

# SENIOR CENTER ACTIVITY CATALOG

## WINTER 2016

January • February • March • April



4 Gauntt Place  
Building 1  
Flemington, NJ

(908) 788-1359

Hunterdon County Division of Senior,  
Disabilities & Veterans Services

**Activity Key - Look for these symbols to find your favorite activities!**



### Special Events/Seasonal

Know Your Pet, The New Technology, City Winds Trio, Ballroom Dance Instruction, Poetry Workshop, Elder Quest, Dine 'n Chat, Defensive Driving, Medication Disposal



### Discussion

Current Events, Your Money Matters, Bookworms, Creative Writers



### Games & Recreation

Card Games, Scrabble, Poker, Pinochle, Mah Jongg, Friendship Circle



### Crafts

Artist Open Studio, Knitting/Crochet, Scrapbooking, Woodcarvers



### Media

Art Museum Series, Art Appreciation Series, Music Appreciation, Humanities Series, History Series, Movie Classics, Contemporary Movies, Earth Series, Armchair Travel



### Classes

Art, Italian, Spanish, Computer



### Dance

Line, Tap, Zumba Gold, Ballet, Jazz



**Health Education** Health & Fitness Lecture, HealthEase Education, Take Control of Your Health



### Fitness & Exercise

Healthy Bones/Beginner, Yoga/Chair, Gentle Exercise, Tai Chi/for Arthritis, Meditation, Low Impact Aerobics, Men's Fitness, Matter of Balance, Move Today/Tomorrow, Getting Stronger, Brain Aerobics, Qi Gong, Walking Club, Bowling, Bocce

## SPECIAL SEMINAR SERIES

### What Seniors Need To Know: Building your resource toolbox



- ♦ **Monday, April 4, 1:00pm**  
“Navigating your hospital stay”
- ♦ **Monday, April 11, 1:00pm**  
“The importance of taking medications as prescribed” presented by a Pharmacist
- ♦ **Monday, April 18, 1:00pm**  
“Dementia and Caregiving”
- ♦ **Monday, April 25, 1:00pm**  
“Medicare, Supplemental Insurance, PAAD”
- ♦ **Monday, May 2, 1:00pm**  
“Elder Law, POA, Advanced Directives, Wills”
- ♦ **Monday, May 9, 1:00p.m.**  
“Hospice”
- ♦ **Monday, May 16, 1:00pm**  
“Funeral Planning”

**Pre-Registration (908) 788-1359**  
**Hunterdon County Senior Center**  
**4 Gauntt Place, Flemington NJ**

Open to Hunterdon County residents age 60 and over.  
Sponsored by the Hunterdon County

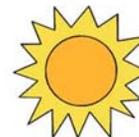
## SPECIAL PRESENTATION

### Know Your Pet

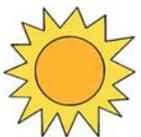


Join Doctor Mary Ann Milford from Paw Prints Veterinary Hospital as she shares with you tips and technics in the care and understanding of your pet.

Location: Senior Center  
Date/Time: Friday **January 22 at 1:00 pm**  
Pre-registration required.  
Call (908) 788-1359



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# SPECIAL PRESENTATION

## AT&T Presents The New Technology



Join the representatives from AT&T as they present and explain the new types of technology on the horizon, learn about smart phones, tablets & iphones. This is your chance to ask the questions you always wanted to ask.

Location: Senior Center  
Date/Time: **January 29th at 1:00 pm**  
Pre-registration required.  
Call (908) 788-1359



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# SPECIAL PRESENTATION

## City Winds Trio



The City Winds Trio comprise of three talented musicians that perform a wide range of music from classical to contemporary. Their style and approach will keep you spell bound and their historic knowledge of the writer and music is just an added bonus to the performance.

Location: Senior Center  
Date/Time: Friday **February 5th at 1:00 pm**  
Pre-registration required.  
Call (908) 788-1359



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# SPECIAL PRESENTATION

## Ballroom Dance Instruction



Join us for 6 weeks of Ballroom dance instruction by Ludo's .  
You will learn several dances such as the Cha Cha,  
Merengue, & Waltz. Singles and couples are welcome

Cost: \$30 for 6 consecutive weeks of instruction  
Payment Due at time of registration

No Refunds for partial participation  
Location: Senior Center

Date/Time: Starts Friday **February 12 at 12:30 pm**  
Pre-registration required.



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# POETRY WRITING WORKSHOP



Explore poetry via your senses, explore poems and the differences. Study the mechanics while examining verse forms and techniques poets use to make their lines sing. Seminar-style classes focus on readings, discussion, and simple writing exercises-with an emphasis on the joy of wordplay.

Date/Time: Every Friday at 10:00 am

Location: Senior Center

Pre-registration required - call (908) 788-1359

Experienced and Non-experienced are Welcome



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# SPECIAL PRESENTATION

## Elder Quest 2016



Lecture Series For Older Adults

**THREE FRIDAYS IN APRIL**

**APRIL 15   APRIL 22   APRIL 29**

**10:00 AM - 11:00 AM**

**11:30 – 12:30 PM**

**2 - one hour presentations**

**Cost \$3.00 for all 6 Lectures**

**Refreshments Included**

Located at: Senior Center Auditorium

Pre-Registration & Information

**(908)- 788-1359**

**Look for registration form & scheduled topics**



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# DINE & CHAT



During the winter months please join us for a midday meal at some of the finer restaurants in the county while socializing with other seniors. All reservations are for 12 Noon. Prices shown include tax & gratuity.

Participants are responsible for their own transportation to and from the restaurant.

Make checks payable to the restaurant & mail to:

Hunterdon County Senior Center

Attn: Mary Ann Thompson

PO Box 2900

Flemington, NJ 08822-2900

**Tuesday, January 12 - La Casa Bianca - \$25.00 BYO**

**Tuesday, February 9 - Ringoes Golden Star Diner - \$17.00**

**BYO**

**Monday, March 7 - 55 Main - \$25.00 BYO**

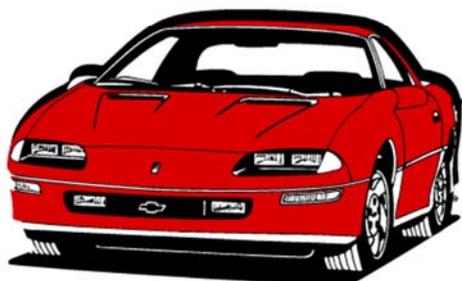
Inquiries call (908) 788-1359



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# AARP DEFENSIVE DRIVING 2016



One day lecture sessions good for reducing points  
and receiving insurance discounts

## Date & Time

9:00 am-3:30 pm Friday, Feb. 12

9:00 am-3:30 pm Friday, Mar. 11

9:00 am-3:30 pm Friday, Apr. 8

AARP member-\$15.00

Non-member-\$20.00

Call to Pre-register - 908-788-1359



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# MEDICATION DISPOSAL



PLEASE DO NOT BRING NEEDLES  
AND SURINGES. MEDICATION ONLY

Prescriptions can be dropped off for proper  
disposal. The Sheriff or a  
uniformed officer will be here to  
accept your prescriptions.

2nd Thursday of each month  
10:00 am - 11:00 am



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# CURRENT EVENTS



Stimulating interaction and discussion of local and international events via a moderator

1st & 3rd Thursdays of each month  
10:00 am - 12:00 noon  
RSVP - 908-788-1359



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# YOUR MONEY MATTERS

Investment Group



Guest speakers provide tips and programs to subsidize and protect your current retirement portfolio.

- Jan. 15th “ **Tax and Estate Planning**”
- Feb. 19th “ **Basic Wills and Trusts** “
- Mar. 18th “ **Income, Inflation, and Interest Rates** “
- Apr. 15th “ **Outlook & Opportunities:  
Finding the Prevailing Winds** “

Third Friday of each month, 1:00 - 2:30 pm  
Call to register - (908)788-1359



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# BOOKWORMS



Come share and discuss with others your thoughts on books which you have read. Gather ideas from others regarding books you might enjoy.

Fourth Tuesday of each month  
1:30 - 3:00 pm

Call to register - (908) 788-1359



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# CREATIVE WRITERS



Consider joining to share and discuss with others your writings of poetry, short stories or biographic material. Interested non-writers are welcome!

Second & fourth Tuesday of each month

10:00 am - 12:00 noon

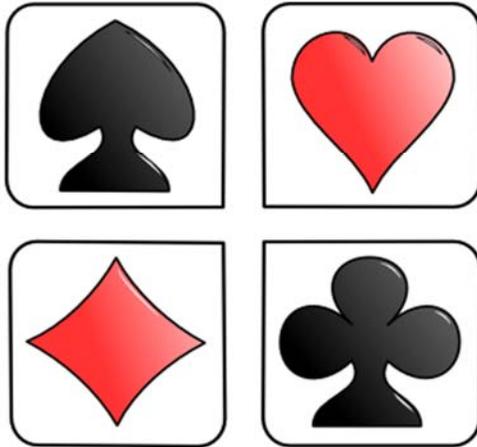
Call to register - (908) 788-1359



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## CARD GAMES

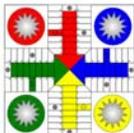


Hearts, Hand & Foot, Canasta, Rummy.....whatever games interest you. Bring the necessary cards to play the game of your choice. Learn something new or teach others your favorite game.

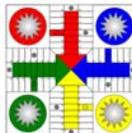
This is a friendly, social group!

Every Tuesday & Thursday  
12:30 - 4:00 pm

Call to register 908-788-1359



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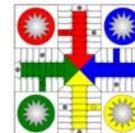
## SCRABBLE



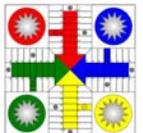
If you enjoy challenging your vocabulary, spelling and strategy skills while competing for high score then this is the game for you! Join this lively, friendly group for a great afternoon of fun.

Every Friday  
12:30 - 4:00 pm

Call to register - (908) 788-1359



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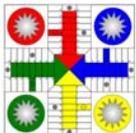
# POKER



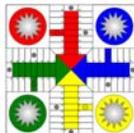
If you like playing cards, then you will enjoy this group.  
They meet weekly and have a great afternoon of fun.  
Sorry, no betting allowed.

Every Tuesday & Thursday  
12:00 - 4:00 pm

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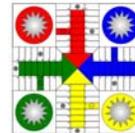
# PINOCHLE



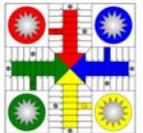
This large, lively group will keep you going.  
They do enjoy their game and the competition.  
If you like fun, please join us.

Every Wednesday  
12:30 - 4:00 pm

Call to register - (908) 788-1359



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# MAH JONGG



This is a game of skill, strategy and calculation.

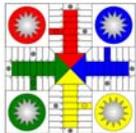
Mah Jongg is similar to Rummy but it is played with tiles. Aside from being lots of fun, researchers have developed a form of healing with Mah Jongg as they believe that playing the game is beneficial for individuals suffering from dementia, cognitive and memory difficulties.

Meets every Monday & Friday of the month

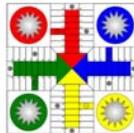
Mah Jongg game - Mondays, 12:30 - 4:00 pm

Mah Jongg lessons - Fridays, 12:30 - 4:00 pm

Call to register - (908) 788-1359



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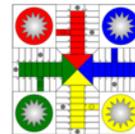
# FRIENDSHIP CIRCLE



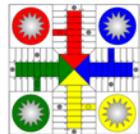
Enjoy the friendly social atmosphere while chatting and playing card or board games. This is a great way to meet new people. Pack a bag lunch or make a reservation for a hot meal in the Meals-on-Wheels Café.

Every Tuesday  
10:00 am - 2:00 pm

Call to register - (908) 788-1359



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# ARTIST OPEN STUDIO



This is an open painting session without instruction where artists can work on their art projects and share ideas with other participants.

Every Monday, 1:00 - 4:00pm

Call to register (908) 788-1359



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# KNITTING & CROCHET



A great activity and social outlet as you create beautiful handmade items for family and friends.

An instructor is here at every meeting to guide you through new stitches or complicated patterns.

Every Wednesday  
10:00 am - 12:00 noon

Call to register - (908) 788-1359



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# SCRAPBOOKING



Scrapbooking is an artistic method of preserving personal and family history in the form of a scrapbook.

This activity will stimulate your creative talents and preserve your photos, memorabilia & clippings turning them into beautiful, lasting works of art.

Second & fourth Thursday of each month  
10:00 am - 12:00 pm

Call to register - (908) 788-1359



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# WOODCARVERS



This is an activity for beginner and advanced.  
Learn the fine techniques of carving used to create a beautiful work of art and maybe find some new friends along the way.

Every Wednesday of each month  
10:00 am - 12:00 pm noon  
RSVP 908-788-1359



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# ART MUSEUM SERIES



Travel the world visiting the most interesting museums via video lectures.

Current series:

**Museum Masterpieces: The National Gallery, London**

Third Monday of each month  
10:00 - 11:00 am

Call to register - (908) 788-1359



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# ART APPRECIATION



This video presentation explores masterpieces extending from the dawn of civilization to the present day.

Current series:

**“Great Artists of the Italian Renaissance”**

Second Monday of each month  
10:00 - 11:00 am

Call to register 908-788-1359



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# MUSIC APPRECIATION



Join us for a morning of delightful music and lecture.

Jan. 22 - **Rachmaninoff, But Without Piano**

Feb. 26 - **Composers as Seen in the Movies**

Mar. 11 - **The Violin Goes Solo**

Apr. 29 - **Gone With the Wind (Ensembles...)**

Varying Fridays each month  
10:30 am to 12:00 pm

Call to register - (908) 788-1359



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# HUMANITIES VIDEO SERIES



Current series:

JOSEPH CAMPBELL and

**“The Power of Myth”**

with Bill Moyers

Second & fourth Wednesdays of each month  
10:00 - 11:00 am

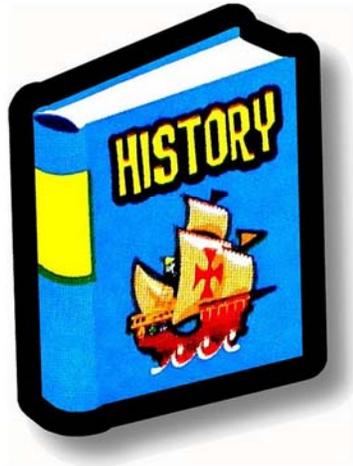
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# HISTORY SERIES



Current series:

## “Turning Points in American History”

Have you ever wondered how history really happens? Is it predetermined and inevitable or full of surprises? Does history progress by gradual evolution, or can a single person or event change its direction forever? Join us as we take a lively tour of American history to explore these questions.

First & third Wednesdays of each month  
10:00 - 11:00 am

Call to register - (908) 788-1359



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# MOVIE CLASSICS



View the finest classic movies which have withstood the test of time.

- Jan. 15th - **“The Shawshank Redemption”** (1994)  
142 minutes - Rated R
- Feb. 19th - **“An Officer and a Gentleman”** (1982)  
124 minutes - Rated R
- Mar. 18th - **“What About Bob”** (1991)  
99 minutes - Rated PG
- Apr. 15th - **“Urban Cowboy”** (1980)  
135 minutes - Rated PG

Third Friday of each month  
10:00 am

Call to register - (908) 788-1359



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# CONTEMPORARY MOVIE



Join us for some of the most current award winning films.

- Jan. 25th - **“Black or White”**  
121 minutes - Rated PG-13
- Feb. 22nd - **“The Imitation Game”**  
114 minutes - Rated PG-13
- Mar. 28th - **“Boyhood”**  
164 minutes - Rated R
- Apr. 25th - **“Foxcatcher”**  
134 minutes - Rated R

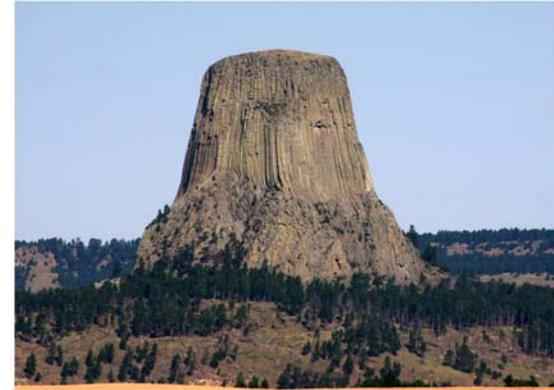
Fourth Monday of each month  
10:00 am - 12:00 pm (approximately)  
Call to register - (908) 788-1359



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# EARTH SERIES



## “The World’s Greatest Geological Wonders”

Visit 36 of the world’s most spectacular geological wonders. This course explains the forces that have formed them, and tells you the stories that have grown up around them.

Fourth Thursday of each month  
10:00 - 11:00 am

Call to register - (908) 788-1359



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# ARMCHAIR TRAVEL



Discover the wonders of the world while traveling from the comfort of an armchair.

## **Sacred Journeys with Bruce Feiler:**

Jan. 4th - **“Lourdes”**

Feb. 1st - **“Jerusalem”**

Mar. 7th - **“Kumbh Mela”**

Apr. 4th - **“Shikoku”**

First Monday of each month  
10:00 - 11:00 am

Call to register - (908) 788-1359



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# ART INSTRUCTION



Beginner and advanced instruction given in most media.

Fridays, from 9:00 am until 12 noon

Class size is limited. Pre-registration is required.

Call to be included on our Art Class mailing list  
(908) 788-1359



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# ITALIAN CLASS



Learn a new language! We have two Italian classes available. One is a more formal, textbook format and the other is conversational only.

Every Tuesday & Wednesday

Formal Lesson - Tuesdays 1:30 - 3:00 pm  
Conversational - Wednesdays 1:00 - 2:30 pm

Call to register - (908) 788-1359



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# SPANISH CLASS



Sabes cómo hablar en español?  
Do you know how to speak Spanish?  
Llegado aprender Espanol con nosotros.  
Come learn Spanish with us.

Every Tuesday, 10:00am - 12:00pm

Registration required.  
(908) 788-1359



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# COMPUTER ACTIVITIES



Classes and presentations scheduled monthly on Tuesdays, Wednesdays and Thursdays. Please see Computer Activities Calendar for dates and times.

Registration is required - call 908-788-1359.

Help Desk sessions every Monday and Friday between 1:00 and 2:30 pm in the Computer Lab. No registration required - first come, first serve.

Computer Social scheduled on the fourth Friday of each month at 12:00 pm unless otherwise noted. Registration required - call (908) 788-1359



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# LINE DANCE



Join us for a great cardio workout! Dance to the beat and rhythms of country music.

## Line Dance Schedule

Intermediate class- Tuesdays, 12:15 - 1:00 pm –starts Jan. 5th

Advanced class - Tuesdays, 1:00 - 2:00 pm –starts Jan. 5th



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## TAP DANCE



Tap dance is a form of dance characterized by using the sound of one's tap shoes hitting the floor as a percussive instrument. As such, it is also commonly considered to be a form of music.

Tapping is a great workout and a way to develop good rhythm and timing. Beginner, intermediate and advanced classes available.

Every Monday begins January 4th

Intro to Tap Dance: 11:00 am - 12:00 pm

Intermediate Tap Dance: 12:00 - 1:00 pm

Advanced Tap Dance: 1:00 - 2:00 pm

(Tap Practice every Wed. at 1:00pm)

Call to register - (908) 284-6128

Must sign medical clearance and waiver to enter class.



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## ZUMBA GOLD



Shake to the Latin Beat!

Cardio workout to dance & music - Lots of Fun!!  
Great Aerobic Exercise!

Location: Clinton Community Center, Clinton  
Day/Time: Wednesdays at 11:00am Begins January 6th

Location: Senior Center, Flemington  
Day/Time: Thursdays at 10:15am Begins January 7th

Fridays—Clinton United Methodist Church, Clinton  
Day/Time: Friday at 11:15am Begins January 8th

Registration required - no drop-ins.  
Call (908) 284-6128 for more information and registration.  
Signed waiver and medical clearance necessary.  
Fee Based - Must purchase a punch card.



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Services / Senior Health & Fitness Program.



# BALLET



**Introduction to Ballet:** For those who are new to Ballet.

**Intermediate Ballet:** 1 hour class building on the techniques covered in the introductory sessions. The class is taught by Catherine (Kate) Allworthy, founder and owner of the former Allworthy School of Music & Dancing for 35 years in Flemington. Stretch pants/leggings with a comfortable top and ballet shoes or soft, supple jazz shoes are required. Newcomers and previous dancers welcome - the music is lovely.

**Intermediate Class:** Thursdays at 1:00 pm starting Jan 7th

**Beginner Class:** Thursdays at 2:10pm starting Jan 7th

Class size limited, pre-registration required.

(908) 284-6128

No Charge

A signed waiver and medical clearance necessary to enter the class.



Open to Hunterdon County residents age 60 and over.  
Sponsored by the Hunterdon County  
Division of Senior, Disabilities & Veterans  
Services / Senior Center



# JAZZ DANCE WITH ANNETTE



Swing and Sway with Miss A!  
Move and Groove to all kinds of music!

- Lots of Fun
- Low Impact
- Cardio Dance

Location: Senior Center, Flemington

Day/Time: Thursdays, 11:30 am Begins January 7th

Registration is required.

Call (908) 284-6128 for more information

Fee Based -Must sign waiver, signed medical clearance



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Division of Senior, Disabilities & Veterans  
Services / Senior Health & Fitness Program.



# HEALTH & FITNESS LECTURE SERIES

Monthly Lecture Series presents topics discussing the greatest health concerns to the senior population.

Mondays at 11:30am Schedule of dates and times

<p><b>January 25th</b> Vitamins, Supplements &amp; Herbal Products</p> <p><b>February 8th</b> Taking care of your shoulder</p> <p><b>February 29th</b> Heart and Vascular Health</p> <p><b>March 7th</b> Taking care of your hip and knees</p>	<p><b>March 21st</b> Exercise Guidelines for older adults</p> <p><b>March 28th</b> Nutrition and Exercise paired with bone and skin care</p> <p><b>April 22nd</b> Diabetes Management</p>
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All sessions are free of charge and held at the Senior Center in Flemington.

Look for upcoming flyers for more details or call (908) 284-6128. Registration is recommended. However walk-ins are accepted.



Open to Hunterdon County residents age 60 and over. Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services / Senior Health & Fitness Program.



# HEALTHY EDUCATION

“Evidence-Based” educational program with proven outcomes developed by University of Medicine and Dentistry of NJ. Classes address lifestyle related health issues and chronic conditions. For adults 60 years and over and their caregivers.

## Fall 2015 Schedule:

Date	Topic	Location	Time
January 11th	Women’s Health	Senior Center Flemington	11:15am
January 28th	Nutrition	West Amwell Senior Club Mt. Airy Firehouse Lambertville	12:15pm

Other programs - Dates/Times and Locations to be announced. Look for upcoming flyers. Locations include: Senior clubs and Senior Center

No charge. For more information and to register, call (908) 284-6128. Dates times and locations are subject to change.



Open to Hunterdon County residents age 60 and over. Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services / Senior Health & Fitness Program.



HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES &  
VETERAN SERVICES -SENIOR HEALTH & FITNESS PROGRAM

& RUTGERS COOPERATION EXTENSION SERVICES OF

HUNTERDON COUNTY PRESENTS

**Take Control of Your Health**



“Evidenced Based Program” with proven outcomes.  
Six workshops to Change your life!

**No charge**

AN ACTION PLAN TO ENHANCE WELLNESS!

Adults of all ages who are living with long term health conditions, as well as caregivers, are encouraged to take part in this FREE workshop series that will help you to:

**Manage symptoms**

**Develop healthy eating & exercise habits**

**Communicate effectively with your doctor and health care team**

**Manage fear, anger, and frustration**

**Make daily tasks easier**

**Feel better and enjoy life to the fullest!**

**Classes to begin Wed, April 20, 2016 • 10AM – Noon (6 weeks)**

**Public Health Nursing**

**6 Gauntt Place, Lower Level -Conference Room**

**To register you must be a Hunterdon County resident 60+ years.**

**Call Eleanor at (908) 284-6128**



Open to Hunterdon County residents age 60 and over.  
Sponsored by the Hunterdon County Division of Senior,  
Disabilities & Veterans Services



# BEGINNER HEALTHY BONES



Beginner Healthy Bones is a 24-week, “Evidence-Based” exercise program developed by State of New Jersey and Barnabas Health Care. Program goals are to improve and prevent osteoporosis through education and weight bearing exercises. Educational component will include lectures on exercise, nutrition, safety, medications and lifestyle factors as it relates to osteoporosis.

Location: To be announced

Date/Time: To be announced

Look for upcoming flyers

Suggested Donation for

Manual and weights: \$25.00

Call (908) 284-6128 to register. Seating is limited.

Must have signed medical clearance and waiver to enter the class.



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Services / Senior Health & Fitness Program.



# HEALTHY BONES (Ongoing Classes)



“Evidence-Based” Healthy Bones ongoing classes is a continuation of the beginners program of weight-bearing exercises using hand and ankle weights to improve and prevent osteoporosis through exercise.

**Pre-requisite: Beginner Healthy Bones**

Classes at Senior Center and  
Six other off-site classes locations throughout the County.

**Classes resume week of January 4th at Senior Center**

Check with your instructor.

For more information; call (908) 284-6128

No charge - registration required. Medical clearance  
and signed waiver necessary



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# YOGA

**All Levels**

Participants practice postures and stretches and work on breathing, relaxation, and focus. It is geared to the majority of the students but will offer variations and modifications to accommodate students with less experience. More experienced students will learn to refine basic postures, explore deeper poses and practice in a way that encourages a fuller integration of the principles of alignment into the poses that are practiced.

## Level 2

This is a stronger and deeper practice. Open to experienced students. We will learn to refine basic postures, explore deeper poses and practice in a way that encourages a fuller integration of the principles of alignment into the poses that are practiced.

Participants bring their own mat to class. Registration is a must. No drop-ins. Class size is limited. Must sign waiver and purchase punch card to enter class. Fee Based.  
For more information and to register, call (908) 284-6128

**Instructor: Frank Fayne All Levels**

Location: Frenchtown Presbyterian Church, Frenchtown

Day/Time: Thursdays, 9:30 am Begins February 4th

No classes in January



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Services / Senior Health & Fitness Program.



# YOGA

**Instructor: Dot Wismer All Levels:**

Location: Clinton Community Center, Halsted Street, Clinton  
Date/Time: Tuesdays, 11:00 am - Begins January 5th

Location: Senior Center, Flemington  
Day/Time: Wednesdays, 10:15/11:30 am - Begins January 6th

Location: Senior Center, Flemington  
Day/Time: Fridays, 11:00am - Begins January 8th

**Instructor: Kim Karsh All Levels:**

Location: Delaware Township Municipal Bldg., Sergeantsville  
Day/Time: Mondays, 11:00 am - Begins January 4th

Location: Frenchtown United Methodist Church, Frenchtown\*  
Day/Time: Wednesdays, 10:30 am - Begins January 6th  
\*Moving to Fairview School in Kingwood on April 6th

Location: Raritan Police Department, Raritan Township  
Day/Time: Thursdays, 9:30 am - Begins January 7th

Location: Bethlehem Presbyterian Church, Pittstown  
Day/Time: Thursday, 4:00 pm - Begins January 7th

## Level II:

Location: Delaware Township Municipal Bldg., Sergeantsville  
Day/Time: Monday, 9:30am – Begins January 4th



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# CHAIR YOGA

This is our most gentle exercise class. Chair yoga is perfect for seniors with physical challenges who find it difficult to get on and off the floor as required by a traditional yoga class. Chair yoga for seniors is a traditional yoga class with postures chosen to aid mature bodies to protect joints, strengthen balance and increase the range of movement.

**Kim Karsh:**

Location:

Frenchtown: United Methodist Church, Frenchtown  
Days/Times: Wednesdays at 12:15 pm Beginning January 6th  
\*will move to the Fairview School, Kingwood on April 6th

**Dot Wismer:**

Location: Senior Center, Flemington  
Days/Times: Tuesdays at 1:00 pm Beginning January 5th

Fee Based Class

Registration is a required.

Class size is limited. You must purchase punch cards and sign a waiver to enter the class.  
Call (908) 284-6128 to register.



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# FLEXIBILITY RANGE OF MOTION GENTLE EXERCISE

Gentle exercises using flexibility bands and balls. Posture and balance are prime components. Adaptable for special needs.

Discussion about health and nutrition and how to incorporate into your for daily life.

Location: Mirota Senior Residence, Whitehouse  
Day/Time: Mondays, 10:00 am - Begins January 4th

Location: Herman Kapp Senior Residence, Flemington  
Day/Time: Mondays, 10:00am - Begins January 4th

Location: Clinton United Methodist Church, Clinton  
Day/Time: Thursdays, 9:00 am - Begins January 7th

Location: Heritage Village, Lambertville  
Day/Time: Fridays, 2:30pm - Begins January 8th

Location: Mirota Senior Residence, Whitehouse  
Day/Time: Thursdays, 10:00 am - Begins January 7th

Location: Senior Center, Flemington  
Days/Times: Tuesdays, 10:30 am - Begins January 5th  
Thursdays, 10:30 am Begins January 7th

Registration is required. Class size is limited. No charge.  
Call (908) 284-6128 to register. Signed waiver is necessary



to enter the class.  
Open to Hunterdon County residents age 60 and over.  
Sponsored by the Hunterdon County



# TAI CHI



Tai Chi is an ancient, proven practice of movement performed in a slow, focused manner and accomplished by deep breathing. It focuses on balance and use of the mind to learn a sequence of movements in a carefully executed manner. It is used for stress reduction and a variety of other health conditions. Often described as medication in motion, tai chi promotes serenity through gentle, flowing movements. It is also considered a great cardio workout!

Location: Clinton Community Center, Halstead Street, Clinton  
Day/Time: Mondays beginning 9:00 am - begins January 4th

Location: Senior Center, Flemington  
Day/Time: Wednesdays beginning 9:00 am - begins January 6th

Registration is required - no drop-ins. Fee based - Must sign waiver and purchase punch card. For more information and registration, call (908) 284-6128



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# TAI CHI FOR HEALTH



“Evidenced Based” exercise program with proven outcomes specifically designed for people with arthritis using the mind and body to relieve pain and improve quality of life.  
Endorsed by the Arthritis Foundation.

## Beginner Class

Location: Senior Center, Flemington  
Day/Time: Mondays at 3:00 pm - Begins January 11th

## Intermediate Class

Location: Senior Center, Flemington  
Day/Time: Thursdays at 9:00am-Begins January 14th

Registration is required - no drop-ins  
Fee based program Must sign waiver and purchase punch card to class.  
Call (908) 284-6128 for more information and registration.

# MEDITATION



Guided, group meditation with basic instruction in posture, breathing, relaxation, grounding, visualization and guided meditations to gentle music.

Location: Senior Center, Flemington  
Days/Times: Beginning Wednesdays January 6th  
2:30 - 3:15 pm

Registration is required. No drop-ins.  
Class limited to 15 students.  
Must sign waiver and purchase punch card.  
Fee Based

For more information and registration, call (908) 284-6128



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# LOW IMPACT AEROBICS

For those who are quite agile and able to move in any direction at all times with leader cues - there are lots of dance steps.

Participants try to keep to the beat of the music with arm and leg movements, working on their cardio and coordination.

Participants are in continuous motion, stopping to take their heart rate from time to time.

There is a warm up and cool down. Several classes use weights and mats at the conclusion of the class. Balance and posture are emphasized. Endurance should improve and there will be lots of fun as well. Anyone with a cardio-history and uncontrolled blood pressure should check with their doctor before enrolling in this class.

Location: Senior Center, Flemington

Day/Time: Tuesdays at 9:30 am Begins January 5th

Location: Frenchtown Presbyterian Church, Frenchtown

Day/Time: Wednesdays at 9:00 am Begins January 6th

Location: Clinton Presbyterian Church, Clinton

Day/Time: Thursdays at 9:30 am Begins January 7th

Registration is a must - no drop-ins For more information, call (908) 284-6128. A medical clearance/waiver and punch card is required before taking the class.



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Services / Senior Health & Fitness Program.



# MEN'S FITNESS



This fitness class is tailored for men Practice light weights, building strength, floor exercises and stretching. Work at your own pace.

Location: Senior Center Auditorium

Tuesdays Begins January 5th

2:15 - 3:00 pm

No Charge!

Medical Clearance and Signed Waiver  
necessary to enter the class

Call to register - (908) 284-6128



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Services / Senior Center.



# MATTER OF BALANCE



“Evidence-based” exercise program with proven outcomes designed to help people improve balance and overcome fears and concerns about falls and increase physical activity. Combination of Education and Exercise. Manual is included.

Locations, Flemington - To be announced

Look for flyers for upcoming details.

Eight-week / two-hour sessions  
No Charge (manual included).

Registration is a must and seating is limited.  
Call (908) 284-6128



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# MOVE TODAY



“Evidence-based” program with proven outcomes and emphasis on balance and posture with strength training using resistance bands. Both sitting and standing exercises. Resistance bands and manual are provided.

Location : County Senior Center, Flemington  
Begins Tuesday April 5th  
11:00 am - 12:00 Noon  
(Runs 12 Weeks)

Registration is required. Seating is limited.  
For more information and registration, call (908) 284-6128.

Must bring signed waiver and medical clearance to class.  
No Charge.



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# MOVE TOMORROW



As an extension of the Move Today series, Move Tomorrow continues emphasis on balance, posture, and strength with some new twists!

Pre-requisite: Completion of Move Today Program

Location: Senior Center Auditorium  
Every Tuesday Begins January 5th  
11:00 am - 12:00 pm

Call to register - (908) 284-6128



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Services / Senior Center.

# GETTING STRONGER



This is an extension of the Healthy Bones concept enhanced by additional repetitions and movements. It emphasizes Balance and is more strenuous Bands as well as weights are used in the class. Healthy Bones is a prerequisite for joining this class, as is the progress made in the prior program.

Pre-requisite: Beginner Healthy Bones

Day/Time: Wednesdays at 10:15 am beginning January 6th  
Location: Frenchtown Presbyterian Church, Frenchtown

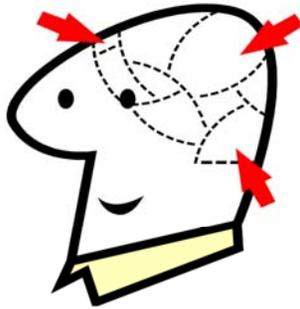
Registration is required. No charge.  
Must bring medical clearance and waiver.

Call (908) 284-6128 to register.



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# BRAIN AEROBICS



Aerobics of the Mind is a mental fitness program designed for older adults by Marge Engelman who has been studying and teaching for 30 years in the field of “Learning in the older years. Stimulating invigorating exercises for the brain. Includes “brain workouts” - creativity, use of the imagination, exercising the right and left side of your brain. Engage in group discussion. Designed to be stimulating but also fun!

Location: Public Health Nursing,  
Building 2, Lower Level Conference Room  
6 Gauntt Place, Flemington

Dates/Times: Thursday, March 10th  
10:00am to Noon  
9 - 10 week session

For more information, call (908) 284-6128.  
No charge. Seating is limited.



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# QI GONG



QiGong (ghee gong) are Chinese exercises that, unlike western kinds of exercises; are gentle, non painful, and yet very effective in relieving specific problems, e.g. sore lower back, stiff neck, weak ankles. These exercises can be done by themselves or as a set. The Qi Gong exercises; and there are lots of them; can be done alone. Exercises will be provided to you to practice at home. Individualized attention at each class. No equipment. Dress comfortably and prepare to feel better!

Day/Times: Wednesdays, 2:00pm Begins January 13th  
Location: Public Health Nursing, Bldg. 2, Meeting Room #1  
6 Gauntt Place, Flemington

Day/Times: Thursdays, 10:15am begins January 14th  
Location: Public Health Nursing, Bldg. 2, Meeting Room #1  
6 Gauntt Place, Flemington

For more information, call (908) 284-6128.  
Registration is required. Class size is Limited.  
Fee-Based Class - You must purchase a punch card  
and sign a waiver to enter the class.



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# Senior Walking Club Spring 2016



For Locations (see Flyer for more details)

## Dates:

March **16th\***, 23rd, 30th  
April 6th, **13th\***, 20th, **27th\***  
May 4th, **11th\***, 18th, **25th\***  
June 1st, **8th\***

## Times:

Wednesdays 9:30am to 10:30am

\*Walks marked with asterisks are guided walks with  
Naturalist Laura Bush

**(small fee required)**

Other walks are with Recreation Leader Patrick Eckard

**(no fee required)**

To register, call (908) 284-6128

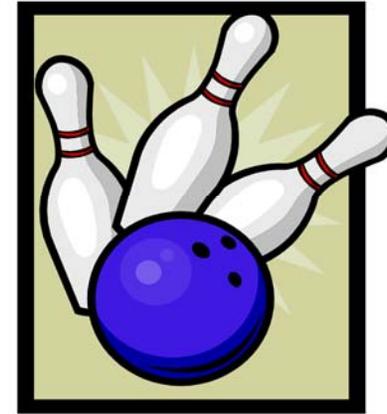
Signed waiver necessary to participate.



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# BOWLING



“Spicy Seniors” Bowling league is sponsored by the  
Senior Health & Fitness Program in partnership with  
West Hunterdon Lanes. This league is about having fun.  
New bowlers and substitutes are needed!  
100% non-sanctioned mixed league  
Beginners are welcome!

Location: West Hunterdon Lanes, Route 12, Kingwood  
Day/Time: Fridays, starting January 2nd 1:00 pm  
Runs from Sept through May.

For more information and to register,  
call (908) 284-6128.

No experience necessary. Fee based.  
You must sign a waiver at first session.



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# BOCCE



Bocce is played at the outdoor Bocce Court on the corner of Wescott Drive and Gauntt Place. Players are permitted to throw the ball in the air using an underarm action. This is generally used to knock either the jack or another ball away to attain a more favorable position.

Tactics can get quite complex when players have sufficient control over the ball to throw or roll it accurately. It is all about having fun and not taking it too seriously.

Location: County Complex, Outdoor Courts  
 Corner of Wescott Drive & Gauntt Place, Flemington

### Dates/Times:

Begins Monday, April 11th

Every Monday & Tuesday

Hours: 10:00 am

Summer hours: 9:00am

Registration is required. Call (908) 284-6128 to register.

Free of charge and no experience necessary. You must sign a waiver at first session.



Open to Hunterdon County residents age 60 and over.  
 Sponsored by the Hunterdon County  
 Division of Senior, Disabilities & Veterans



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Directions to the Hunterdon County Senior Center



Hunterdon County Division of Senior,  
Disabilities & Veterans Services / Senior Center  
4 Gauntt Place, Building 1  
Flemington, NJ 08822-2900

1/4 mile north of Hunterdon Medical Center on  
Route 31, Flemington. Turn left onto  
Gauntt Place

1/4 south of Sand Hill Road on Route 31,  
Flemington. Turn right onto Gauntt Place

### **Senior Center Mission Statement**

It is the mission of the Senior Center to serve Hunterdon County senior residents with support, advocacy, socialization, information & referral through a variety of activities and events.

Programs are funded in part, by the Area Agency on Aging. Individuals will not be denied services because of their inability to pay.

The Senior Center is open to Hunterdon County residents age 60 and over.

Phone: (908) 788-1359

Fax: (908) 806-4537

Email: [seniorcenter@co.hunterdon.nj.us](mailto:seniorcenter@co.hunterdon.nj.us)

Website: [www.co.hunterdon.nj.us/aging.htm](http://www.co.hunterdon.nj.us/aging.htm)

The Senior Center will provide reasonable accommodations for persons with disabilities upon ten day advance notification of need.

The Senior Center is an equal opportunity service provider and employer.