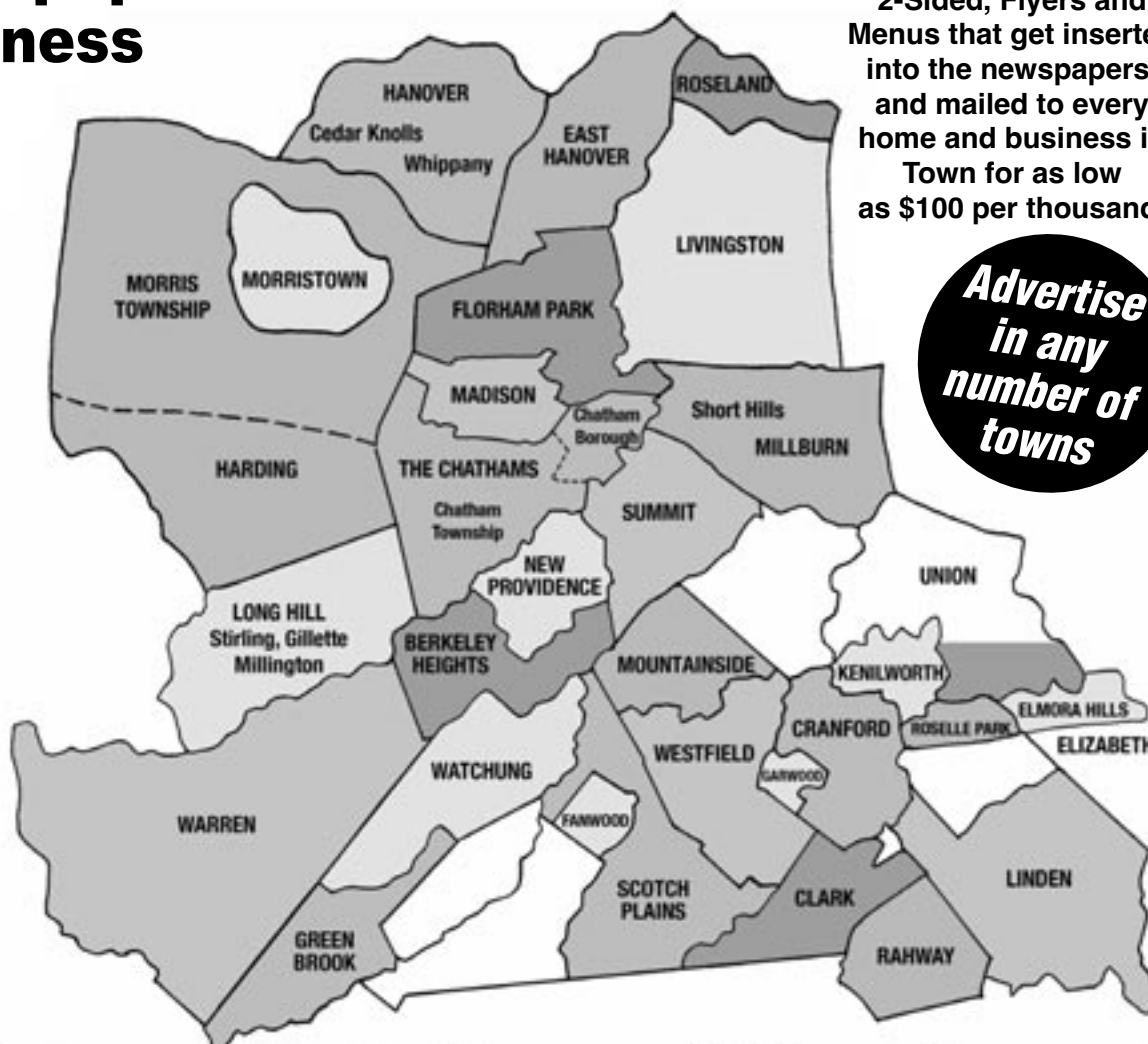
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<b>CRANFORD MONTHLY</b> NJ Qty: 9,900 Zip: 07016	<b>East Hanover View</b> NJ Qty: 4,700 Zip: 07936	<b>Elmora Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 Section of Elizabeth, NJ

<b>Fanwood Post</b> NJ Qty: 3,000 Zip: 07023	<b>Florham Park Press</b> NJ Qty: 6,000 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook Gazette</b> NJ Qty: 3,300 Zip: 08812	<b>HANOVER TOWNSHIP PRESS</b> NJ CEDAR KNOLLS WHIPPANY Qty: 6,100 Zips: 07927, 07981	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 18,000 Zip: 07036	<b>Livingston Monthly</b> NJ Qty: 12,100 Zip: 07039
<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>MORRIS TOWNSHIP TIMES</b> NJ Qty: 13,500 Zip: 07960, Harding 07976	<b>MORRISTOWN MONTHLY</b> NJ Qty: 7,000 Zip: 07960	<b>MOUNTAINVIEW</b> NJ Qty: 3,000 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 13,100 Zip: 07065
<b>Life in Roseland</b> NJ Qty: 3,000 Zip: 07068	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains</b> NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Zip: 07076	<b>Summit Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 7,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,500 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 12,000 Zip: 07090

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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
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# WARRENBROOK SENIOR CENTER - FEBRUARY CALENDAR

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

## **1 on 1 Computers with Sal**

*Mondays, 10 a.m. – 2 p.m.*

By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you.

## **Chair Yoga with Kartika**

*Mondays, 10 a.m.*

This class is open to all levels of skill.

## **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 Tuesdays.

## **Tai Chi with Roger Hsu**

*Tuesdays & Fridays, 10 a.m.*

This program can be practiced while either standing or sitting.

## **Bridge Group with Ronnie**

*Tuesdays, 1 – 4 p.m.*

Welcome new members and beginners (lessons available).

## **Stretch & Strength**

*Wednesdays, 10 a.m.*

An 8-week exercise class that involves stretch & strength. Stretching keeps the muscles flexible, strong, and healthy. The exercise can be done with or without weight.

## **Project Healthy Bones**

*Wednesdays, 10 a.m.*

This peer-led, 24-week exercise and education program is for individuals who are at risk of osteoporosis or have it.

## **Craft Activities**

*4th Monday, 1 – 4 p.m.*

This is a great opportunity for artists & crafters to meet new people while creating an art piece or craft. All supplies will be provided.

## **Line Dancing with Linda Hyland**

*Thursdays, 9:30 – 10:15 a.m.*

You don't need a partner; and dancing is an easy way to stay healthy, both mentally and physically. It's suitable for participants with limited mobility.

## **Afternoon Yoga with Wai-Ling Poon**

*Thursdays, 1 p.m.*

Take a break, relax, and recharge with our Gentle Afternoon Chair Yoga session. Perfect for all fitness levels. Come stretch, breathe, and enjoy a peaceful moment in your day!

## **Bridge**

*Fridays, 1 – 4 p.m.*

Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert.

## **Let's Get Physical!**

*February 2, 11 a.m.*

A physical therapist who will demonstrate exercises that are safe, effective, and easy to do on your own.

## **The Somerset County Traveling Library**

*February 2, 1 p.m.*

Library staff to sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book.

## **Creative Movements with Tom McKie**

*February 3, 11 a.m.*

Ditch the sofa and find your inner groove with creative movements that will get you moving, grooving and laughing on your way to the dance floor with Tom McKie.

## **Chinese Dragon Puppet Craft**

*February 4, 11 a.m.*

Join friends for a relaxed, social afternoon of art and conversation as we craft cheerful dragon puppets to welcome happiness and good luck. No experience needed - just bring your smile and enjoy a fun, festive time together! All materials will be provided.

## **Breathing techniques for Mental Wellness**

*February 5, 11 a.m.*

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

## **Bingo with Bob Mazet**

*February 6, 19, 11 a.m.*

Bingo promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

## **Poetry Share Extraordinaire with Yolanda**

*February 9, 11 a.m.*

Join center client and volunteer, Yolanda, to share the poems we love, bring in a poem you love and maybe one you wrote.

## **Drum Circle with Anil Sachadev**

*February 9, 1 p.m.*

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.

## **Wheel of Fortune**

*February 10, 11 a.m.*

Perfect for all levels of ability, Wheel of Fortune brings people together in a lively, interactive way, offering a wonderful mix of entertainment and socializing.

## **Monthly Book Club**

*(Hybrid) February 10, 1:30 PM*

Discuss the book of the month and select the next book to read. New members are always welcome!

## **Keeping Up the Beat: Heart Health**

*February 11, a.m.*

In this program, you will learn the importance of heart disease prevention, how to identify risk factors of heart disease, and steps you can take to keep your heart healthy.

## **Studio 60+**

*February 11 & 25, 1 p.m.*

Plan the events you are interested in. Some examples include brainstorming the quarterly Community Service projects, craft work, musical entertainment, jeopardy. They will also practice for their quarterly musical entertainments & drama.

## **Valentine's Day Floral Arrangement Class**

*February 12, 11 a.m.*

Discover the joy of flowers in a hands-on-floral

arrangement class! Learn how to create a beautiful bouquet using fresh flowers. All materials will be provided. Pre-registration is required.

## **Valentine's Day Musical Entertainment**

*February 13, 11 a.m.*

Lorri Woodward spreading love and joy through the timeless tunes that warm the heart and stir memories. Bring your smiles and celebrate the day with your friends and fellow seniors!

## **Warrenbrook Senior Center Closed**

*February 16 – observance of President's Day Boggle*

*February 17, 11 a.m.*

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

## **Remembering the '60s Hootenanny**

*February 18, 11 a.m.*

A group of our own senior center clients who have been learning and practicing instruments (many learning the ukulele for the first time!) Prepare for a fun and energetic performance of your favorite hits from the 1960s. Dress in your bell bottoms and tie dye!

## **Hearing Screening**

*February 20, 11 a.m.*

Early detection and treatment are important. A free complimentary Hearing Screening. PRE-REGISTRATION REQD.

## **Joyfully Neat**

*February 23, 11 a.m.*

Joy Jacobs will discuss what to do when you feel you have too much stuff and will give ideas on how to become clutter-free.

## **Wordle**

*February 24, 11 a.m.*

Wordle is a word-based brain game where participants have six chances to guess a five-letter word.

## **Fall Prevention Screenings**

*February 25, 10 a.m.*

Our Fall Prevention Screening helps identify potential balance, strength, and mobility concerns before they lead to falls. Participants will receive a brief assessment including vital signs (blood pressure, resting heart rate, etc.), balance and gait evaluation, and personalized recommendations.

## **Jeopardy**

*February 26, 11 a.m.*

An exciting game featuring a variety of trivia categories including history, entertainment and more. sure to keep you engaged and entertained.

## **Price is right**

*February 27, 11 a.m.*

with Sophie Murteira from Brandywine at Middlebrook Crossing by Monarch. Test your shopping savvy, guess the prices of everyday items, and win fabulous (and funny!) prizes. Whether you're playing or cheering from the audience, you're guaranteed a great time.

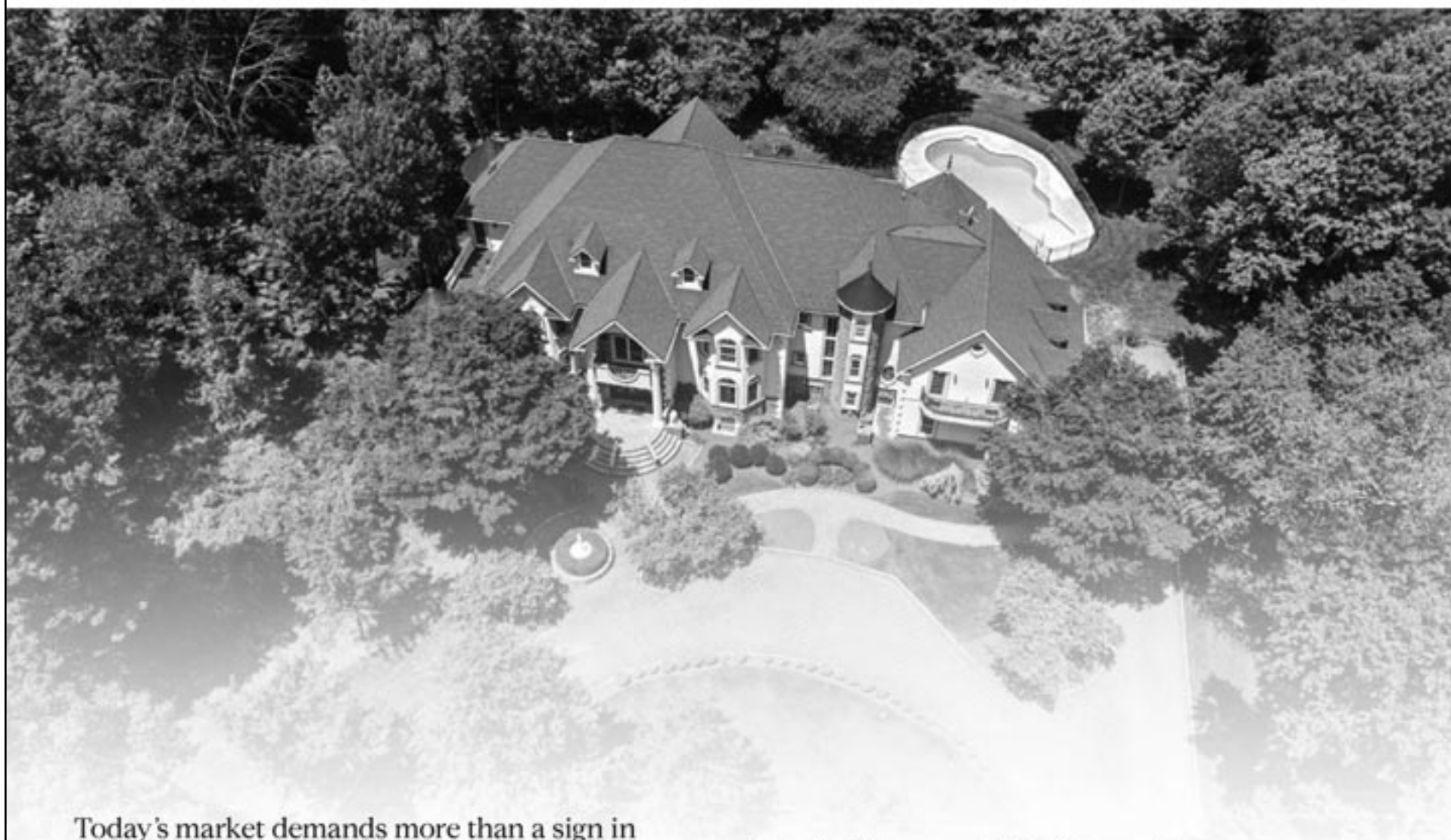


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