

WARREN MONTHLY NJ

WARREN'S HOMETOWN NEWSPAPER

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LOCAL STUDENTS HONORED IN AMERICA 250 CONTESTS



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Elizabeth Snyder-Continental Chapter DAR

Local students received state and national recognition in contests hosted by the Daughters of the American Revolution (DAR) to celebrate America's 250th birthday.

Neil Nikhils, a 10th grade student at Watchung Hills Regional High School (WHRHS) in Warren, placed first in the nation in the DAR's Junior American Citizens Contest for his poem, "Dear America." The contest had the theme, "Happy 250th Birthday, America!" with categories in art, writing and community service. Nikhils was presented with his awards at the Watchung Hills Board of Education meeting on June 2.

"These contests were meant to promote the study of American history and to help young people better understand the celebration of America's 250th," said Holly Dunbar, DAR state chairman. "It is not just about celebrating a date on the calendar. It is about the men and women who have sacrificed to obtain and sustain our freedom."

The Patriots of the American Revolution Essay Contest asked high school students to examine the life of a person who lived during the Revolution. Three WHRHS students were recognized. In her essay, "The Woman Behind the Uniform," Isabelle Walk, grade 11, followed the life of Deborah Sampson, a woman who disguised herself as a man to serve in the Continental Army. Walk's entry received second place on the state level. Shruthi Sridhar, grade 10, received second place on the local level and Carolyn Hockmeyer, grade 11, placed third. The three students received their awards at a DAR chapter meeting on June 9 at Green Brook Town Hall.

Additional DAR awards for youth will be presented at the Somerset County 4-H Fair in August. All of these contest entries were sponsored by Elizabeth Snyder-Continental Chapter DAR. The chapter serves areas of Somerset, Middlesex and Union counties. Visit DAR.org or contact the chapter at ESCchapterDAR@gmail.com.



(above) DAR essay contest winners display their awards. Regent Nancy Stoll, Carolyn Hockmeyer, Isabelle Walk, Shruthi Sridhar, and DAR members Beth Kavanaugh and Clara Barbaz.

Courtesy photos



(above) National contest winner for poetry, Neil Nikhils,

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WARREN MONTHLY

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HAPPY 100TH BIRTHDAY MIKE ALESSI AND NORMA HARVEY

Warren Township

Michael “Mike” Alessi, born in Jersey City, New Jersey, is being recognized by the Warren Township Committee on the occasion of his 100th birthday for a lifetime of service, perseverance, and dedication. A World War II veteran who served in the United States Navy, Mike later completed his education at Rutgers University and built a successful career with Bell Laboratories. Together with his wife, he raised four children and is the proud grandfather of four grandchildren and four great-grandchildren. The Township Committee of the Township of Warren would like to honor Michael “Mike” Alessi on the occasion of his 100th Birthday, and extends sincere gratitude for his military service, his devotion to family, and the remarkable example he has set through a lifetime of integrity,

perseverance, and service to others.

Norma Ruth Harvey, born in New York City and raised during the Great Depression, is being recognized on the occasion of her 100th birthday for a life defined by education, family, resilience, and community. A longtime educator, Norma attended Hunter College and later earned a master’s degree from Montclair State College. Together with her husband, Frederick, she raised five children and built a family life centered on learning, compassion, and global exploration. The Township Committee honors Norma for her lifelong dedication to her family, her professional accomplishments, and the inspiring example she continues to provide to her community through her artistic pursuits, welcoming spirit, and daily commitment to staying active.



(above) Mayor Shaun Fine of Warren Township presenting Mr. Alessi with a Proclamation from the Township Committee for his 100th Birthday.



(above) Mayor Shaun Fine of Warren Township with Mrs. Harvey after presenting her with a Proclamation from the Township Committee for her 100th Birthday.

Courtesy Photo



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GLP-1 FAILED THIS NEW PROVIDENCE MOM...BUT THEN SHE DROPPED 80 POUNDS AND RAN HER FIRST 5K.

There's something nobody tells you when you start GLP-1. The medication can help you eat less. It can move the scale. For a lot of people, it's a genuine tool that opens a door that felt permanently closed.

But it can also quietly take something you can't afford to lose. Research shows that for many people, 25 to 40 percent of the weight lost on a GLP-1 isn't fat at all — it's muscle. The very tissue that keeps you strong, steady on your feet, and independent as you age.

So here's what Cristina Montero learned the hard way:

The medication is not the transformation. It's just the beginning of one — if you do the other parts right.

Cristina is 52, a mom from New Providence, and she's down nearly 80 pounds. Her inflammation markers (the culprit for almost every disease) are finally normal. She runs, carries five-gallon water jugs up the stairs and crossed the finish line of her first 5K without walking a single step.

But she'll be the first to tell you: the shot alone didn't do that.

This is her story... and if you're over 40 and currently taking GLP-1, or thinking about it, it may be the most important thing you read this year.

GLP-1 WASN'T ENOUGH ON ITS OWN

Before she started this journey, Cristina was ashamed... and she hid under her clothes.

"I knew how I felt and looked was my fault but I needed help," she said. "I always had an excuse for why I couldn't walk, exercise, or take the stairs. I felt tired and achy often. My doctors would tell me to lose weight and I'd say sure, I'm trying — but never really started. I functioned, yes. But I never realized how much my body missed feeling really great."

The frustrations ran deep. Looking in the mirror and hating how her clothes fit. Her chest size felt unmanageable, leading to upper back pain every single day. After gaining close to 100 pounds during her son's pregnancy, her health had taken a serious turn — arthritis in her knees, autoimmune issues, hypertension, and chronic inflammation that no medication seemed to touch.

"My energy — well, if I was in the middle of the mall and they only had stairs, I'd look for an elevator or just sit and wait," she said. "I was so out of shape for the last 25 years. Always tired, almost every morning waking up with a new pain."

There were moments that were quietly humiliating — the ones she didn't talk about much. If something fell on the floor, she had to ask her kids or husband to pick it up because kneeling caused excruciating knee pain. There were times her back spasms were so severe she got stuck on the floor.

She tried everything. The 3-day tuna diet. Nutrisystem. A staple in her ear. Atkins. Weight Watchers. Paleo. Gluten-free. 21 Day Fix. Factor. Orangetheory. Private trainers. Get In Shape Women. Zumba. Some of them worked temporarily. None of them lasted.

"I was successful in some of them but it never lasted," she said. "I'd start to lose a little weight, then go back to normal habits — and always gain it back and more."

Then came GLP-1.

The first time she tried it, she thought the injection alone would do the work. No meaningful diet changes. No exercise. Just the medication.

"That failed miserably," she said plainly. "Injecting and continuing to eat normal junk didn't move the scale like I expected. It only made me feel sick."

She stopped GLP-1. A few months later she tried again... this time with a completely different mindset. This time, she was mentally ready to include something she'd always avoided: A fitness program with people that knew what they heck they were doing.

THE CONVERSATION THAT CHANGED THE PLAN

Cristina's son, Andres, had been talking to her for years about what lasting change actually requires. When Cristina restarted her GLP-1 journey he helped her understand something that most people on the medication never hear: the drug can reduce your appetite and help with weight loss, but without weight training, a significant portion of what you lose won't be fat — it'll be muscle. As much as 25 to 40 percent of it, according to the research.

And muscle isn't just about looking toned. It's the tissue that protects your bones, keeps you strong, and decides whether the next twenty years of your life are spent independent or needing help. Lose muscle and everything gets harder. Your metabolism slows. You feel weak.

"My son opened my eyes to incorporate weight training and cardio," she said. "That was the piece I'd always been missing."

NOT THIS



THIS



That's when she walked into Gabriele Fitness, a small personal training gym in Berkeley Heights that had a 19 year stellar reputation for helping adults over 40 get in the best shape of their lives. As trainers that always stay on the cutting edge... they knew exactly how to help someone taking GLP-1 maximize their results.

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

She arrived embarrassed, scared but quietly hopeful.

Like many adults over 40 she was afraid of making her knee pain even worse and was convinced she wouldn't be able to do most of the exercises. And after years of fitness programs that hadn't worked, she was bracing herself to be disappointed again.

What she found was something different than anything she'd experienced before.

She started two days a week. The coaches didn't hand her a generic program and wish her luck. When her knee barked, they modified it. When her back felt it, they adjusted in real time — often before she said a word... because they were watching her face, her movement, the subtle signals her body was sending. And every session was building the one thing the medication couldn't give her back: strength.

"They know when to push and how much," she said. "They recognize when it's an off day and work with me to keep me moving. No more excuses."

For the first time in 25 years of trying, she didn't feel lost in a gym and instead was filled with hope.

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

Once the training clicked alongside everything else, the results that had been stalled for months began to move — and they didn't stop.

Nearly 80 pounds gone. Inflammation markers, elevated for over a decade despite multiple medications, are finally normal. Her doctors, who had been telling her for years to lose weight, are looking at her bloodwork with something close to disbelief.

"Years of taking so many meds could have been avoided with a prescription to a gym with a great group of caring personal trainers"

But the numbers only tell part of the story.

"My clothes fit better and I actually don't hide under them anymore," she said. "I've lost inches throughout my entire body. Occasionally when I'm with my husband and kids, I love showing them how I notice a muscle — how my quads are actually forming. It truly is amazing. It's a change I never thought I'd see."

She's simply a happier person. After she posted a picture recently, a friend reached out to congratulate her for looking so happy and confident — and then told her she'd motivated her to start as well.

"I feel more confident in my clothes and in my own persona," Cristina said. When people see me in person, they tell me I look like a completely different person. A happy and confident woman."

She can kneel now without pain. The woman who used to ask her kids to pick things up off the floor because she couldn't bend down now carries five-gallon water jugs in each hand up the stairs. She hops into her husband's truck without struggling. She wears three-inch stiletto heels. She walks into any store she wants and does a celebration dance in the fitting room when things fit.

These aren't just cosmetic wins. They're the quiet markers of a body that's going to stay strong and independent for decades — getting off the floor on your own, carrying the load, catching

yourself when you stumble. That's what muscle buys you, and it's the one thing no injection can.

And this past September, she stood at the starting line of a 5K, knowing she never had run that far in her life. She was nervous and worried she wouldn't make it.

She crushed it, and didn't stop once. Not even on the hill.

"Crossing that finish line without stopping was one of the proudest moments of my life," she said

A PERSONAL MESSAGE FROM CRISTINA TO ANYONE ON GLP-1 — OR THINKING ABOUT IT

"GLP-1 is a tool. But it's not the secret fix the media is making it out to be. I learned that the hard way the first time around. The gym — real coaching, real structure, real accountability — is what made everything actually work.

I'm not getting any younger, and I want to live long enough to see my grandkids. Most importantly, I don't want to be a burden to anyone. That's what finally got me serious.

Get Started before you feel ready. You don't need to know what you're doing or get in shape on your own BEFORE you hire a trainer... that's what they're for. Just show up and the right gym will take it from there. For me, it's Gabriele Fitness and that one decision changed everything for me. You'll start to feel better than you have in years. Slow and steady works, if you stay consistent.

We all start nervous. Stop waiting for the perfect time and just get up and start."

For Those Who See Themselves... or are worried about someone that would resonate with Cristina's Story — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program FREE for 14 days. You'll get 14 days to experience what Cristina found when the missing piece finally clicked into place.

This offer expires soon and is limited to 13 people. To get the full details and see if any spots are still available, scan below or call 908-464-4441



Scan the code or go to refer.gabrielefitness.com/cristina or Call us at (908) 293-9666

P.S. Many people reading this article will be inspired by Cristina 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 19 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. Because living longer only matters if you stay strong enough to enjoy it.

If you're still hesitant, the link below shares 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.

<https://gabrielefitness.com/results/>

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/cristina or Call us at (908) 293-9666

FORMER MAYOR SUSIE B. BOYCE PASSES

Statement from the Township of Warren

WARREN TOWNSHIP BOOK LOCKER: 24/7 LIBRARY ACCESS

Somerset County Library System of New Jersey (SCLSNJ) has officially opened the Warren Township book locker, a brand-new, self-service kiosk designed to make borrowing books, audiobooks, and multimedia materials easier and more convenient.

Located at 42 Mountain Boulevard right outside the Warren Township branch, the book locker provides contact-free, around-the-clock access to library materials. Whether community members are commuting early in the morning, running errands late at night, or simply looking for a quick and easy pick up option, the new locker ensures the library is always open for them.

"We realize that many individuals' schedules in our community don't always fit into traditional library hours," said Darryl Voorhees, Warren Township Branch Manager. "The book locker bridges that gap. It's an extension of our commitment to literacy, accessibility, and meeting our patrons exactly where they are."

Using the Warren Township book locker is simple and takes less than a minute:

1. Place a Hold: Library patrons log into their online library account, browse the catalog, and select "Warren Township Branch Pickup Locker" as their pickup location.

2. Receive Notification: Once the items are securely loaded into the locker, patrons receive an email letting them know that their materials are ready for pickup.

3. Scan and Go: Patrons visit the locker, scan their library card or enter their library card number, and a secure door automatically opens with their library items ready to enjoy.

For more information about the Warren Township branch and all SCLSNJ branches or to sign up for a library card, visit sclsnj.org.



(above) Former Warren Mayor Susie Boyce

It is with profound sadness that the Township of Warren shares the news of the passing of former Mayor Susie B. Boyce on the afternoon of May 27, 2026.

First taking office in 1975 and serving on the Township Committee for 19 years, Mayor Boyce dedicated years of service to the Warren Township community.

As Warren Township's first female mayor and one of the first female mayors in New Jersey, she was a trailblazer who helped pave the way for future generations of women in local government.

During her time in office, Mayor Boyce played an important role in guiding the Township through periods of growth while always working to preserve the character and sense of community that make Warren special. In recognition of her enduring contributions to the Township, the Susie B. Boyce Municipal Court Room was named after her in 1997.

After her time in elected office, Mayor Boyce continued her service to Warren Township as a dedicated member of various boards and committees, including the Historic Sites Committee, where she remained actively involved until her passing in preserving and celebrating Warren's history and heritage. She was also a longtime member of the Springdale United Methodist Church and, in the mid-1990s, took a yearlong sabbatical from her faculty position at Montclair State University to write a definitive history of the church. She was a lover of the written word, a member of the Daughters of the American Revolution, and a dedicated genealogist who diligently traced the history of her family as well as prominent historical Warren families.

Beyond her accomplishments in office, Susie Boyce will be remembered for her tenacity, generosity, and unwavering dedication to Warren. She cared deeply about this community and devoted countless hours to making it a better place for residents, families, and future generations.

On behalf of the Township Committee, Township staff, and the entire Warren community, we extend our heartfelt condolences to the Boyce family and all who knew and loved her.

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For additional assistance, call (908) 845-8400. Connect with SCLSNJ on Facebook, Instagram, X or YouTube.

BABY/TODDLER

Baby Song and Rhyme Time

Tuesdays, July 7, 14, 21, and 28
10:30 - 11:00 a.m.

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

KIDS AND FAMILIES

Family Storytime and Craft

Thursdays, July 2, 9, 16, 23, and 30
10:15 - 11:00 a.m. and 11:15 a.m. - noon

An interactive storytime followed by a messy craft. Limited spots in the program will be determined on a first-come, first-served basis.

Summer Crafternoon

Thursday, July 2, 2:00 - 4:00 p.m.

Two different summer crafts (not dinosaur related!) will be available. Parental supervision is required.

Dino Dreams,

Mondays, July 6, 13, 20, and 27
11:00 a.m. - noon

Discover a new dino-related craft or activity each week!

Dino Suncatchers

Wednesday, July 8, 2:00 - 4:00 p.m.

Make two different types of dinosaur suncatchers for your window. Parental supervision is required.

Pet Rocks

Thursday, July 9, 3:30 - 4:30 p.m.

Looking for a pet without the mess? Come in and create your own forever companion, a pet rock!

Small Motor Skills Academy

Friday, July 10 and Saturday, July 11
11:00 a.m. - 2:00 p.m.

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

Read to a Therapy Dog

Monday, July 13, 4:30 - 5:30 p.m.

Drop in to practice your reading skills by reading a story to a certified therapy dog. No registration required.

Terrific Tuesdays

Tuesdays, July 14 and 28, 1:00 - 3:00 p.m.

Enjoy a fun afternoon building with Legos, playing games, watching movies, or creating art. Different activities each week.

Dig Into Magic

Wednesday, July 15, 2:00 - 2:45 p.m.

Dig into the world of dinosaurs and archaeology while discovering the real magic hidden inside a story!

Saturday Family Social

Saturday, July 18, 11:00 a.m. - 2:00 p.m.

We're opening up our program room for self-guided play and social time for families. Board games, toys, books, and activities will be available.

Dino-Dough

Tuesday, July 21, 2:00 - 4:00 p.m.

Play with our colorful dino-dough. Parental supervision is required.

Ozobots & Coding Cars

Wednesday, July 22, 2:00 - 4:00 p.m.

Learn to code with ozobots and indi sphero cars.

Dino Build

Wednesday, July 29, 2:00 - 4:00 p.m.

Build dinosaurs out of Magnatiles, Legos, pattern blocks, and foam dinosaur bones. Parental supervision is required.

TWEENS/TEENS

Teen Volunteer Night

Thursday, July 9, 6:00 - 7:00 p.m.

Connect with other teens as you earn community service hours.

Jurassic Park Escape Room

Thursday, July 16, 3:30

4:30 p.m. and 6:00 - 7:00 p.m.

Escape from Isla Nublar! Work together as interns in a Jurassic Park escape room to solve puzzles, uncover override codes, and stop dinosaurs from escaping before time runs out.

Founding Foodies: Revolutionary Taste Test

Thursday, July 23 6:00 - 7:00 p.m.

Time travel through food! Try different snacks and drinks, guess which ones are actually colonial, and see if you can get them right!

Paint and Snack: Tiny Dino Art

Thursday, July 30, 6:00 - 7:00 p.m.

Paint your own tiny dinosaur masterpiece while enjoying a dino-themed snack!

ADULTS

USA250 Documentary - Thomas Jefferson:

Life/Liberty Our Sacred Honor

Tuesday, July 7, 11:00a.m. - 12:30p.m.

In-Branch Movie - Jaws

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

A town's chief of police, a marine biologist, and a grizzled shark hunter embark on a quest to destroy the beast. Rated: PG.

Bones in Our Backyard:

Exploring New Jersey's Fossil Record

Saturday, July 11, 2:00 - 3:00 p.m.

New Jersey has a rich fossil record that spans almost 500 million years, from the Cambrian Period all the way up until the last Ice Age! Presented by The New Jersey State Museum

Yarns and Threads

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

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

USA250 Documentary - Thomas Jefferson:

Age of Experiment/The Purpose of Happiness

Tuesday, July 14, 11:00 a.m. - 12:30 p.m.

Drop-In Coloring

Wednesday, July 15, 1:00 - 5:00 p.m.

Coloring isn't just for kids! Unwind and color at your own pace while socializing with your neighbors at the library. Coloring sheets and colored pencils are provided.

In-Branch Movie - Footloose

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

City-boy Ren McCormick finds himself in an uptight Midwestern town where dancing has been banned. Rated: PG-13.

Meet Ben Franklin

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

Benjamin Franklin was one of the Founding Fathers of the United States; a drafter and signer of the Declaration of Independence and the first postmaster general.

Plan Ahead: Your Decisions Matter

Tuesday, July 21, 2:00 - 3:00 p.m.

This program helps individuals understand the importance of planning ahead for future health care and financial decisions. Presented by the Office on Aging and Disability Services.

Hybrid Book Discussion

Wednesday, July 22, 2:00 - 3:30 p.m.

"The Berry Pickers" by Amanda Peters. This hybrid book discussion will be moderated by a Warren Twp. Librarian.

In-Branch Movie - Stand By Me

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

Four young friends find the remains of a missing teenager. Rated: R.

Recorded Lecture:

"New York City's Lost Penn Station"

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

Drop-In Puzzles

Wednesday, July 29, 1:00 - 5:00 p.m.

Love puzzles? Work to complete jigsaw puzzles while socializing with your neighbors at the library. Puzzles will be provided.

In-Branch Movie - Dirty Dancing

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

An innocent young girl is introduced to the sensuality of dance when she meets the dance instructor at her resort hotel. Rated: PG-13.



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FOUR WEEKS IN THREE LOCATIONS IN JULY

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July 27 thru July 31
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10am to 5pm

**July 6 thru July 10
July 20 thru July 24
KENILWORTH HOTEL**

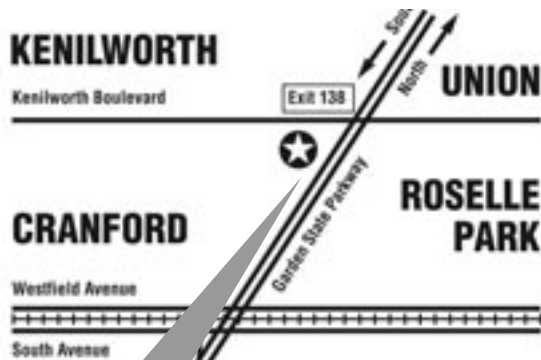
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WARRENBROOK SENIOR CENTER - JULY CALENDAR

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(Scrabble, Uno, Canasta, Mexican Train, Rummikub, etc.)

Available daily.

Jigsaw Puzzles

Available daily.

Watercolor Paint Class

Wednesdays, 9 a.m. – 12 p.m.

All supplies are included.

(Video) Chair Yoga

Mondays, 10 a.m.

Enhance flexibility and mobility, support joint health and encourage good posture.

Studio 60+

3rd Mondays, 1 p.m.

Plan the events they are interested in.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 p.m.

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.

GeriFit Exercise

Wednesdays, 10 a.m.

Weights and stretch bands provided. Bring water. Exercises are done seated in chairs.

Standing is optional.

(Video) Cardio Exercise

Wednesdays, 1 p.m.

Cardio burst workouts offer a fun, energizing way for older adults to boost heart health, improve balance, and stay active.

Craft Activities

2nd & 4th Wednesdays, 1 – 4 p.m.

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.

You don't need a partner

Afternoon Yoga with Wai-Ling Poon

Thursdays, 12:45 p.m.

This class uses seated and standing poses (with the support of a chair)

Bridge

Fridays, 1 – 4 p.m.

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

he Declaration of Independence:

The Influence of Mary Kathryn Goddard

July 1, 11 a.m.

by Terry Antoniewicz. This presentation particularly highlights one of the forgotten women who helped shaped the nation.

Creative Movements with Tom Mckie.

July 1, 1 p.m.

Creative movements that will get you moving, grooving and laughing.

Red, White & Blue Rubberband Bracelet Craft

July 2, 11 a.m.

All materials will be provided.

Warrenbrook Senior Center closed

July 3 - in observance of Independence Day.

The Great American Songbook

July 6, 11 a.m.

with Nancy Petrucelli. It includes both music and the stories behind the songs.

Traveling Library

July 6, 1 p.m.

Renew or sign-up with your library today!

Wordle with Warrenbrook Staff

July 7, 11 a.m.

Button Flower Garden Craft

July 8, 11 a.m.

All supplies will be provided.

Bingo with Bob Mazet

July 9, 11 a.m.

Blood Pressure Screening

July 10, 10 a.m.

with Nina Raps BSP Pharm, RPh, from Rutgers Ernesto School of Pharmacy.

Fall Prevention

July 10, 11 a.m.

Informative session focused on reducing fall risks in your home and surroundings.

Fraud Against Seniors:

Common Cons and Signs of Elder Abuse

July 13, 11 a.m.

This presentation offers valuable tools to stay informed, vigilant, and protected.

Drum Circle with Anil Sachadev

July 13, 1 p.m.

Wheel of Fortune

July 14, 11 a.m.

Monthly Book Club

(Hybrid) July 14, 1:00 PM

New members are always welcome! **Only for Warrenbrook Senior Center Participants**

An Attitude of Gratitude:

Finding Joy in Every Day with Yolanda

July 15, 11 a.m. -

She will share stories, reflect on the simple joys in life, and discover practical ways to cultivate gratitude in our daily routines.

Recycled Plastic Jewelry Craft

July 16, 11 a.m.

All supplies will be provided, so just bring your creativity and enthusiasm. Space is limited, so be sure to pre-register to secure your spot!

Musical Entertainment with Neal Meador

July 17, 11 a.m.

Heading Off Hoarding in the Aging

July 20, 11 a.m.

Topics covered: Hoarding Disorder vs. Diogenes Syndrome.

HIIT (High Intensity Interval Training) Exercise

July 20, 27, 1 p.m.

This is a video exercise from Stronger Seniors which will improve the heart health, strength, metabolism and overall well-being.

Boggle with Warrenbrook Staff

June 21, 11 a.m.

Vision Screening with Chaitali Shah

July 22, 10:30 a.m.

The Project BEST screener will also provide follow-up resources for those that are under-insured or have no insurance. These resources also include the ability for individuals to get glasses at no cost.

Bingo

July 23, 29, 11 a.m.

Cybercrime and Elder Fraud

July 24, 11 a.m.

A Presentation by the U.S. Secret Service Cyber Crimes Squad Member Matt Robischon.

Patio Party

July 27, 11 a.m.

Featuring live music by Clifford Seay! There will also be plenty of outdoor activities to keep everyone entertained, including classic games

Osteoarthritis and Joint Replacement

July 28, 11 a.m.

Learn how physical therapy can help manage pain, improve mobility, and support recovery before and after surgery.

Pressed Flower Craft

July 30, 11 a.m.

All materials are provided, and no prior experience is needed. Pre-registration is required.

Understanding Artificial Intelligence.

July 31, 11 a.m.

Engaging and easy-to-understand session led by Aadi Bhatia, junior at JP Stevens High School.

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A television and streaming renovation project is seeking a limited number of homeowners in this area with outdated or distressed homes requiring substantial remodeling. This opportunity is for full-scale renovations only-not cosmetic repairs.

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Ask for the TV Project Department
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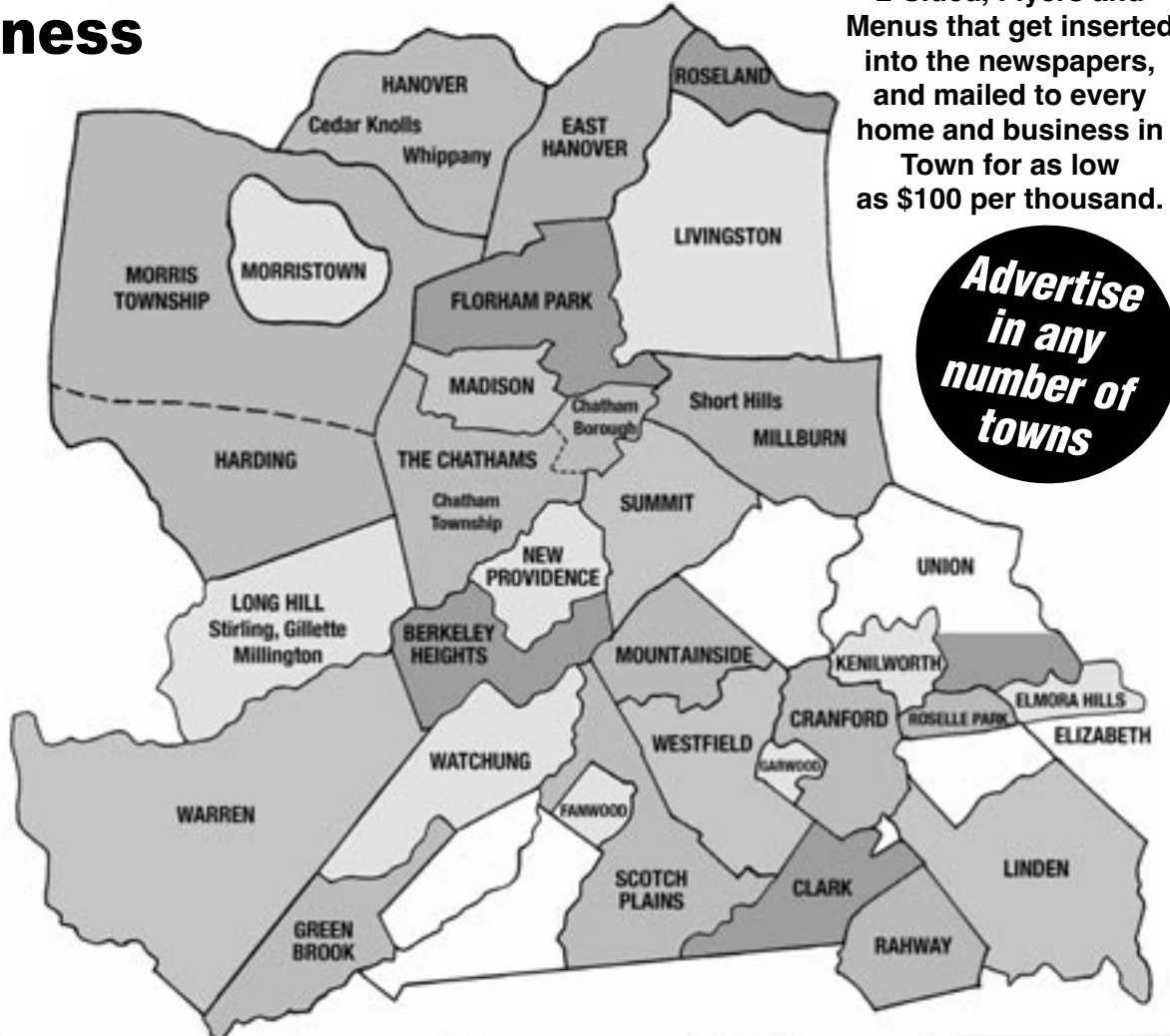
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Fanwood Post NJ Qty: 3,000 Zip: 07023	Florham Park Press NJ Qty: 6,000 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027
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Units (wide x High) Size											
1 Unit (Business card) 3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units 6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units 3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units 6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE 6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units 6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE 10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
2-PAGE SPREAD (2) 10"x14"	800										
BACK PAGE 10"x14"	600										
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56 WILL LANE, WATCHUNG, NJ
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UNDER CONTRACT



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