

# Watchung Post

Watchung's Hometown Newspaper

NJ

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## HISTORY COMES ALIVE: AT WASHINGTON ROCK PARK

This June, the echoes of the American Revolution will return to the heights of the Watchung Mountains. On Saturday, June 6, 2026, Washington Rock Park will host a grand "250th Celebration" inviting the community to step back into 1776 for a day of patriotic festivities, living history, and family fun.

The event, which runs from 11:00 AM to 4:00 PM, marks a quarter-millennium of American independence at one of the most strategic vantage points of the Revolutionary War.

### A LEGACY ETCHED IN STONE

Washington Rock is not merely a scenic overlook; it was a vital "eye in the sky" for the Continental Army. In June 1777, General George Washington used this 30-acre site to monitor the movements of British troops under Lord Howe.

From this rocky outcrop, Washington observed the British retreating from New Brunswick toward Perth Amboy. His ability to track enemy maneuvers from this height allowed him to protect his troops and prevent a potential British advance toward Philadelphia, earning the site its place in the annals of military strategy.

### THE DAY'S FESTIVITIES

The 250th Celebration promises a sensory journey into the past. Highlights of the schedule include:

- **Living History:** The dedicated Outwater's Militia Brigade will perform drills surrounded by their encampment, complemented by the stirring sounds of the NJ Fifes and Drums.
- **The Commander-in-Chief:** A George Washington impersonator will be on-site to greet "troops" and citizens alike, culminating in a powerful recitation of the Declaration of Independence.
- **Colonial Medicine and Beacon Display:** Learn about the medical practices of the era by Frank Prevete and the signaling systems used during the war.
- **Colonial Youth Activities:** Children and young adults can try their hand at 18th-century life with quill pen writing, stencil making, self-made tin ornaments, and a hands-on colonial games display.

### PLAN YOUR VISIT

While the history is old, the amenities are modern. Capital Craft will be stationed at the park, offering a range of food and beverages for purchase throughout the afternoon.

Whether you are a history buff, a family looking for a weekend outing, or a patriot at heart, the June 6 celebration offers a unique opportunity to stand where Washington stood and celebrate 250 years of the American spirit.

### EVENT SUMMARY

- **What:** 250th Anniversary Celebration
- **Where:** Washington Rock Park, Green Brook
- **When:** June 6, 2026 | 11:00 AM – 4:00 PM
- **Cost:** Free admission (Food available for purchase)



(above) George and Martha Washington at Washington Rock State Park.

Courtesy Photo



- **Parking:** Shuttle service available from Green Brook Middle School, 132 Jefferson Ave, Green Brook NJ.
- **Details:** [visitsomersetnj.org/250](http://visitsomersetnj.org/250) under "Events" > "Somerset 250 Top Events"

This event was made possible through the efforts of the Green Brook Historical Society and Township of Green Brook, along with the generous support from Target of Watchung and the E.A. Boniakowski Agency.

<p>Ashley's April Watchung Market Update</p> <p>CHERIE BERGER TEAM The Cherie Berger Team Ashley Berger Freitas M: 908.432.9818 cheriebergerteam@compass.com O: 732.454.3007</p>	<p>\$1,400,933 Average Sales Price ▼ Decreased from last month</p>	<p>3 # of Sales No change from last month</p>	<p>COMPASS</p>
	<p>13 Average Days on Market ▼ Decreased from last month</p>	<p>22 # of Houses on The Market ▲ Increased from last month</p>	

# Watchung Post

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

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# GREEN BERET SERGEANT FIRST CLASS JAKE FERNANDEZ SPEAKS TO STUDENTS

SCVTHS

As part of his ongoing effort to bring history to life, Somerset County Vocational and Technical High School (SCVTHS) instructor Ed Graf recently invited Green Beret Sergeant First Class Jake Fernandez to speak to his students.

Students researched and prepared questions for SFC Fernandez, a New Jersey native and veteran of multiple combat tours overseas, on the history of conflicts around the world. The conversation centered around how Green Berets have supported the efforts of the United States during the Cold War and the War on Terror. This enabled students to not only learn about the history of these conflicts, but also to get experience interacting with a primary source – a person who has direct knowledge of an event.

Throughout the class, students learned about the discipline, determination, and mental toughness that Green Berets are known for. SFC Fernandez also highlighted the necessity of persevering when overcoming obstacles and developing creative solutions to adverse situations, both on and off the battlefield.

When asked what she took away from the presentation, SCVTHS senior Francesca Boian said “SFC Fernandez was really down to earth. I appreciated the honest way he answered our questions and how he gave us a unique perspective about the military that we couldn’t get from books.”



(above, l-r) Somerset County Vocational and Technical High School History instructor Ed Graf and his students welcomed Green Beret Sergeant First Class Jake Fernandez to speak to the class.

Courtesy Photo



# JUNE 13

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10:30am - Best Lake and enjoy The Youth Centennial Flag Display

**OPENING OF THE 1976 TIME CAPSULE**  
Shortly after the Mayor's Regatta, Opening of the Time Capsule will take place to unveil preserved items from 1976.

\*Times may be subject to change, rain date is Sunday June 14



**Let's come together to celebrate local pride and spend time with family and friends!**

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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.

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



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

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.

"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.



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

## 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 June 6th and is available to only 13 people. To get the full details on the free program and see if any spots are still available, scan below...



Scan the code or go to [refer.gabrielefitness.com/helen](https://refer.gabrielefitness.com/helen) or Call us at (908) 293-9666

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](https://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...



Scan the code or go to [refer.gabrielefitness.com/helen](https://refer.gabrielefitness.com/helen) or Call us at (908) 293-9666

# STUDENTS DONATE TO HELP ARMED SERVICES MEMBERS

## SCVTHS

Somerset County Vocational and Technical High School (SCVTHS) students continued their tradition of supporting members of the Armed Services by sending care packages to bases overseas and helping wounded veterans here at home.

The efforts were spearheaded by SCVTHS students Deeksha Chaganur, Jacob Berman, and Aashritha Kancharlapalli, all members of instructor Ed Graf's History classes.

The three students led a drive to collect a variety of supplies that are hard to come by for many military personnel stationed in different parts of the world, particularly the Middle East. Among the items collected were toothpaste, toothbrushes, foot powder, Q-tips, and bars of soap. Students also gathered snack items such as candy, granola bars, and energy drink mixes. In total, fourteen boxes of goods were collected. These will be shipped overseas to various military units, where they will be unpacked and distributed to service personnel. Also included in the boxes were letters written by students thanking the soldiers for their service and letting them know that people "at home" are thinking of them.

On the home front, the three students also organized an effort to collect equipment that will help make life easier for wounded veterans.

Deeksha, Jacob, and Aashritha, working in conjunction with the American Legion, Veterans of Foreign Wars, and The New Jersey Veterans Network, rallied the school and local community and collected 4 wheel chairs, 12 walkers, and other devices. This equipment will help veterans of recent armed conflicts, such as the War on Terror, who incurred spinal injuries as a result of their service. The items will be distributed to military service patients at the Lyons VA Medical Center.

"The students and I love to help people, especially our veterans" said Mr. Graf, who added, "These events, while helping others, also make history come alive, and help reinforce the message 'It's nice to be nice', which we practice

in class each day."

The collections not only help veterans and troops overseas, but also provide lessons for the students. Through interaction with service members, history and current events are brought to life in the classroom. Additionally, students

learn the value of helping others, showing appreciation, and supporting those who serve our nation.

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



(above) History instructor Ed Graf's students at Somerset County Vocational & Technical High School collected a variety of items to help wounded veterans who are patients at the Lyons VA Medical Center.



(above) Somerset County Vocational & Technical High School students with some of the items that they collected for troops serving overseas. Fourteen boxes of supplies are being shipped to the Middle East, each containing a variety of items that bring a little bit of home to soldiers serving abroad.

Courtesy Photo

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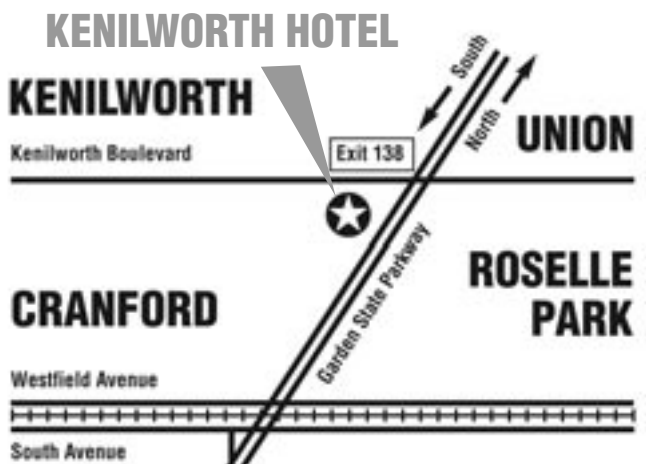
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# CHARLIE FORD EARNS EAGLE SCOUT RANK

## Green Brook Boy Scout Troop 129

Charles James Ford achieved the rank of Eagle Scout on December 1, 2025, from Green Brook Boy Scout Troop 129. Charlie started as a Tiger Cub Scout and has continued into his sophomore year at Watchung Hills Regional High School.

Charlie has been working his way to Eagle Scout over the last few years, starting with some of his positions in the Troop such as Senior Patrol Leader, Patrol Leader, Bugler as well as joining the Order of the Arrow. One program that helped Charlie develop leadership skills was a training program offered by the Boy Scouts. The National Youth Leadership Training, a weeklong program that helped him “provide guidance and keep the Troop organized as a leader.” Another exciting adventure Charlie had was backpacking through Norway for three weeks which was scout inspired.

Charlie decided to do an Eagle Scout project at the Watchung Police department with an honor chair and a memory garden. This project included many of the Troops scouts and leaders who came together under Charlie’s direction to complete the chair honoring fallen Officer Matthew Melchionda.

During Charlie’s High School career his interests include the High School Marching Band, Jazz Band and NJ Youth Symphony Jazz Program where he plays the baritone saxophone. In addition, Charlie also is part of the Model UN, Lincoln Douglas Debate team, Mock Trial, Track Team along with many honors classes.

Charlie has balanced his scouting, academic and extracurricular activities in preparation of applying to college at West Point and eventually the US Army. Charlie states, “West Point is one of the most prestigious colleges in our country and requires massive amounts of discipline, accountability, and integrity, which scouts helped me develop. The honor of being able to serve my country is the best way to give back to this great nation after all it has given to me.” Charlie intends on pursuing a career in politics as a foreign diplomat while being a positive role model and active member of his community which he learned and lived by since he was a Tiger Scout.



(above) Charlie’s Eagle Scout project benefited the Watchung Police Department, with an honor chair and a memory garden.



(above) Another exciting adventure Charlie had was backpacking through Norway for three weeks which was scout inspired.

Courtesy Photo



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# C.A.R. PROJECT SUPPORTS EQUINE THERAPY FOR VETS



(above) The Man o' War Project has helped to develop a standardized protocol for delivering equine-assisted therapy to treat PTSD.

Courtesy photos

Submitted by Holly Dunbar

The Children of the American Revolution (C.A.R.) is the nation's oldest and largest nonpolitical patriotic youth organization. A new C.A.R. state project that will aid veterans has been announced. The goal of "Operation Horse" is to raise \$2,000 during the next year to fund equine-assisted therapy for two N.J. veterans with Post Traumatic Stress Disorder (PTSD). The therapy is offered through the Man o' War Project of Columbia University Irving Medical Center.

The mission of the Man o' War Project is two-fold. Equine-assisted therapy is used to treat veterans with PTSD while medical staff evaluate the program to develop best practices for administering equine-assisted therapy. This research can have far-reaching benefits for treating veterans and all who suffer with PTSD.

C.A.R. membership is open to girls and boys from birth through age 21 who are descended from a person who aided the cause of independence during the American Revolution.

New Jersey has nine C.A.R. groups known as societies. Activities offered on an age-appropriate basis help members learn about American history, government, community service and more. Members also gain valuable leadership experience conducting meetings and serving as delegates at state and national conferences.

Pis-Cat-A-Qua Society C.A.R., hosted by the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution in Green Brook, is seeking new members. For more information,

contact [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com) or visit [nscar.org](http://nscar.org).

# DAV CELEBRATING 94 YEARS OF SERVICE TO VETERANS

DAV (Disabled American Veterans), located in Somerville, NJ, is proud to announce its 94th anniversary of unwavering support to the local veteran community and their families. For nearly a century, the dedicated members of Chapter 16 have been a steadfast resource, helping veterans navigate the complexities of the Department of Veterans Affairs (VA) system and access the benefits they have earned through their service. Chapter 16 provides crucial assistance in several key areas, including:

- Navigating the Veterans Administration: Offering guidance and support in understanding the often-intricate processes of the VA.
- Obtaining Medical Care: Help veterans access the healthcare services they need and are entitled to.
- Filing Disability Claims: Provide expert assistance in preparing and submitting disability claims to the VA.
- Awareness of New VA Programs: Keeping veterans informed about the latest VA initiatives, including specialized and community care options.

"For 94 years, DAV Chapter 16 has stood as a



(left) DAV Chapter 16 encourages all local veterans and their families to reach out for assistance. Scan the QR code to review how we are "veterans helping veterans." You can also enter [nj.dav/16.org](http://nj.dav/16.org).

beacon of support for the men and women who have bravely served our nation," said Gerard P, Walsh Chapter Commander. "We are deeply committed to ensuring that our veterans and their families receive the information and assistance they need to access the vital resources provided by the VA. Our longevity speaks to the enduring need for this support and the dedication of our members " Since WWI."

The chapter's commitment extends beyond just providing information. Members offer a sense of camaraderie and understanding, connecting veterans with others who have shared similar experiences. This peer-to-peer support is

invaluable in helping veterans transition to civilian life and address the unique challenges they may face. Chapter Meeting Information: "Meetings are held on the 4th Saturday of each month at 10:00 a.m. at the American Legion Post 12, 232 Union Ave. (Rt28,) Somerville, NJ 08876. Lunch is usually served after the meeting.

### ABOUT DAV (DISABLED AMERICAN VETERANS):

DAV is a non-profit organization that empowers veterans to lead high-quality lives with respect and dignity. It provides a wide range of services to veterans of all generations and their families, advocating for their rights and helping them access healthcare, education, employment, and other benefits they have earned.

### ABOUT DAV CHAPTER 16 SOMERVILLE NJ:

Located in Somerville, New Jersey (08876), DAV Chapter 16 has been serving the local veteran community for 94 years. The chapter provides guidance and support to veterans and their families in navigating the VA system and accessing essential benefits.

Contact: Gerard P. Walsh, Commander at 908.756.6220 or by email at [njdavchapter016@gmail.com](mailto:njdavchapter016@gmail.com).

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**NJFO NEW JERSEY FESTIVAL ORCHESTRA**

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The Presbyterian Church  
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**SUN, May 31 | 2:30 PM**  
Sieminski Theater  
Basking Ridge



(908) 232-9400 | [www.NJFestivalOrchestra.org](http://www.NJFestivalOrchestra.org)

The New Jersey Festival Orchestra closes its season with *One Thousand and One Nights*, an evening inspired by the legendary Arabian tales that gave rise to Rimsky-Korsakov's beloved orchestral masterpiece *Scheherazade*. Presented in collaboration with the Slovak-American Cultural Center (S-ACC), the program blends storytelling, international artistry, and symphonic color in performances 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.

At the center of the program is *Scheherazade*, Rimsky-Korsakov's vivid musical interpretation of the timeless stories told by Scheherazade night after night to save her life. Sweeping melodies, shimmering orchestration, and dramatic contrasts immerse audiences in a world of myth and imagination, bringing the spirit of the legendary tales vividly to life.

"It is music that represents the rolling sea, the drama of adventure, and the allure of exotic romance," says NJFO Music Director David Wroe, describing the work as "an irresistible musical combination" that transports listeners into the world of *One Thousand and One Nights*.

The evening also features internationally

acclaimed Slovak guitarist Karol Samuelčík performing Joaquín Rodrigo's *Fantasia para un gentilhombre*. Presented through NJFO's collaboration with the Slovak-American Cultural Center, Samuelčík brings warmth and virtuosity to Rodrigo's celebrated work inspired by 17th-century Spanish music and dance traditions.

"The Slovak-American Cultural Center is thrilled to partner—again—with the NJFO to introduce world-renowned guitarist Karol Samuelčík to American audiences," writes S-ACC Board Member and longtime NJFO supporter Tanya Pulver. "Performing Joaquín Rodrigo's celebrated *Fantasia para un gentilhombre*, Samuelčík promises to enchant listeners, pairing the concerto's historic elegance with his signature vibrant energy and technical brilliance."

"What I love about the piece is its elegance, colour, and contrast," Samuelčík says. "The guitar creates a dialogue with the orchestra."

Together, these works create an evening shaped by imagination and storytelling, where music becomes the narrator and the orchestra brings centuries-old legends to life.

Tickets are available at [www.njfestivalorchestra.org/concerts](http://www.njfestivalorchestra.org/concerts) or by calling (908) 232-9400. Discounts are available to highschool and college students.





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# WARRENBROOK SENIOR CENTER - JUNE 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.

## Games/Cards Jigsaw Puzzles

Available daily. If you have a favorite game that is not listed that you would like to play and/or if you are interested in starting a club featuring your favorite game, let us know. .

## Watercolor Paint Class

Wednesdays, 9 a.m. – 12 p.m.

This is a great opportunity for an experienced artist to meet new people while water coloring. All supplies are included.

## Chair Yoga with Kartika

Mondays, 10 a.m.

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

## Studio 60+ - 3rd

Mondays, 1 p.m.

Plan the events they are interested in. This year's theme will be geared to programs to celebrate 250th anniversary of America.

## Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 p.m.

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

## Tai Chi with Roger Hsu

Tuesdays & Fridays, 10 a.m.

Tai Chi participants will focus on controlled movements that flow rhythmically into one long gesture. 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. Exercises focus on improving balance, strength, flexibility, and posture.

## Gerifit Exercise

Wednesdays, 10 a.m.

\*\*Weights and stretch bands provided. Bring water. Exercises are done seated in chairs. Standing is optional. Space is limited. Pre-registration is required,

## (Video) Cardio Exercise

Wednesdays, 1 p.m.

These short intervals of low-impact movement - like marching in place, gentle step-touches, or light arm swings - help increase stamina, support joint mobility, and elevate mood.

## Craft Activities

2nd & 4th Wednesdays, 1 – 4 p.m.

We all 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 provided.

## Line Dancing with Linda Hyland

Thursdays, 9:30 – 10:15 a.m.

You don't need a partner; and dancing is an easy way to stay healthy, both mentally and physically.

## Afternoon Yoga with Wai-Ling Poon

Thursdays, 12:45 p.m.

This class uses seated and standing poses. Perfect for all fitness levels. Come stretch, breathe, and enjoy a peaceful moment!

## Bridge

Fridays, 1 – 4 p.m.

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

## Fall Prevention & Strength

June 1, 11 a.m.

An interactive, immersive seminar on Fall Prevention and Strength with some informative takeaway tools and resources.

## Traveling Library

June 1, 1 p.m.

All of what you expect from your library, right at the Senior Wellness Center!

## Jeopardy with Warrenbrook Staff

June 2, 11 a.m.

Whether you are a trivia buff or just enjoy a friendly competition, this interactive game is sure to keep you engaged and entertained.

## Bingo

June 3, 25, 11 a.m.

Bingo promotes socialization, and improves listening and short-term memory skills.

## Creative Movements

June 3, 1 p.m.

Movements that will get you moving, grooving and laughing on your way to the dance floor with Tom McKie.

## Outsmart the Scammers

June 4, 11 a.m.

Discuss how to spot certain red flags that may indicate a fraudulent encounter, to help protect yourself and your loved ones.

## Mindfulness

June 5, 11 a.m.

We'll explore both individual practices you can start immediately on your own as well as a proven therapeutic approach to help manage those nagging and unwanted thoughts.

## Back Pain Basics

June 8, 11 a.m.

This engaging talk offers helpful information in a clear, supportive way.

## Drum Circle

June 8, 1 p.m.

Soothe the mind, body and spirit in this drumming circle. This is a holistic experience that leaves participants feeling a sense of joy!

## Wheel of Fortune

June 9, 11 a.m.

Watch the anticipation build as participants try to match clues and solve word puzzles, enjoy the chance to win!

## Monthly Book Club

(Hybrid) June 9, 1:00 PM

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

## Making Leis

June 10, 11 a.m.

Join us for this craft and make your own Lei! Pre-registration required. All supplies provided.

## Sunflower Craft

June 11, 11 a.m.

Make a beautiful sunflower collage! No experience is needed, just come ready to paint, collage, and have fun!

## Poetry Share Extraordinaire

June 12, 11 a.m.

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

## Understanding Alzheimer's and Dementia

June 15, 11 a.m.

Whether you are concerned about memory changes, caring for a loved one, or simply want to stay informed.

## Wordle

June 16, 11 a.m.

So, dig deep into your vocabulary repertoire and identify some words.

## Senior Medicare Patrol

June 17, 11 a.m.

Education regarding strategies and techniques regarding how to protect our personal information from being stolen by cyber criminals and other criminal elements.

## Warrenbrook Senior Center Closed

June 19

in observance of Juneteenth.

## Move to get F.I.T.

June 22, 11 a.m.

Amelia shares practical tips and simple exercises centered on Flexibility, Independence, and Tone to help seniors improve balance, mobility, and overall wellness.

## HIIT (High Intensity Interval Training) Exercise

June 22, 1 p.m.

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

## Boggle

June 23, 11 a.m.

This is a game that is played using a grid of letters, in which attendees search for words and try to find as many words as possible.

## Pomp & Circumstance

June 24, 11 a.m.

Discover the stories and meanings behind the tradition of graduation & the symbolic clothing associated with this significant rite of passage.

## Strings, Smiles & Sweet Harmonies

June 26, 11 a.m.

with The Full Monty Uke Band with lively rhythms, and charming stage presence.

## A Colony, an Estate, and a Founding Father

June 29, 11 a.m.

Discover how early colonists had great plans for a new colony between the Staten Island Sound and the Delaware River (New Jersey)!

## Spectacular Underwater World of Coral Reefs

June 30, 11 a.m. - (Video).



"Blue Whisper" The documentary of overwhelmingly beautiful coral reefs, ancient shipwrecks with the aid of complex underwater video- and audio- equipment.



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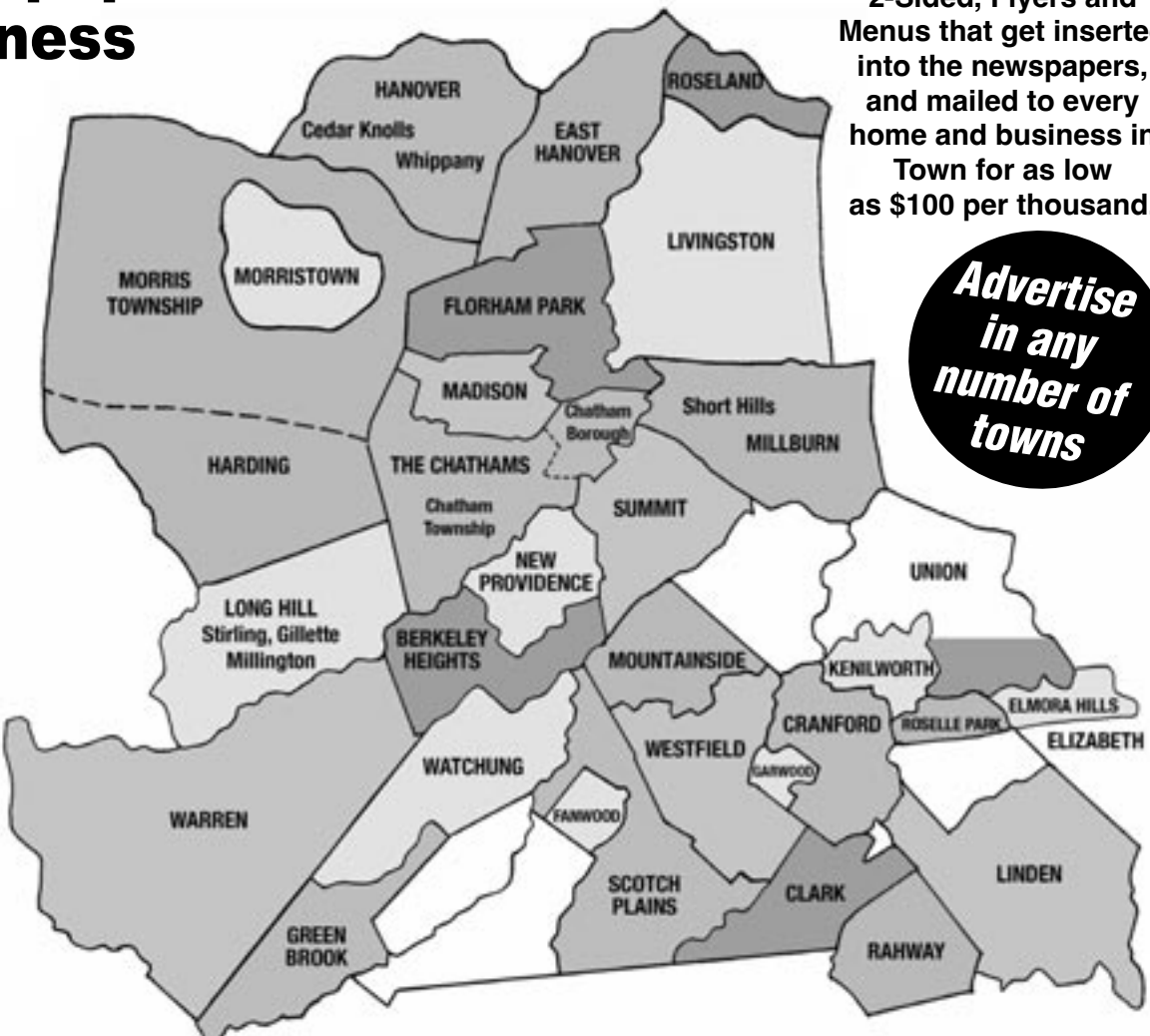
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# EYES UP, PHONES DOWN, WATER SAFETY

By Emilie C. Whitley, EMT, Millburn  
Short Hills Volunteer First Aid Squad

I'm ashamed to admit I know firsthand what it feels like to have a child nearly drown under what should have been my total supervision. When I realized the silent veil of hair floating on the surface belonged to my 2-year-old daughter, a primal energy quite literally propelled me across the water to her rescue. In a moment where everyone believed someone else was watching, she slipped quietly into the water.

Lack of supervision is the leading cause of drowning. Kids often slip away to unsupervised pools during non-swim times. A glance at a phone or a gate left ajar is all it takes. Drownings are usually silent. Teens and young adults are also at risk—alcohol, risky behavior, diving into shallow water, unfamiliar environments, and nighttime swimming are all recipes for disaster.

It's hot, pools and oceans beckon, but the dangers of open water are real. Drowning is the body's instinctive attempt to protect the lungs when submerged. The vocal cords undergo involuntary spasm, sealing the airway to keep water out. Oxygen levels fall, carbon dioxide rises, and unconsciousness can quickly follow, eventually leading to cardiac arrest. Cold water can also shock the body, slow the heart, and increase the risk of drowning.

How can these tragedies be mitigated? Assign a designated "water watcher." No distractions, no phones, no assumptions. Don't rely on floaties or

water wings; they create a false sense of security. Enroll kids in swim lessons early. Talk to teens about the very real risks of intoxication and water-related injuries, especially spinal injuries from diving into shallow water. Follow pool safety guidelines: install a 6-foot fence with slats no more than 3 inches apart and self-latching gates. Never prop gates open or leave toys in the pool that might attract children.

Ocean safety—stick to beaches with lifeguards. Never swim alone. Teach kids and teens about rip currents, how to escape them by swimming parallel to shore, and not fight the current. Don't underestimate the power of waves, even on calm days.

Know what to do in an emergency. Learn CPR—early action can save a life. Use the Reach-Throw-Row-Go approach and never enter the water without proper training. And always call 911 immediately if you suspect a water emergency.

The Millburn Short Hills Volunteer First Aid Squad is here to help. We are trained and ready to respond, but prevention starts with awareness and education. We offer CPR and first aid classes throughout the year. Together, we can make our community safer by staying vigilant, prepared and ready to act when it matters most.

For more information on classes or joining MSHVFAS, scan the QR code here, visit our website [mshvfas.org](http://mshvfas.org) or give us a call on 973-379-7969.



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