



## Board of County Commissioners

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## MEDIA RELEASE

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### FOR IMMEDIATE RELEASE

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## Hunterdon Senior Center Offering Virtual And In-Person Classes And Events

### Physical Fitness, Games, Trips and Life Planning Available for Seniors This Fall

The Hunterdon County Senior Center is offering virtual and in-person classes, trips, and events for county seniors to participate in throughout the fall, including a Wellness Lecture Series, Hunterdon County Commissioner Shaun C. Van Doren announced.

Commissioner Van Doren, liaison for the Human Services Department, said, "Our seniors are a vital and important part of Hunterdon County. Being able to provide activities for the senior community, allowing opportunities for safe engagement and offering easily accessible programs and services, continues to be a significant priority for the Commissioner Board.

For those seniors who would like to enjoy in-person events, a trip to Grounds for Sculpture has been planned, a stroll through county parks is offered and the Wellness Lecture Series is also available."

The Senior Center is offering Virtual Bingo through a cooperative effort with the Hunterdon Care Center and Foothill Acres. Additionally, there is an 'Advanced Planning For Life', virtual information session provided by the Volunteer Guardianship, One On One, Inc. organization, and a virtual workshop series to help seniors take control of their health.

Pre-registration is required for most classes, whether in-person or virtual, and all seniors must fill out an Acknowledgment of Health Requirement form, which can be downloaded from the Senior Center website, [here](#).

"The Senior Center staff continues to provide virtual options while the health crisis continues, allowing seniors who need to maintain social distancing measures, the ability to enjoy games, take fitness classes and stay connected while in their home," Van Doren stated.

The Senior Center provides valuable information and connections for seniors. Caregiver Support Groups, State Health Insurance Assistance Program (SHIP) counseling, and Meals on Wheels are available.

For information on programs, classes, events or if you have questions, seniors should call the Senior Center at 908-788-1359 or visit the website, <https://www.co.hunterdon.nj.us/aging.htm>.