

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

ISSUE 160 • APRIL 2026



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## DAR CHAPTER CELEBRATES 130 YEARS

*Submitted by Holly Dunbar*

With a toast of champagne, the members of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) recently celebrated the chapter's 130th Anniversary at Bruno's Bistro in Warren.

As part of the festivities, two new chapter members were sworn in, Carol Chasse of Green Brook and Angela Ryder of Warren. Three members were recognized for milestone membership anniversaries: Barbara Kuzma of Iselin, 45 years; Ruth Ryno, 45 years, and Cate Carley, five years, both of North Plainfield. Sons of the American Revolution member Bruce Ryno of North Plainfield received the DAR's Hannah White Arnett medal for providing assistance to the DAR. Prospective DAR member Clara Barbaz of Green Brook received a Clover Award from the N.J. State Society DAR for her support of 4-H programs.

"It was a time to gather with family and friends to celebrate," said Regent Nancy Stoll. "2025 was a busy year with a variety of service projects. In fact, chapter members volunteered 2,800 hours to support education, promote patriotism and historic preservation and to build community."

The DAR is a nonprofit, nonpolitical service organization. Any woman, 18 and over, who is descended from a man or woman who aided American independence, may join the DAR. Founded in 1896, Elizabeth Snyder-Continental Chapter serves areas of Somerset, Middlesex and Union

counties.

The next chapter meeting is March 10, 7-9 p.m. and women interested in joining the DAR are invited to attend. Contact the chapter at [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com).



*(above) Bruce Ryno was presented with the DAR's Hannah White Arnett medal by Regent Nancy Stoll (r.) as his wife, DAR member Ruth Ryno, looks on.*

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*(above) DAR members pose with profiles of their Patriot ancestors.*

<b>Ashley's February Warren Market Update</b>		<b>\$1,195,000</b> Average Sales Price ▲ Increased from last month	<b>3</b> # of sales ▼ Decreased from last month		<b>COMPASS</b>
The Cherie Berger Team Ashley Berger Freitas M: 908.432.9818 cheriebergerteam@compass.com O: 732.454.3007	<b>65</b> Average Days on Market ▲ Increased from last month	<b>33</b> # of houses on the market ▲ Increased from last month			

# WARREN MONTHLY

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

Warren Monthly is published by Renna Media. 6,500 newspapers are printed monthly and mailed to every business and resident in Warren, 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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# 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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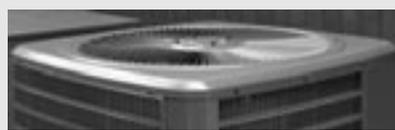
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# SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

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...



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Played on Saturday mornings in Warren, NJ, Diamond Dogs Buddy Baseball empowers individuals with disabilities to embrace their unique abilities and challenge themselves on a week-to-week basis. It offers participants in the program a chance to meet friends, get exercise,

and have fun. We believe that playing on our team is so much more than just playing a game - it is an opportunity to shine.

The Diamond Dogs Buddy Baseball League is free to participate in, and we have no age limit. We can organize teams from elementary school through adulthood.

To register visit and to find out more about the Diamond Dogs Buddy Baseball League, visit: [theabilityfoundationofnj.org](http://theabilityfoundationofnj.org)



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# DESMOND OHLSON OF WARREN NAMED STUDENT OF THE MONTH



(above) Congratulations to Desmond Ohlson, the February 2026 SCVTHS Student of the Month.

Photo by SCVTHS

## SCVTHS

Somerset County Vocational & Technical High School (SCVTHS) is pleased to announce that Desmond Ohlson, a sophomore in the Mechanics and Repair program, has been selected as Student of the Month for February 2026. Desmond is the son of Mike and Amy Ohlson of Warren.

In recognition of Career and Technical Education Month, SCVTHS faculty and staff were asked to nominate a student who is a "Trade Winner" – someone who has shown a genuine passion for their trade. The nominated student needed to demonstrate a dedication to learning, initiative, and leadership while "embodying what it means to take ownership of their skills and take pride in becoming a skilled professional." According to Mechanics and Repair instructor Troy Shandor, Desmond more than fulfills these requirements. He is

passionate about small engine repair and regularly brings in projects to work on in class. He has also conducted research on his own time to find the best methods for repairing the equipment he is working on. Mr. Shandor also praised Desmond, saying that he "demonstrates leadership by setting a positive example, working safely in the shop, and offering support to his peers."

When he is not in the shop or in his academic classes, Desmond can be found at work doing maintenance and staffing the snack shack at the Warren municipal fields. He is also on the SCVTHS soccer team, and spends his free time playing bass guitar, snowboarding, listening to music, and doing film photography.

Desmond's plans for the future include going to college for automotive repair, where he will join ROTC and then transition to a career in the Army.

## CASTING CALL

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# WARREN LIBRARY APRIL 2026 EVENTS

42 Mountain Blvd. Some programs require registration. Visit [SCLSNJ.org](http://SCLSNJ.org) to register today.  
For additional assistance, call (908) 845-8400. Connect with SCLSNJ on Facebook, Instagram, X or YouTube.

## BABY/TODDLER

**Baby Song and Rhyme Time**  
Tuesdays, April 7, 14, 21, and 28  
10:30 - 11:00 a.m.

This interactive program is filled with brain building rhymes, movement, songs and stories.

## PRE-SCHOOL

### Small Motor Skills Academy

Saturday, April 4, 11:00 a.m. - 2:00 p.m.;  
Monday, April 6, 10:30 - 11:00 a.m.

Explore various games and activities with your child - designed to work on small motor skills.

### Spring Tree Craft

Thursday, April 09, 1 - 4:00 p.m.

Drop-in to make a blossoming spring tree craft.

Parental supervision is required

### Book Buddies - Henry and Mudge

Thursday, April 16, 4:30 - 5:00 p.m.

Hear stories and participate in activities and crafts celebrating our favorite book buddies!

## KIDS

### Read to a Therapy Dog

Monday, April 6, 4:30 - 5:30 p.m.

Practice your reading skills by reading a story to a certified therapy dog. No registration required.

### Art is the Style of: Nnema Kalu

Monday, April 13, 4:30 - 5:15 p.m.

Join us to learn more about artist Nnema Kalu and then create artwork in their signature style.

### Kids in the Kitchen

Tuesday, April 21, 4:30 - 5:15 p.m.

Build your cooking skills and socialize with other kids as we make a recipe.

### Earth Day Craft

Wednesday, April 22, 3 - 5:00 p.m.

Drop in to make an Earth Day craft. Parental supervision is required.

## FAMILIES

### Family Storytime and Craft

Thursdays, April 2, 9, 16, 23, and 30

10:15 - 11:00 a.m. and 11:15 a.m. - noon

Followed by a messy craft. Limited spots. on a first-come, first-serve basis.

## Tim Hoh Music for Kids

Saturday, April 11, 11 - 11:45 a.m.

Put on your dancing shoes and rock!

## ADULTS

### Drop-In Tech Help

Wednesday, April 8, 1 - 2:00 p.m.

Connect with one of our library staff members to get answers to your questions about technology.

### In-Branch Movie: "The Big Chill"

Thursday, April 9, 1:30 - 3:30 p.m.

A group of seven former college friends gather for a weekend reunion at a South Carolina vacation home after the funeral of another of their college friends. Rated: R.

### Adult Drop-In Craft: Blackout Poetry

Saturday, April 11

11:00 a.m. - noon and 2 - 3:00 p.m.

Drop in and learn how to make a poem through blackout poetry. All supplies provided.

### Yarn and Threads

Mondays, April 13 and 27, 10:00 a.m.-noon

Bring your own project and join this group of friendly fiber fanatics for advice sharing, show and tell and camaraderie.

### Adult Drop-In Craft: Flower Printing

Wednesday, April 15, 1 - 2:00 p.m.

Create beautiful natural designs using real flowers and leaves.

### In-Branch Movie: "Fatal Attraction"

Thursday, April 16, 1:30 - 3:30 p.m.

A married man's one-night stand comes back to haunt him when that lover begins to stalk him and his family. Rated: R.

### Garden Favorites that Deer (almost) Never Eat

Saturday, April 18, 1 - 2:00 p.m.

Of all the pests that can wreak havoc on your landscape, few are as destructive as deer.

### Hybrid Book Discussion

Wednesday, April 22, 2 - 3:30 p.m.

"The Lions of Fifth Avenue" by Fiona Davis.

This hybrid book discussion will be moderated by a Warren Twp. Librarian.

### English Conversation Group

Wednesdays, April 22 and 29

10:30 - 11:30 a.m.

Practice speaking English in a friendly setting. Intermediate English skills are required. Hosted by SCLSNJ staff in partnership with the Literacy Volunteers of Somerset County.

### In-Branch Movie - "Dangerous Liaisons"

Thursday, April 23, 1:30 - 3:30 p.m.

A scheming widow and her manipulative ex-lover make a bet regarding the corruption of a recently married woman. Rated: R.

### Viewing Party

### "Hidden Details of the NY Public Library"

Friday, April 24, 11:00 a.m. - noon

In celebration of National Library Week, explore the architectural history of the New York Public Library.

### Disabilities Social Hour

Wednesday, April 29, 5 - 6:00 p.m.

Designed for adults with cognitive or developmental disabilities (18 and up) to meet new people, as well as explore fun and interesting activities. Caregivers and support staff are welcome.

### Bone Up Your Health: Osteoporosis

Thursday, April 30, 11 a.m. - noon

In this session, you'll learn how to spot risk factors for osteoporosis and fractures, while discovering practical strategies for promoting stronger bones. Presented by the Middle-Brook Regional Health Commission.

### In-Branch Movie - "Albert Nobbs"

Thursday, April 30, 1:30 - 3:30 p.m.

A woman passes as a man in order to work and survive in 19th century Ireland. Some thirty years after donning men's clothing, she finds herself trapped in a prison of her own making..

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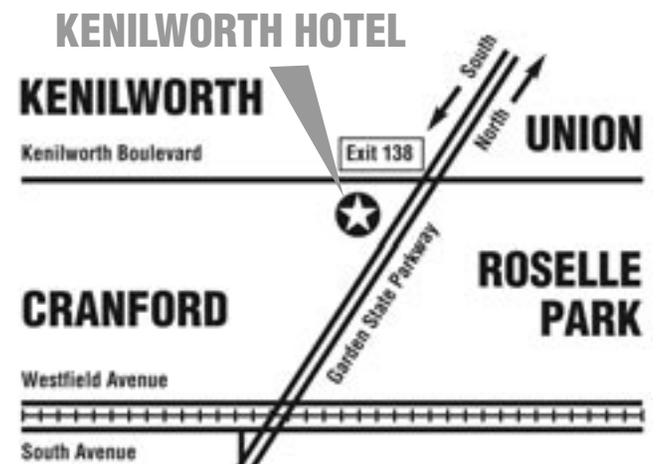
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# WARRENBROOK SENIOR CENTER - APRIL CALENDAR

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.

**Billiards Room** - Available daily drop-in basis.

**Computer Lab** - Available daily Use computers at their leisure.

**Carrom** - Available daily

Carrom is a strike and pocket table game. It is also like Billiards and Table Shuffleboard.

**Games/Cards** - Available daily

Scrabble, Uno, Canasta, Mexican Train, Rummikub, etc. If you have a favorite game please let us know.

**Jigsaw Puzzles** - Available daily

Strike up a conversation, make new friends and enjoy assembling puzzles together.

**Watercolor Paint Class**

Wednesdays, 9 a.m. – 12 p.m.

All supplies are included.

**Chair Yoga with Kartika**

Mondays, 10 a.m.

This class is open to all levels of skill.

**Studio 60+**

1st & 3rd Mondays, 1 p.m.

Plan the events they are interested in.

**Mahjong for Intermediate Players**

Tuesdays, 9:30 a.m. – 12 p.m.

For intermediate mahjong players.

**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).

**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.

**(Video) Cardio Exercise**

Wednesdays, 1 p.m.

Designed with safety and comfort in mind, to stay fit, feel strong, and enjoy a quick boost of

vitality throughout the day.

**Craft Activities**

2nd & 4th Wednesdays, 1 – 4 p.m.

Work on doing craft work for Community Service projects throughout the year. This quarter, we are creating cards for our Meals on Wheels clients. All supplies will be provided.

**Line Dancing with Linda Hyland**

Thursdays, 9:30 – 10:15 a.m.

Suitable for participants with limited mobility.

**Afternoon Yoga with Wai-Ling Poon**

Thursdays, 12:45 p.m.

Class uses seated and standing poses perfect for all fitness levels.

**Bridge**

Fridays, 1 – 4 p.m.

Bridge is a mentally challenging card game that offers intellectual and social stimulation.

**Blood Pressure Screenings**

April 1, 10 a.m.

Take your blood pressure and ask questions.

**Bingo with Bob Mazet**

April 1, 16, 11 a.m.

Strengthens hand-eye coordination, and improves listening and short-term memory.

**Easter Trivia**

April 2, 11 a.m.

Participants can test their knowledge of spring traditions, holiday history, fun facts, and nostalgic Easter favorites.

**Center Closed - April 3**

in observance of Good Friday,

**Differences in Physical Therapy Settings**

April 6, 11 a.m.

Individuals can become more informed about the range of physical therapy and rehabilitative options available to them.

**The Somerset County Traveling Library**

April 6, 1 p.m.

Sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book.

**Creative Movements**

April 7, 11 a.m.

Get moving, grooving and laughing on your way to the dance floor with Tom McKie.

**Musical Entertainment**

April 8, 11 a.m.

Broadway Then & Now invites participants to tap their toes, reminisce, and enjoy the unforgettable spirit of musical theater.

**Boggle**

April 9, 11 a.m.

This is a challenging game that is played using a grid of letters.

**Understanding Vertigo**

April 10, 11 a.m.

This presentation will explain common causes of vertigo, when to seek medical care, and practical strategies for managing symptoms.

**Mental Health & Medication**

April 13, 11 a.m.

Discuss common mental health concerns, how medications can help, potential side effects, and tips for safe use.

**Wheel of Fortune**

April 14, 11 a.m.

Spin the colorful wheel and watch the anticipation build as participants try to match clues and solve word puzzles.

**Monthly Book Club**

(Hybrid) April 14, 1:30 PM

New members are always welcome!

**Casino Games**

April 15, 10:30 a.m.

Pre-registration is required.

**Price is Right**

April 17, 11 a.m.

Test your shopping savvy, guess the prices of everyday items, and win fabulous prizes.

**Build your Flower Bouquet**

April 20, 11 a.m.

Choose from a variety of fresh, seasonal flowers and create your own beautiful bouquet to take home. No experience needed. Pre-registration is required.

**HIIT (High Intensity Interval Training) Exercise**

April 20, 27, 1 p.m.

The exercise can be done seated or standing. It is a series of 6 short intervals of 30 seconds bursts of high intensity exercise followed by a low intensity recovery activity.

**Wordle**

April 21, 11 a.m.

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

**Hail to Chiefs' Pets**

April 22, 11 a.m.

Hear about the antics of these President's pets.

**Bird Feeder Craft**

April 23, 11 a.m.

Celebrate Earth Day with a hands-on craft!

All materials will be provided.

Pre-registration is required.

**A Tribute to American Music**

April 24, 11 a.m.

Re-live the music from your favorite singers from the 50s to the 90s.

**Wonders of New Jersey Night Sky**

April 27, 11 a.m.

Participants will receive a tour of the night sky over New Jersey, including stars, constellations, planets, nebulae, and galaxies.

**Instrument Meditation**

April 28, 11 a.m.

Enjoy a peaceful Instrument Meditation designed especially for seniors. No experience needed - just come, sit comfortably, and enjoy.

**Orchestra Performance**

April 29, 11 a.m.

NJIO provides opportunities for musicians of all ages and abilities to study and perform classical music.

**Minute to Win It**

April 30, 11 a.m.

Play fun, one-minute games with a variety of quick, light-hearted challenges that are easy to play and big on laughs.

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RSVP by March 27, 2026  
 Email: [recreation@warrennj.org](mailto:recreation@warrennj.org)  
 Or call 908-356-8636 ext. 271 to reserve your spot!

April 15, 2026  
 4:00-6:00 PM  
 Warren Middle School  
 100 Old Stirling Rd,  
 Warren, NJ 07059

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**Passion/Palm Sunday - March 29**  
 8:00 a.m. Spoken Liturgy with Eucharist  
 8:45 a.m. Sunday School, Youth & Adult Forum  
 10:00 a.m. Festival Liturgy with Eucharist

**Holy Thursday - April 2**  
 12 noon Spoken Liturgy with Eucharist  
 7:30 p.m. Liturgy with Rite of First Holy Communion

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

**Holy Saturday - April 4**  
 A Day of Silence, Prayer & Meditation

**Easter Celebration - April 5**  
 7:00 a.m. Memorial Garden Liturgy  
 8:00 a.m. Spoken Liturgy with Eucharist  
 10:00 a.m. Festival Liturgy with Eucharist

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**GEORGES BIZET**  
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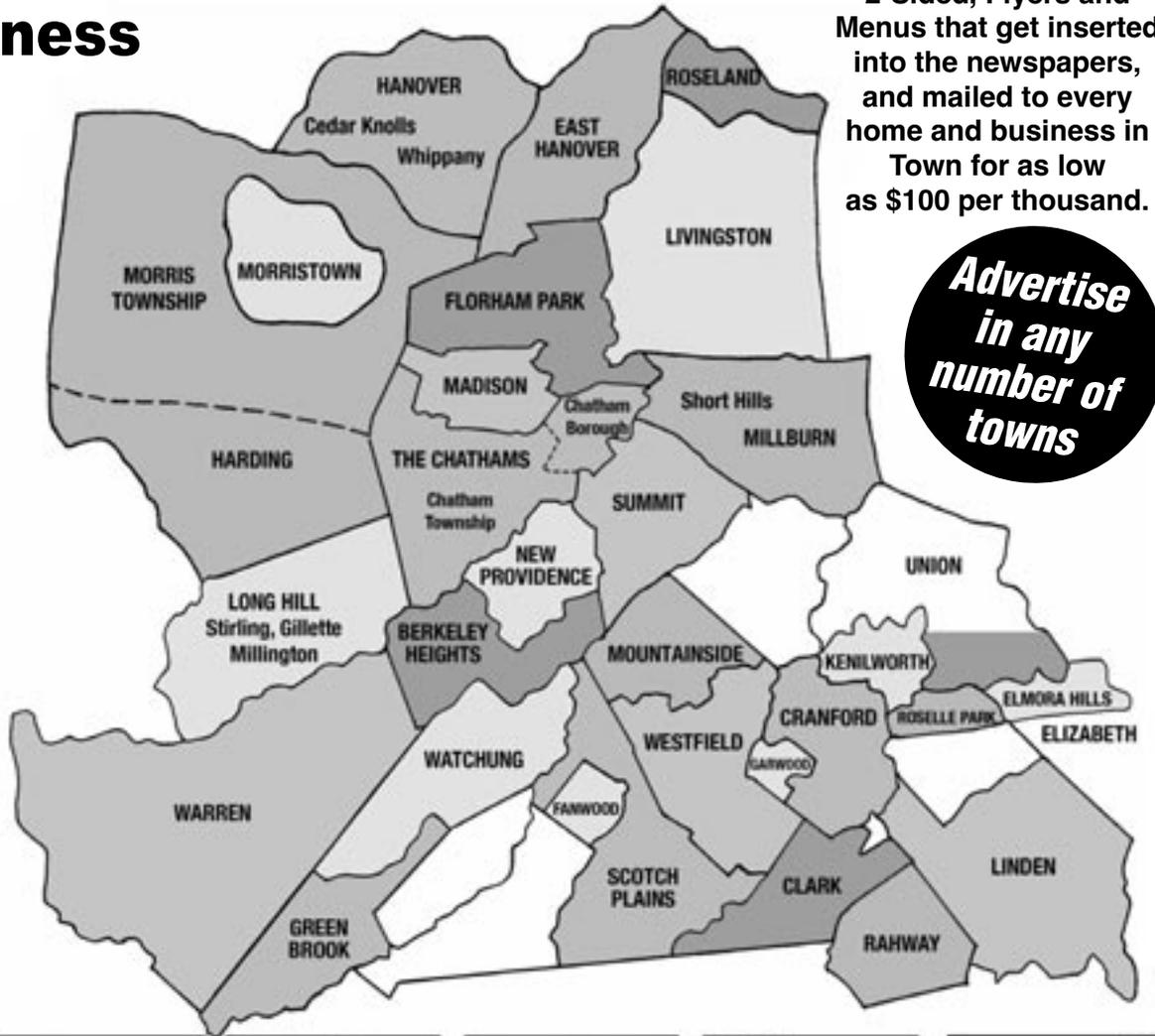
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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
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# A DIFFERENT APPROACH TO STRENGTH 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
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**5 MEADOW DRIVE, WARREN, NJ**  
5 BD | 4 BA | 1 HB

Located on a quiet cul-de-sac in a sought-after neighborhood, this one-of-a-kind home is defined by its unique architecture & design. The spectacular backyard oasis features a heated pool, spa, & expansive deck surrounded by mature landscaping—creating the perfect private setting for relaxing or entertaining.



**ROMANTIC FARMHOUSE**

**29 EVERGREEN LANE, WATCHUNG, NJ**  
3 BD | 2 BA | 1 HB | \$1,285,000

Timeless charm meets modern elegance in this meticulously maintained custom home. From the wrap-around mahogany porch and light-post-lit driveway to its private cul-de-sac setting, enjoy a one-of-a-kind lifestyle nearby local amenities and top-rated schools.



**CONTRACT SIGNED**

**6 GENTRY DRIVE, WARREN, NJ**  
4 BD | 2 BA | 1 HB

This property was sold exclusively off-market, highlighting the unparalleled reach and network of the Cherie Berger Team. Through our deep local connections and access to hidden opportunities, we are often able to match buyers and sellers before homes ever reach the open market.



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Scan to connect with your local real estate experts today!

The Cherie Berger Team is a team of licensed real estate salespersons affiliated with Compass. Compass is a licensed real estate broker and abides by equal housing opportunity laws. \*Source: RealTrends Closed Sales Volume 01/01/2024 - 12/31/2024.

