

# Berkeley Heights

## COMMUNITY NEWS NJ

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IN BERKELEY HEIGHTS

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### PRESCHOOLERS LEARN A NEW WAY TO COMMUNICATE

#### Berkeley Heights Public Schools

At Mary Kay McMillin Early Childhood Center, students in Ms. Marconi's pre-school class have been enjoying a unique and engaging learning experience through a special partnership with the Governor Livingston High School Deaf and Hard of Hearing Program.

In collaboration with Mrs. Gauthier, Teacher of the Deaf at Governor Livingston High School, and her students, preschoolers are learning to sign words connected to their classroom curriculum. Ms. Marconi and Ms. Fagan, a paraprofessional who practices American Sign Language (ASL), share vocabulary words with the high school students. In return, the GLHS students create and send back videos demonstrating how to sign those words, helping the preschoolers learn a new way to communicate. Then, the pre-school class sends Mrs. Gauthier and her students handmade thank you cards made by the pre-school students. While there is no specific plan yet, the hope is that the two groups of students will have an opportunity to meet in person before the end of the school year.

In addition to supporting early language development, the partnership also fosters connection between younger and older students, and introduces the preschoolers to a new language and way of communicating.

"This has been such a fun and meaningful experience for our students. They are not only learning new signs, but also gaining an understanding of Deaf culture and the many ways people communicate," shared Ms. Marconi.

Mr. James Finley, Principal at Mary Kay McMillin Early Childhood Center concluded, "I am so impressed by Ms. Marconi, Ms. Fagan, and their class. Their willingness to seek out and create this opportunity for their students is a testament to their teaching and the classroom environment they are creating. I thank Ms. Gauthier and her students for helping to make this experience possible."

Governor Livingston High School's Deaf and Hard of Hearing Program is open to qualifying students throughout the state of NJ. The program was established in 1977 and is approaching fifty years of service to students who are Deaf and Hard of Hearing. It offers exceptional opportunities to qualifying deaf and hearing-impaired students within the Berkeley Heights School District, as well as other students who attend from neighboring districts through a tuition-based program. The mission of the program is to empower Deaf and Hard of Hearing high school students to achieve their full potential by providing a supportive, inclusive, and accessible learning environment. Additional information can also be found at NJDeafProgram.com.



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# CALLING LOCAL BUSINESSES TO JOIN WARREN LIONS CLUB EXPO IN JUNE

The tough winter is still around but the beautiful spring will knock it down! Yes, it's that time of the year again, when the Warren Lions Club team picks up speed on EXPO readiness activities, it will be here in less than 3 months. The EXPO is the biggest social and commercial event in town, held every year from 2nd Wed to Sat of June (4 days), at the Warren Township municipal field (46 Mountain Boulevard).

The gathering is a classic CARNIVAL for all ages, family and friends, 6 to 10pm from Wednesday to Saturday. This year's EXPO, in its 58th occurrence, will be hosted from 10th to 13th June, 2026. There will be amusement rides, games of chance, fireworks, food vendors, and an exposition of local businesses and not-for-profits organizations. We will also have a spectacular Fireworks, to celebrate the local community, on Friday, 10pm.

The Lions EXPO attracts more than 10,000 people, over the four days, and has become the premier family & friends' melting pot, in the Warren Township and the neighboring communities.

Our sponsors are NextHome Realty, Goddard School Basking Ridge, Mira Vie, Lightbridge Academy, Atlantic Health, and Warren Hills Orthodontics.

In addition to the daily tickets, the EXPO has the pay-one-price wristbands every night. And

don't forget the Giant 50/50 cash raffle with the drawing on Saturday June 13th, resulting in thousands of dollars payout to a single winner. The winner need not be present at the drawing. Tickets will be available for purchase at the Expo, every night, for \$5 each.

## LOCAL BUSINESS EXPOSITION

The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500 Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign, displayed at the Expo for the 4 days.

"Interacting with potential customers at a high profile community event can greatly boost a company's image and customer base," noted Anthony Franchini, the Warren Lions Club Treasurer. "Community members deeply appreciate those businesses that demonstrate their local support through events like this." said Mark Ramos, the EXPO Chairperson.

We have started accepting applications for tent vendors to sell or promote their businesses to the thousands of people in attendance at the gathering. For information on becoming a tent vendor at the 2026 Warren Lions EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to the community organizations and sight and hearing foundations.

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# SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

When guests gathered for a recent summer wedding in town, expectations were clear: a beautiful bride, proud parents, heartfelt speeches, and a lively dance floor.

What no one expected was that one of the most talked-about moments of the night would involve the bride's mother.

As Helen, 48, walked down the aisle in a fitted dress with a tastefully exposed back, heads turned. Conversations paused. By the time the reception was underway, it was clear this mother of the bride had made an impression few would forget.

It wasn't just that she looked great. She looked strong. Defined. Confident. Guests kept asking the same question throughout the night:

What does she do to look like that?

That question is how this story begins.

## FROM TIRED, SOFT AND WEAK TO STRONG, LEAN AND CONFIDENT

A few years ago, Helen was not the woman people were buzzing about at a wedding. "I was tired all the time," Helen said. "My back hurt, my knees hurt, and I just felt older than I was.

I was in my late 40s, yes — but I felt like that was my whole identity."

Like many adults in their 40's 50s and 60s, Helen assumed aches, pains, and declining energy were simply the cost of aging. Exercise felt intimidating and confusing. Big gyms felt impersonal. Working out on her own felt unsafe.

"I didn't know what I should be doing, and I was afraid of hurting myself, so I just did nothing," she said.

A friend introduced her to a local personal training gym in Berkeley Heights, and she started with a free trial.

"I was so scared. I didn't walk in thinking I'd change my body," Helen said. "I was just hoping I could finally find a program that was right for me and do something for my health consistently."

## THE UNKNOWN WORKOUT PLAN THAT CHANGED THE GAME

What Helen found was not a room full of treadmills and mirrors, but a personalized fitness program led by highly knowledgeable personal trainers who specialize in working with adults ages 40–60.



(above) Helen flexing at one of their infamous 6 AM workouts at Gabriele Fitness

Helen didn't need anything extreme — she needed the right program and the right support.

She started with two days per week. As her energy improved and her pain decreased, she gradually built up to three days per week. Each workout was done in a small-group setting, allowing for personalized coaching without the pressure or cost of one-on-one training.

"The accountability mattered," Helen said. "If I didn't show up, someone noticed. And if something hurt, they adjusted things immediately."

## REDEFINING WHAT SOMEONE IN THEIR 40s CAN LOOK AND FEEL LIKE

Over time, the changes added up. Helen lost body fat. She gained muscle. More importantly, she gained confidence.

"I stopped thinking about what I couldn't do... and started thinking about what was next."

Years later, Helen is still a member and has even become a Grandma! She lifts weights people half her age shy away from. She moves pain-free. She keeps up with her grandchildren - and sometimes outpaces them.

So when her daughter's wedding approached, Helen didn't think twice about wearing the dress she loved.



(above) Helen turning every head as the mother of the bride

"I didn't choose it to show off," she laughed. "I chose it because I felt good in my own skin."

The reaction at the wedding told the rest of the story.

## A LOCAL SECRET GETS PUBLIC

As word spread, one question kept coming up again and again:

What is the secret workout plan that's making her look that good?

The answer was simple: Gabriele Fitness — a small community personal training gym right in Berkeley Heights.

Helen's transformation didn't come from crash diets or marathon workouts. It came from consistency, expert coaching, and a supportive environment designed for real people — not fitness models.

## FEELING BETTER AT 48 THAN SHE DID AT 28

Helen's story may have started with wedding buzz, but it's really about something deeper: what's possible when people stop accepting decline as inevitable.

"I wish I had started sooner because I feel better at 48 than I did at 28," Helen said. "But I'm grateful I started when I did."

A personal and confidential message from Helen to anyone on the fence about getting started.

"Ladies, having a personal trainer changed my life. Without a trainer, I never would have come close to looking and feeling this good. I tried so many times on my own and failed. I know it's hard to get started — I was scared myself. But if you find an amazing gym like I did (Gabriele Fitness), it changes everything.

The funny thing is, on the front door of the gym there's a sign that reads, 'You just did the hard part. We'll take it

from here.' And I truly believe that if you find a place you trust, that genuinely cares about you, and you show up consistently, you'll get into the best shape of your life.

For me, being in great shape has made my entire life so much better. I'm happier, stronger, full of energy... and my workouts are the reason."

For those who see themselves in Helen — those who feel older, weak, tired, stressed, struggling to burn fat, and are secretly starting to believe their best years are behind them — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program...FREE for 14 days. The offer expires on April 1st and is available to only 13 people.

P.S. Many people reading this article will be inspired by Helen... yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 18 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey.

If you're still hesitant, visit our website [gabrielefitness.com/results](http://gabrielefitness.com/results) for an ocean of success stories from people just like you...who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

## WHY GABRIELE FITNESS FOCUSES ONLY ON ADULTS OVER 40

Adults over 40 face a perfect storm of demands that make fitness more critical — and more challenging — than ever before. They're in the prime of their careers, often in leadership roles where the pressure is relentless and the hours are long.

They're raising children or supporting aging parents — sometimes both at the same time. Their stress levels are high, their metabolism is slowing down, and their bodies don't recover like they used to.

Yet this is precisely when they need their health and energy most — to perform at work, to be present for their families, to enjoy the success they've worked so hard to build, and to avoid the chronic diseases that affected their parents' generation.

The cruel irony is that when fitness matters most, it's also when finding time for it feels nearly impossible.

That's why adults over 40 don't need another generic gym membership. They need expert guidance designed specifically for their unique challenges, their busy schedules, and their refusal to accept that their best years are behind them.

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



## 42ND ANNUAL QUILT SHOW - APRIL 11

Harvest Quilters of Central NJ will present their 42nd annual Quilt Show on Saturday, April 11, 2026. Sharing the Quilts 42 will be held at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains, NJ from 9 a.m. to 5 p.m. Admission is \$8 for adults and \$3 for children under twelve.

At 10:30 a.m., Katherine Evans will present "My Journey - Stitching Together an International Community of Quilters." Evans' talk will cover her years living in Brazil, Costa Rica and Mexico from 2007 to 2025. She'll highlight her outreach to local women who together developed sewing and design skills creating one-of-a-kind group quilts, many of which will be on display.

Wendy Sheridan of Rahway will be recognized as 2026's Featured Quilter.

Sheridan is an award-winning multidisciplinary artist whose work spans fiber, watercolor, ink, and acrylics. With a lifetime of experience in fabric and fiber arts, she has created quilts, housewares, and costumes, serving as costume mistress for the Union County Academy for the Performing Arts from 2008-2012.

Her fiber art installation "What We Did This Summer," in collaboration with Lauren Reidy, has been on display at the New Jersey Transit Rahway station in the fall/winter of 2025-2026. "I love bold color, an explosion of color shows up in all my art forms," said Sheridan, a retired electrical engineer and technical writer.

Local charities will benefit from drawings for a traditional queen-sized quilt with a modern flair, gift cards and craft themed gift baskets.

In addition to viewing a full array of modern, traditional, art and wall-hanging quilts, attendees can participate in viewer's choice awards, kid's crafting table and vendor sales area.

A tearoom offering lunch, snacks, homemade baked goods, and beverages will benefit Willow Grove Church programs.

For additional information, please contact [harvestquilters.com](http://harvestquilters.com) or with questions email: [harvestquiltersnj@gmail.com](mailto:harvestquiltersnj@gmail.com).



(above) *Featured Quilter, Wendy Sheridan of Rahway*

Courtesy Photo

## YOUTH FISHING DERBY - APRIL 11

The Newark Bait and Fly Casting Club's Annual Youth Fishing Derby will be held on Saturday, April 11, 2026 at Echo Lake Park in Westfield, NJ. The event is free for children under 16, and \$10 for adults who wish to participate. Monies from this derby is used for stocking in 2027 and adult prizes. Sign up will start at 6:30 a.m. and will end around 2 p.m. Prizes will be awarded at 1 p.m. to all children present. Grand prizes and Adult prizes will be awarded at our June meeting. Sign up can be in-person at the lake, on line at [nbfcc.org](http://nbfcc.org).

Newark Bait and Fly Casting Club was founded in 1907 and is one of the oldest clubs in the nation. As a 501(c)3 we provide outings to support veterans, adults and children as well as people with disabilities which focus on environmental education, fishing knowledge and practice. We are always looking for new



members, donations and volunteers if anyone would like to get involved. Our monthly meetings are held at the Kenilworth VFW, located at 33 S. 21st. Street, Kenilworth, NJ, On the first Tuesday of each month at 7 p.m. (except July & August). There is no fee for attending a meeting. For more information visit [nbfcc.org](http://nbfcc.org) or contact Bob Jones [bjonesjrj@hotmail.com](mailto:bjonesjrj@hotmail.com) or 908-403-0787.



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## COLLEGE CLUB BOOK SALE APRIL 15TH THROUGH APRIL 19TH

The annual Summit College Club Book Sale will take place from Wednesday, April 15th, through Sunday, April 19th, at the American Legion Post #433, 357 Elkwood Avenue, New Providence, NJ (next to the library).

Donations of books, audiobooks, CDs, DVDs, and LPs in good condition will be accepted at American Legion Post #433 from Friday, April 10th, through Monday, April 13th, from 9 a.m. to 7 p.m. This is an opportunity for

anyone who wishes to contribute items to the sale. Please note that textbooks, manuals, magazines, encyclopedias, VHS tapes, and damaged items will not be accepted.

Preview Day is Wednesday, April 15th, from 9 a.m. to 2 p.m. For a \$25 admission fee, book dealers, collectors, and all book lovers will receive early access to the books.

Admission to the sale is free from Thursday, April 16th, through Sunday, April 19th. For customers' convenience, the sale has weekday, weekend, and evening hours:

**Thursday & Friday, April 16th & 17th**

9 a.m. to 8 p.m.

**Saturday, April 18th**

9 a.m. to 7 p.m.

**Sunday, April 19th (Bag Day)**

10 a.m. to 4 p.m.

More than 20,000 hardcover and softcover books, along with audiobooks, CDs, DVDs, and LPs, as well as jigsaw puzzles, will be available in good to excellent condition. The books will be carefully sorted into categories, including fiction, history, biography, children's books, science fiction, art, hobbies, travel, science, gardening, sports, cookbooks, and many more. Most items will be priced between 50 cents and two dollars. Collectible and coffee table books will also be attractively priced. On the final day of the sale, Sunday, April 19th, shoppers can purchase an entire bag of books for just \$5 or

\$10, depending on the bag size.

The Book Sale is a vital community event and the primary fundraiser for the Summit College Club each year. Proceeds are used to provide college scholarships to deserving young women from local high schools who will be attending a 4-year college, and to women returning to a local community college after a break in their education. Since its inception, the Summit College Club Foundation has awarded hundreds of scholarships totaling over \$1 million, reinvesting those funds in the community.

Thanks to the generosity and interest of the local community, our book sale has thrived, even with the growing popularity of online alternatives to books and print media. Community members contribute by donating books and other media, as well as volunteering their time. The Summit College Club is grateful for these volunteers who help with various tasks, including receiving and sorting books before the sale, assisting customers during the event, organizing the book sections, and cleaning up afterward. If you would like to volunteer, please fill out the "Volunteer with Us" form at [summitcollegeclub.org/booksale](http://summitcollegeclub.org/booksale).

All are welcome! For questions about book donations, sales, volunteering, or the Summit College Club and its scholarships, please email [summitcollegeclub@gmail.com](mailto:summitcollegeclub@gmail.com) or go to [summitcollegeclub.org](http://summitcollegeclub.org).

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# WELCOME SPRING WITH A HIGH TEA AT ELEGANT TWIN MAPLES

All are invited to a Spring High Tea at the historic Twin Maples Estate in Summit on Friday, April 3 to benefit historic preservation. The event consists of two seatings at 11 a.m. and 2 p.m., offering the perfect opportunity to gather family, daughters, grandmothers and friends in an

elegant atmosphere with live music. The tea is coming direct from Fortnum and Mason, London and will be accompanied by classic English savories and sweets. Tickets are available at fortnightlyclub.org. There is a gluten free option and Twin Maples is ADA accessible.

Membership is available via the website. Most recently, the Club held an exciting Murder at the Speakeasy Mystery featuring the Without A Cue Productions theater group and a three-course dinner.

On Saturday, April 18 the Club will participate in Summit's 'Revolution Road', celebrating the 250th Anniversary of the American Revolution by hosting a free lecture on 'Women and the American Revolution' at 10 a.m. at Twin Maples. Other upcoming events include a Spring planted container demonstration on April 15, a Broadway theater and lunch trip to see 'Ragtime' on April 29 and a Mah Jongg 'Sips and Apps' Party on May 7, featuring open play and lessons.

The Fortnightly Club preserves Twin Maples, offers annual scholarships and supports education, the arts and volunteerism. Twin Maples rentals are available for celebratory occasions. Inquiries are welcome at fortnightlyclubtwinmaples@gmail.com.

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(above, l-r) Ellen Leonard of Summit, Liese Kant of Short Hills, Joyce Zemsky of Westfield



(above) Twin Maples Estate, Summit, N.J.



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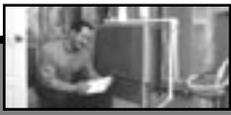
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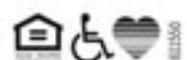
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## NEW JERSEY INTERGENERATIONAL ORCHESTRA PRESENTS FREE "NATIONAL SPIRIT" CONCERT

The New Jersey Intergenerational Orchestra (NJIO) invites the public to a free concert celebrating music has inspired national pride on Sunday, May 3rd at 3pm at the Crescent Avenue Presbyterian Church in Plainfield, NJ.

NJIO's three orchestras (Prelude, Intermezzo, and Symphony) will present music by Mozart, Grieg, Vaughn Williams, and more, culminating in Sibelius's Symphony no.2.

NJIO concerts provide a relaxed concert atmosphere: no dress code, assigned seating, ticketing, or shushing. To ensure all audience members feel comfortable, NJIO offers a Concert Comfort Station in the concert lobby where attendees can borrow additional cushions, fidget toys, coloring pages and crayons, and large print program books.

This concert is the final performance for NJIO's 2025-2026 season. Information on NJIO's summer education programs is available now at [www.njio.org/summer](http://www.njio.org/summer) and an announcement about the 2026-2027 concert season will be available in July.

This free concert is made possible by funds from the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and our season sponsors: the Frank and Lydia Bergen Foundation, the Plainfield Foundation, The Henry S. and Agnes M.

Truzack Foundation, Standish Foundation, and many other generous supporters. NJIO is a proud participating organization in the Families First Discovery Pass Program, a program of the NJ Departments of Health and Human Services.

### EVENT DETAILS:

**NJIO's Spring Concert: "The National Spirit"**  
**Sunday, May 3rd, 2026 at 3pm**  
**Crescent Avenue Presbyterian Church**  
 716 Watchung Ave, Plainfield, NJ 07060  
**Admission: Free, no tickets required**

NJIO is committed to ensuring that its programs and concerts are accessible. For more information regarding the concert or to inquire about patron services, please contact NJIO at [info@njio.org](mailto:info@njio.org), or visit NJIO's website [www.njio.org](http://www.njio.org)

### ABOUT NJ INTERGENERATIONAL ORCHESTRA:

New Jersey Intergenerational Orchestra, now in its 32nd season, creates accessible opportunities for people of all ages and stages of life to joyfully participate in classical music. Recognized nationally as an Intergenerational Program of Distinction by Generations United, NJIO welcomes new members of all ages and abilities to one of its orchestras, depending on space availability – no audition required!

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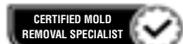
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## ORCHESTRA PERFORMS ONE THOUSAND AND ONE NIGHTS

The New Jersey Festival Orchestra brings its season to a close with *One Thousand and One Nights*, an evening shaped by storytelling, imagination, and the vivid orchestral palette of two beloved works. Performances will take place on Saturday, May 30, at 7:00 pm at The Presbyterian Church in Westfield, and Sunday, May 31, at 2:30 pm at the Sieminski Theater in Basking Ridge.

The program pairs the elegance of Joaquín Rodrigo with the sweeping narrative of Nikolai Rimsky-Korsakov, inviting audiences into a world where music and myth intertwine. At its center is internationally acclaimed Slovak guitarist Karol Samuelčík, whose appearance is presented in collaboration with the Slovak American Cultural Center.

Samuelčík takes the stage in Rodrigo's *Fantasia para un gentilhombre*, a work that draws from Spanish baroque dances and unfolds with graceful lyricism and rhythmic vitality.

A seasoned international performer, Samuelčík has appeared across Europe, Asia, and the Americas, with engagements at venues including London's Purcell Room and Shenzhen Concert Hall.

The program culminates in Rimsky-Korsakov's *Scheherazade*, a work long associated with the fantastical tales of *One Thousand and One Nights*. Though the composer ultimately removed explicit programmatic titles, the music retains its narrative spirit; waves swell and recede, melodies shimmer and twist, and the orchestra becomes a storyteller in its own right. Echoes of distant voyages, whispered secrets, and unfolding drama emerge through richly layered textures and luminous orchestration.

Tickets are available at [www.njfestivalorchestra.org/concerts](http://www.njfestivalorchestra.org/concerts) or by calling (908) 232-9400.

Student discounts are available to high school and college students.

## FINISHING THE HAT: THE MUSIC OF SONDHEIM AT THE SIEMINSKI THEATER APRIL 19

The Actors Studio of New Jersey and The Sieminski Theater proudly present *Finishing the Hat: The Music of Sondheim*, a spectacular tribute to the legendary composer and lyricist Stephen Sondheim. This exciting collaboration marks the first producing partnership between the two acclaimed arts organizations, joining forces to pay tribute to one of musical theater's most influential voices.

Performances will take place Saturday, April 18 at 7:30 PM and Sunday, April 19 at 2:30 PM at The Sieminski Theater in Basking Ridge, New

Jersey. Tickets on sale and available through the Sieminski Theater website at

[SieminskiTheater.org](http://SieminskiTheater.org)  
or box office at 908-580-3892

*Finishing the Hat: The Music of Sondheim* is an unforgettable musical journey through Sondheim's unparalleled body of work, featuring songs from his most celebrated musicals. Audiences will experience the brilliance, complexity, and emotional depth of Sondheim's music and lyrics in a performance that honors his timeless artistry.

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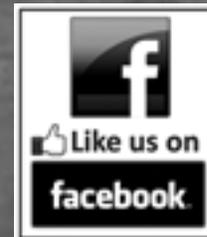
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*Revenge, Romance & Revelry:  
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Sunday, April 12, 2026  
2:00 pm

Lenfell Hall, The Mansion  
Fairleigh Dickinson University  
Madison, NJ



\$30 General Admission  
Tickets & Information  
operaatflorham.org | 973-443-8620  
info@operaatflorham.org

Opera at Florham is a 501(c)(3) non-profit organization  
This event is not sponsored by Fairleigh Dickinson University.

Sunday, April 12th, 2026 at 2:00 pm  
Opera at Florham proudly presents *Revenge, Romance & Revelry: Scenes from Die Fledermaus*, an afternoon concert on Sunday, April 12th, 2026 at 2:00 PM at Lenfell Hall, The Mansion at Fairleigh Dickinson University (285 Madison Ave, Madison, NJ 07940).

This performance features a stellar cast: Soprano Abby Brodnick as Adele, Soprano Molly Dunn as Rosalinde, Mezzo Soprano Victoria Falcone as Prince Orlofsky, Tenor Eric Šebek as Alfred, and Heldentenor Tom Walters as Eisenstein.

### WHY YOU CAN'T MISS IT

*Revenge, Romance & Revelry: Scenes from Die Fledermaus* presents highlights from Johann Strauss II's beloved Operetta, taking audiences back in time with a farce filled with love, laughter, wit, disguises, and deception amidst a glamorous masquerade ball. This concert is performed in the elegant, intimate

setting of Lenfell Hall at The Mansion on the campus of Fairleigh Dickinson University, a stunningly perfect setting for a piece filled with such glamour.

Experience an enchanting Sunday afternoon performance filled with witty dialogue, alluring melodies, and a cast of captivating performers who bring the story to life right in front of your eyes – an afternoon you won't want to miss!

Tickets are \$30 for General Admission, with discounted tickets available for students. Visit [operaatflorham.org](http://operaatflorham.org) for tickets and more information.

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## WHARTON PERFORMING ARTS SCHOOL 2026 SUMMER CAMPS

The Wharton Performing Arts School (PAS) is excited to share that its 2026 summer camps will take place in Berkeley Heights, ensuring campers can enjoy the program's most popular offerings. Full-day camp options are now available for children aged 7 and up, and half-day camp options begin at age 4.

Campers are invited to dive into the world of musical theater through the popular Theater Explorers program, where participants bring a weekly showcase to life based on a fun theme. In the afternoons, campers enjoy guest artist workshops led by Wharton Arts faculty, and Monday through Thursday, they can enjoy swimming at the Berkeley Heights YMCA pool across the street. On Fridays, all campers stay for a final dress rehearsal, culminating in a showcase for friends and family featuring songs, dance, and scenes from the week's camp.

In addition to Theater Explorers, PAS summer camps include programs such as Music Around the World, Meet the Instruments, Piano Explorers, and more, giving young artists a variety of creative experiences throughout the summer.

Said PAS Director Debra Joyal, "There's no place like home! We are thrilled to bring Performing Arts School summer camps back to 60 Locust Ave. This enables us to extend our season by two weeks and significantly enhance our curriculum by offering a full-day option. From working alongside professional artists in

our black box theater to sunny afternoons at the Berkeley Heights YMCA pool, we can't wait to share this upgraded experience with your family."

Families interested in registering can find full camp details and schedules online at [WhartonArts.org](http://WhartonArts.org).

Please note: New Jersey Youth Symphony summer camps will continue to take place in New Providence as originally planned.

The Wharton Performing Arts School (PAS) is proud to be part of Wharton Arts, New Jersey's largest independent non-profit community performing arts education center, serving nearly 2,000 students each year through a wide range of programs. PAS has been nurturing artistic excellence and creativity in the community for 40 years. Offering programs in music and performing arts, the school empowers students to develop their talents, confidence, and lifelong appreciation for the arts.

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities.

Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving nearly 2,000 students through a range of classes and ensembles. The 5 ensembles of the New Jersey Youth Chorus, an auditioned choral ensemble program for students in grades 3–12, encourage

a love and appreciation of choral music while nurturing personal growth and creative development. The 15 ensembles of the New Jersey Youth Symphony, which serve over 500 students in grades 3–12 by audition, inspire young people to achieve musical excellence through high-level ensemble training and performance opportunities. Based in Paterson, the Paterson Music Project is an El Sistema-inspired program of Wharton Arts that uses music education as a vehicle for social action by empowering and inspiring young people to achieve their full potential through the community experience of ensemble learning and playing. From Pathways classes for young children to Lifelong Learning programs for adults, the Wharton Performing Arts School has a robust musical theater and drama program and offers both private and group classes for instruments and voice for all ages and all abilities. With the belief in the positive and unifying influence of music and that performing arts education should be accessible to all people regardless of their ability to pay, Wharton Arts offers need-based scholarships.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.

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8:45 a.m. Sunday School, Youth & Adult Forum  
10:00 a.m. Festival Liturgy with Eucharist

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**Good Friday - April 3**  
12 noon Community Ecumenical Service  
7:30 p.m. Service of Tenebrae

**Holy Saturday - April 4**  
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**Easter Celebration - April 5**  
7:00 a.m. Memorial Garden Liturgy  
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# LIBRARY APRIL PROGRAMS

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## FOR ALL AGES:

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Sunday, April 26 at 2:30 pm  
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## CHILDREN'S PROGRAMS

### MONDAYS

#### Baby Storytime

10 am - April 6, 13, 20, and 27.

#### Crafternoon

April 6 (Clay Bunny), 13 (Pencil Creatures),  
20 (Earth Day craft),

27 (Decorate a Banner). at 3:30 pm  
crafts for ages 4-7 with caregiver

### TUESDAYS

#### Toddler Tuesdays

April 7 (Art), 14 (Music), 21 (Sensory),  
29 (Play). at 10 am

for toddlers with caregiver

#### Tummy Time

April 7, 14, 21, and 28 at 2 pm

#### Good Tyme Band

Tuesday, April 14 at 10:30 am.

### WEDNESDAYS

#### Family Storytime

April 1, 8, 15, 22, and 29 at 10 am

#### Read to a Dog

Wednesday, April 22 at 3:30 pm.

### THURSDAYS

#### Block Party

(Build & play with blocks)

April 2, 9, 16, 23, and 30 at 10 am:

#### Puzzles & Games

April 2, 9, 16, 23, and 30 at 3:30 pm

### FRIDAYS

#### Play Pals

April 10, 17, and 24 at 10 am

#### Lego Play

Friday, April 17 at 3:30 pm.

### SATURDAYS

#### Saturday Hangouts

April 4 (Play), 11 (Games), 18 (Storytime),  
25 (Craft) at 10 am

### SUNDAYS

#### Floor Puzzles

Sunday, April 12 at 2:30 pm

## TWEEN PROGRAMS:

### Weekly Tween Program

Wednesdays at 3:30pm

April 8 and 15 (Tween Craft Club),

April 29 (Tween Game Club)

## TEEN PROGRAMS:

### Paint & Swap

Tuesday, April 21

### THURSDAYS AT 6PM

April 2 (Gaming Hangout),

9 (Snack & Study),

16 (Anime & Manga Club),

23 (Teen Movie:

The Ballad of Songbirds & Snakes)

## ADULT PROGRAMS:

### MONDAYS

#### Joy of Cookbooking

Monday, April 20 at 6:30 pm (Pastabilities).

#### Mah Jong Play

April 6, 13, 20 & 27 at 7 pm

### TUESDAYS

#### Tinker Tuesday Crafts at 7 pm

(registration required)

April 9 (Flower arranging),

April 14 (Cherry Blossom painting)

#### Evening Book Group

April 14 at 7 pm.

North Woods: a novel by Daniel Mason

### WEDNESDAYS

#### Adult Color and Build

April 1, 15 & 29 at 1 pm

#### Coffee and Conversation

April 8 & 22 1 pm

#### Movie: The Librarians

Wednesday, April 22 at 7 pm.

### THURSDAYS

#### Mayor's Wellness Book Club

Meditations for Mortals

April 9 at 7 pm

at Delicious Heights.

#### Books Speak Volumes

When McKinsey Comes to Town

April 16 at 7 pm.

### FRIDAYS

#### Morning Book Group

The Moonshiner's Daughter by Donna Everhart

April 10 at 10:30 am.

#### Movie Matinee: Hamnet

April 24 at 1 pm.

### SATURDAYS

#### Movie: The Librarians

Saturday, April 18 at 1 pm.

### SUNDAYS

#### Music Concert

Jazz Trumpeter James Gibbs

April 19 at 3 pm.

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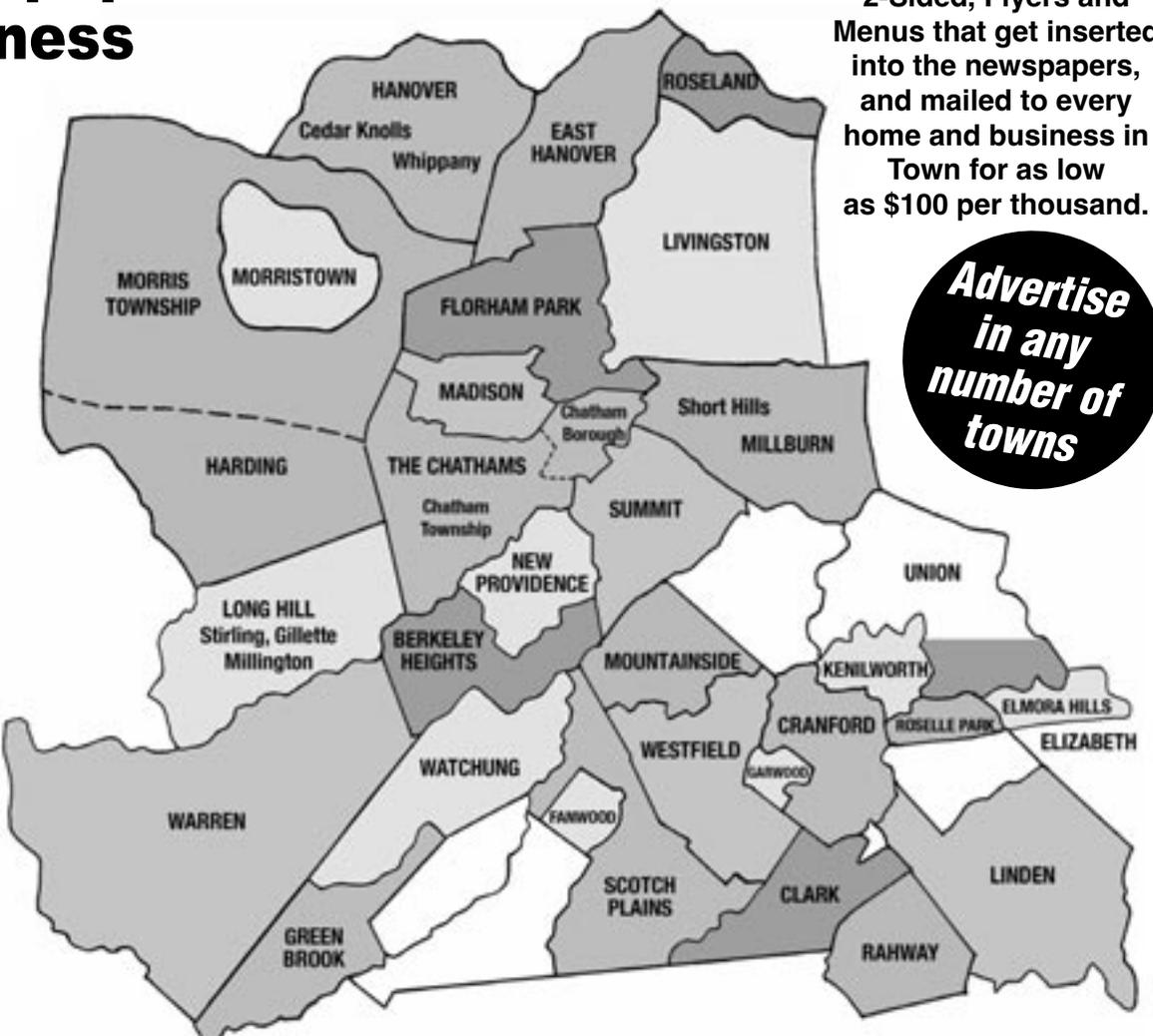
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# A DIFFERENT APPROACH TO STRENGTH TRAINING.

## *THINK MOVEMENTS, NOT MUSCLES.*

Preserving your muscle mass and strength is crucial if you want to enjoy an active life. It's what allows you to go skiing with the kids, travel with your spouse, and join the family hike without hesitating or having to worry about your pesky (insert troubled body part here).

Unfortunately for us humans, muscle mass starts to plummet after age 30. You can lose 4-6lbs of muscle tissue every decade if you aren't building strength training into your fitness routine.

That's a Christmas ham's-worth of muscle, gone by the time you're 40. And a family-sized Thanksgiving turkey of muscle that has vanished by your 60th birthday.

Muscle loss is inevitable, UNLESS you're doing something to prevent it. This is where strength training comes in.

With over 600 muscles in the body, it would be impossible to come up with an exercise routine that worked each of them individually. So instead of thinking "what muscles should I be working?" think more along the lines of "what movements should I be working?"

To maintain strength throughout your whole body, you should be addressing these 5 movements in every workout- Squatting, hinging (bending at the hips), upper body pushing, upper body pulling, and core.

**Squatting:** working on your squat will make it easier for you to sit down on the toilet, get up off the couch, and take a knee to talk to your grandkids. Squatting works the muscles in your feet, shins, knees, thighs and hips, as well as requiring a strong core. Work on full depth squatting or lunging so you can keep your mobility and work dozens of muscles at the same time. Examples: bodyweight squats, lunges, side lunges, single leg squats.

**Hinging:** hinging primarily works your bum and back of your legs. Keeping strength in this area will make it easy to push the lawnmower, hike uphill, pick up boxes in the basement and climb stairs like



a champ. Examples: deadlifts, glute bridges, hamstring curls.

**Upper body pushing:** using your upper body to push something away (or push yourself away from something) requires dozens of muscles in your arms and shoulders and also calls for a strong core. Ask anyone who has struggled to get their suitcase in the overhead compartment of a plane, upper body strength disappears fast if you aren't working on it. Examples: push ups, overhead presses, medicine ball chest passes.

**Upper body pulling:** this is the most challenging movement to work on outside of a gym setting, and it's probably the one we need most to improve posture and back/shoulder health. Pulling works the muscles in the arms and back, will help you avoid shoulder pain, and may even make you look taller to your friends (because of your improved posture).

Examples: rows, chin ups/chin up variations, vertical hang.

**Core:** a strong core is the foundation of creating strong movements. All strong movements go through a strong, stable core. If your core is weak, all other movements will be weak as well. Like they say, "you can't shoot a cannon from a canoe." Maintaining core strength means you'll have better spine health, less back pain, and the potential to improve strength across your entire body. Examples: planks, side planks, suitcase carries.

Check these 5 boxes with every workout and you'll be well on your way to keeping your muscle mass, maintaining your freedom, and being the happiest, healthiest, most active version of yourself.

**If you want to incorporate more strength training into your routine, but you aren't sure how to do it, scan the QR code and you'll receive a FREE:**

- 1-on-1 consultation with a certified personal trainer
- Personalized strength training program so you know the movements that are right for you, even if you have an injury, aches and pains, or limitations you need to work around
- 14 Days of unlimited sessions with a professional trainer who will teach you proper form and help you make quick progress

\*Since we are a small personal training gym, Free 14 Day Memberships are limited to the first 13 people. Submit the interest form now if you are interested in adding strength training to your routine.



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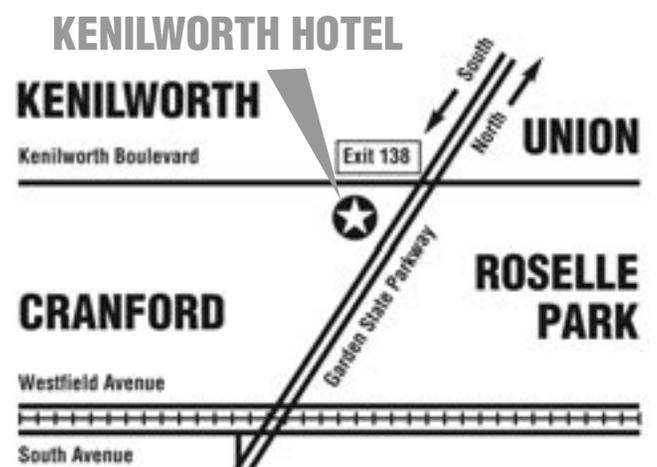
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