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Watchung's Hometown Newspaper

NJ

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SOPHIA FERRARA HONORED BY VFW

Watchung resident Sophia Ferrara was recently honored by the Veterans of Foreign Wars (VFW) Bernardsville Memorial Post 7858 as the winner of the 2025 Patriot's Pen Youth Essay Contest, 7th Grade Division.

This year's theme, "How Are You Showing Patriotism and Support for Our Country?" invited students to reflect on the meaning of patriotism and how they personally demonstrate their support for the United States. Sophia's essay stood out for its thoughtful message, strong voice, and heartfelt reflection on civic responsibility and love of country.

(right) Sophia Ferrara is the winner of the 2025 Patriot's Pen Youth Essay Contest, 7th Grade



REGULAR MONTHLY MEETINGS ARE THE 4TH WEDNESDAY OF EVERY MONTH AT THE HEARTWORKS BUILDING LOCATED AT: 19 MORRISTOWN ROAD, BASKING RIDGE, NJ
Our next Post Meeting is on Wednesday, April 22, 2026.
6:00 DINNER – 7:00 MEETING



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Ashley's February Watchung Market Update



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8 # of houses on the market

▲ Increased from last month



COMPASS

Watchung Post

Renna Media, LLC, Publishers
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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 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...



ARTIST YELENA LEZHEN TO EXHIBIT AT ARTS CENTER



(above) Artist: Yelena Lezhen

Courtesy Photo

The Watchung Arts Center is proud to announce a solo exhibition by local artist Yelena Lezhen, running from April 25 through May 30, 2026. This showcase features a curated selection of artist's recent works, defined by her evocative abstract-figurative style and intricate mixed-media techniques.

Yelena Lezhen is a Ukrainian-born American artist whose practice spans oil, acrylic, and ink on both canvas and paper. Working from her studio in Watchung, she has gained recognition for works that merge visual meditation and intuitive expression. Her philosophy explores the unity between humanity and nature, examining human identity's relationship to the Earth through the lenses of body, mind, and soul.

The artist reflects: "My artistic journey unfolds in a space shaped by memory, imagination, and the emotions I experience while working on my artworks. My philosophy centers on the understanding that humanity and nature are not separate - they are one."

Yelena Lezhen's career includes a history of international exhibitions across Spain, France, Italy, Belgium, and the Netherlands. She exhibits regularly at major New York art fairs and galleries and frequently shows her work during Miami Art Basel Week.

The public is invited to an Opening Reception on Saturday, May 9, 2026, 2.00 – 4.00 pm where guests can meet the artist and enjoy wine and hors d'oeuvres.

EXHIBITION DETAILS:

- Artist: Yelena Lezhen
- Venue: Watchung Arts Center
- Address: 18 Stirling Road, Watchung, NJ
- Dates: April 28 – May 30, 2026
- Opening Reception: Saturday, May 9, 2026, 2:00 – 4:00 pm
- Artist Website: www.lenazhenart.com

ABOUT THE WATCHUNG ARTS CENTER:

The Watchung Arts Center is a multi-disciplinary arts facility serving the tri-state area, offering a venue for performing and visual arts, as well as various art classes and workshops.




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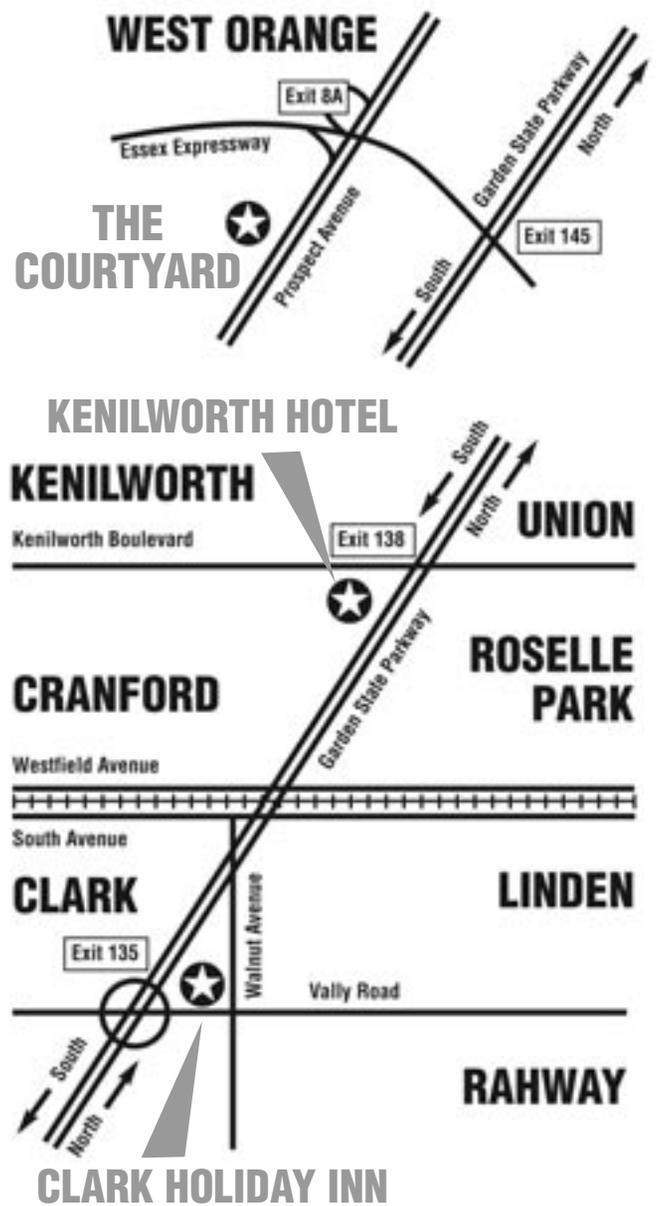
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SEEKING PUBLIC INPUT

Watchung Centennial Countdown

The Borough of Watchung was first organized in April 1926 and officially incorporated by New Jersey legislature on May 23, 1926.

As we approach this momentous anniversary, we want to hear from Watchung residents (past and present)!

Please share your stories and photos from Watchung. Also share any suggestions you have for the Centennial Celebration.

Submit your information by visiting: watchungnj.gov/centennial-celebration

100TH INCORPORATION ANNIVERSARY CELEBRATION

As we approach this momentous anniversary, we want to hear from Watchung residents past and present!

Visit watchungnj.gov/centennial-celebration and share your stories and photos from Watchung. Also share any suggestions you have for the Centennial Celebration.

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ANYA GARG HOPES TO BRIDGE HEALTHCARE ACCESS GAP

White Coat & Beyond

Most teens who dream of a healthcare career face the same problem: inspiration without access. They see doctors on TV, hear vague encouragement to “follow your passion,” and then hit a wall when it comes to understanding what the work actually entails.

Anya Garg, a student at Watchung Hills Regional High School, saw that gap and decided to close it. She has launched White Coat & Beyond, a community-driven storytelling and mentorship platform designed to educate teens about the full breadth of healthcare careers not just doctors, but physician assistants, pharmacists, therapists, nurses, technicians, and countless other professionals shaping modern medicine.

The platform puts real healthcare professionals directly in conversation with teens cutting through stereotypes and replacing them with honest, actionable guidance about diverse career pathways.

The early momentum is striking. White Coat & Beyond has already completed interviews with more than 10 medical professionals across diverse specialties, with five features published and five more rolling out weekly. An additional seven to eight interviews are scheduled in the coming weeks, building a growing library of insider perspectives.

On Instagram (@whitecoatnbeyond), the platform is resonating: 58 followers with individual posts averaging 600 to 1,000+ views—strong traction for a brand-new student initiative still in its launch phase.

“Students don’t just need inspiration—they need access to the full picture of healthcare. Most teens think healthcare means becoming a doctor. But there are hundreds of career paths—physician assistants, pharmacists, therapists, nurses, medical technicians, and so much more. This platform shows them all of it.” Anya Garg, Founder, White Coat & Beyond

SHOWCASING THE HEALTHCARE ECOSYSTEM

The healthcare industry is vastly larger than the stereotypical doctor narrative suggests. Yet most teen career resources focus narrowly on physicians and surgeons, leaving the hundreds of other critical professionals invisible.

White Coat & Beyond flips this script by intentionally showcasing the diversity of healthcare careers from physicians and PAs to pharmacists, physical and mental health therapists, nurses, surgical technicians, radiologic technologists, and more.

Rather than recycling generic career advice,



(above) Anya Garg founder of “White Coat & Beyond”

Courtesy Photo

each interview explores what originally drew the professional to healthcare, what the day-to-day reality looks like, the real challenges and rewards of the role, and concrete next steps for students considering different pathways.

The result is a platform where teens can see themselves in the stories they’re hearing discovering that there’s a healthcare career for nearly every interest, skill set, and personality type.

BUILDING COMMUNITY, GROWING REACH

White Coat & Beyond is actively seeking healthcare professionals willing to share their journeys, schools and youth organizations interested in hosting student panels and mentorship conversations, and local nonprofits looking to engage motivated teen volunteers in health and wellness initiatives.

ABOUT WHITE COAT & BEYOND

White Coat & Beyond is a student-founded community impact platform that spotlights the full spectrum of healthcare professions through interviews and storytelling to inspire teen education, mentorship, and service. Rather than limiting focus to physicians, the platform features doctors, physician assistants, pharmacists, therapists, nurses, technicians, and other healthcare professionals who share their real-world experiences and advice with students. Based in Watchung, NJ, the platform is expanding its roster of featured professionals across diverse specialties and deepening its reach into local schools and youth organizations.

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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

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CLASS OF 2026 PROJECT GRADUATION SEEKS COMMUNITY SUPPORT

Michelle Richardson, 2026 PG Chairperson

2026 marks the 35th year of Watchung Hills Regional High School's Project Graduation. Each year, a volunteer team of WHRHS Senior parents come together to plan events for the graduating class throughout the year that lead up to a safe and fun graduation celebration for the entire class. Traditional events include the Senior Panoramic Picture Day (shown in the photograph), where each senior is given their Senior Warrior t-shirt, and several Senior Week events, including a Color WARriors fun day, the Yearbook Signing social, a Senior Breakfast and the end-of-year substance-free event held on graduation night!

The committee is excited to announce this year's action-packed night will be held at iPlay America in Freehold, NJ. Graduates can choose from a full night of fun, including Two-Level Laser tag, Arcade Games, Unlimited rides, live entertainment and so much more. Of course, food

and drinks will be provided throughout the night for them to share this final night with their classmates.

All 428 WHRHS seniors are welcome to attend the Project Graduation event free of charge. Every senior will participate in the Senior week events leading up to Project Graduation as well. The committee relies entirely on fundraising to make this enormous event happen, including donations from the WHRHS Community.

If you or your organization is interested in donating or providing a service, please scan the QR Code to be taken directly to the sponsorship form. The organization accepts Venmo @WHRHS-ProjectGrad2026 or send your donation via check made out to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

All donations are tax deductible and will be

mentioned in the Graduation program and in various WHRHS and local social media outlets. Please reach out to projectgradwhrhs@gmail.com with questions. Thank you in advance for supporting our students having a safe and substance-free graduation celebration.



(above) QR CODE for WHRHS Project Graduation donations.



Courtesy Photo

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24/7 EMERGENCY SERVICE

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.



FAITH Lutheran Church
524 South Street · New Providence · NJ
famfaith.org · 908-464-5177 · The Rev. Jane McCready, Pastor

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

Livestream available on www.famfaith.org
Facebook at Faith Lutheran, New Providence
and YouTube at FLCNJAV

We practice an open Communion table. All are welcome.

LIBRARY APRIL 2026 EVENTS

The following programs are hosted at SCLSNJ's Watchung Library, located at 20 Stirling Rd. unless otherwise noted. Some programs require registration. Visit SCLSNJ.org to register today. For additional assistance, call (908) 845-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X or YouTube.

BIRTH TO 3 YEARS

(with caregiver)

Baby/Toddler Storytime

Monday, April 6, 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

Monday, April 27, 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 - 7

Savvy Savers: Learn with Sammy

Tuesday, April 14, 4:30 - 5:00 p.m.

Enjoy stories, songs, and activities that build kids' money, reading, writing, thinking, planning, and goal-setting skills!

AGES 4 AND UP

Bingo with Miss June

Wednesday, April 22, 4:30 - 5:00 p.m.

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

AGES 6 AND UP

Rolling Weather Lab - 4 Sessions

Friday, April 24, 4:30 - 5:30 p.m.

Explore a mobile, hands-on science lab complete with interactive weather mapping, real-time data collection, and simulations of extreme weather events. Hosted at Best Lake Parking Lot Registration Required

AGES K-4

Read to a Therapy Dog

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

Practice your reading skills by reading a story to a certified therapy dog. Registration required.

GRADES K - 5

LEGO® Fun

Wednesday, April 15, 4:30 - 5:00 p.m.

STEAM: KEVA Plank Roller Coaster

Tuesday, April 28, 4:30 - 5:15 p.m.

Break up into teams and build a roller coaster using KEVA Planks.

Paint and Snack: Spring Tulips

Tuesday, April 7, 4:30 - 5:15 p.m.

Discover how to paint step-by-step using watercolors. Pre-packaged snacks and drinks will be served.

GRADES 5-8

Stock & Bond Fundamentals

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

Learn the different basic types of investments, understand risk, ways to become a smart investor, how to establish investment goals and mistakes to avoid when a first-time investor.

GRADES 6 - 12

Teen Volunteer Afternoon:

Letters to Community Helpers

Thursday, April 16, 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 Storytime: Move and Groove

Monday, April 13, 10:30 - 11:00 a.m.

Discover songs, stories, and movement in this active storytime.

ADULT

Diamond Art

Saturday, April 4, 10:30 a.m. - noon

and Thursday, April 9, 10:00 a.m. - noon

Make a diamond art picture with all the supplies supplied. Registration suggested.

Adult Book Discussion

"The Measure" by Nikki Erlick

Thursday, April 9, 6:30 - 7:45 p.m.

Hosted at Wilson Memorial Church



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Ask for the TV Project Department
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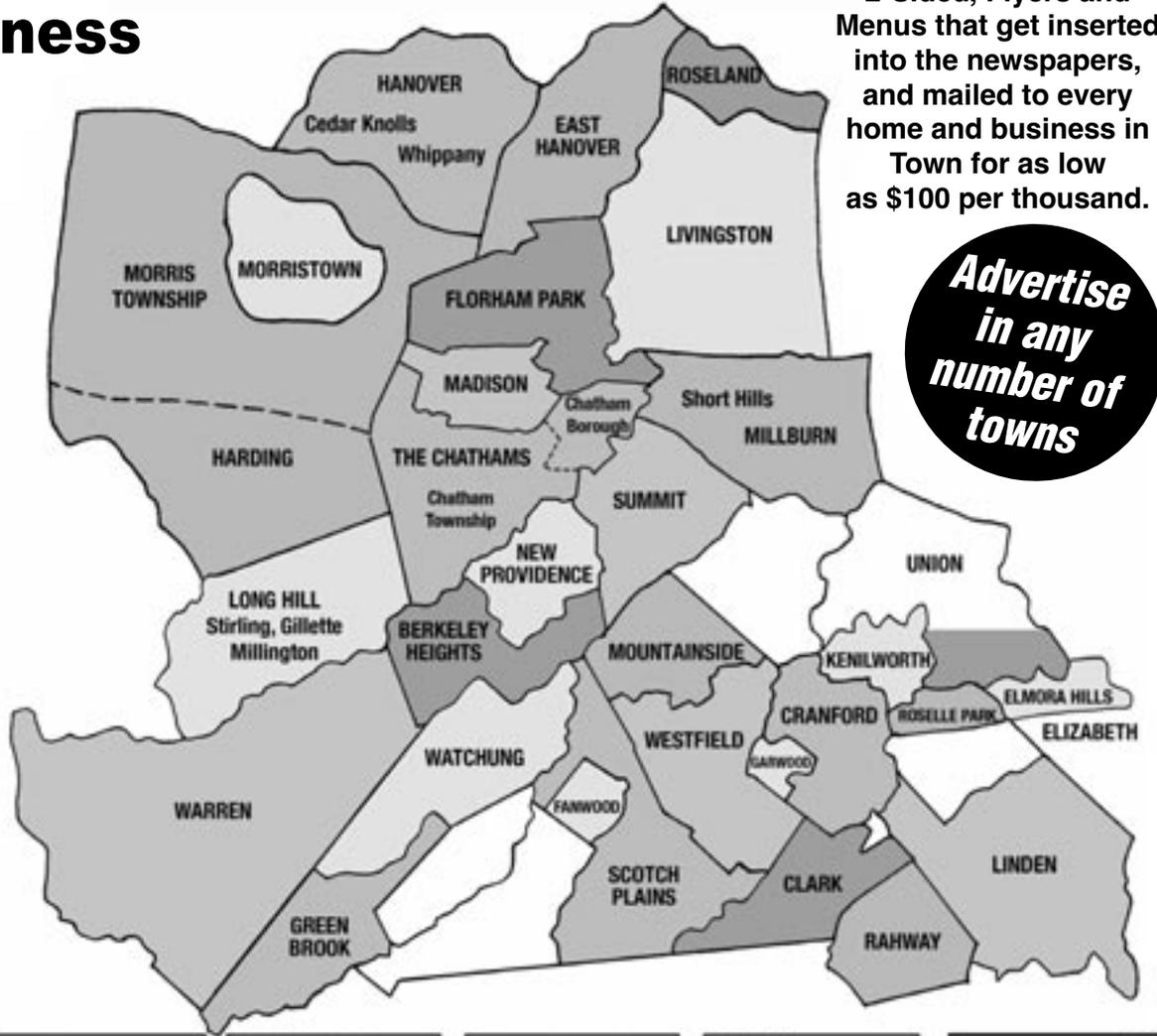
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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
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A DIFFERENT APPROACH TO STRENGTH 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
- 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
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115 SKYLINE DRIVE, WATCHUNG, NJ
6 BD | 6 BA | 2 HB | \$3,945,000

This custom estate offers luxury living on a private cul-de-sac with six ensuite bedrooms, an elevator, and two full kitchens. Its grand circular driveway and soaring ceilings with balconies create a striking impression. The walkout lower level adds entertaining space, while the backyard features a heated pool and multiple terraces for resort-style living.



EXCLUSIVE LISTING

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

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