

NOVEMBER 2016

HILLSBOROUGH SENIOR CENTER

339 South Branch Road, Hillsborough, NJ 08844

(908) 369-8700

Open Monday – Friday, 9:30 a.m. – 2:00 p.m.

All programs begin at 11:00 a.m. unless otherwise listed.

Game Room – Monday – Friday

Stretching – Monday – Friday

Horseshoe Pit – Monday – Friday (Weather Permitting)

Bocce Court – Monday – Friday (Weather Permitting)

Caram – Monday – Friday. East Indian game similar to Billiards.

Fit & Flex with Rose – Tuesday & Thursday, 11:00 a.m. This **FREE** weekly exercise program changes frequently and is suitable for all. Included are stretches, strength training, laugh yoga, breathing exercises and more.

****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Tuesday, 12:30 p.m. – 2:00 p.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. **For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.**

Tai Chi with Janet – Wednesday, 9:30-10:15 a.m. Tai chi, aptly called "moving meditation," consists of slow, repetitive movements that improve balance, flexibility, control and stability while promoting relaxation. **** FREE 10 week session:**

October 19-December 7. Please call (908) 369-8700 for more information**

Horseshoe and Bocce Ball Club – Every Friday, 10:00 a.m. Enjoy time outside while being part of our Bocce and Horseshoe Clubs! Great for all ability levels; instruction will be available. (Weather Permitting)

Community Service Opportunity: Help *Summer*, the Friendly Doberman, fulfill her certification requirements to become a therapy dog. As part of her training she must be exposed to people in different situations and master various commands. Learn how to teach and practice the commands with Summer who must master them to achieve certification. Please call (908) 369-8700 to find out Summer's schedule as it may vary from week to week.

November 1, 15, 22 & 29 – Mahjong Lessons, 10:00 a.m. Have you always wanted to learn how to play Mahjong or are familiar with the game but just in need of fellow players? Tuesday mornings are Mahjong mornings. Lessons and refreshers are available.

November 1, 15, 22 & 29 – Trivia Time with Anna, 11:15 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching exercises can stimulate the brain and enhance your critical thinking processes? Join Anna for some mind-tingling brain stumpers and a fun-filled intellectual workout.

November 2 – "The Life & Work of Salvador Dali" – Lecture & tempera Paint Group Workshop, Art of the Master's Program by Creative Notions, 10:30 a.m. Dali was a skilled draftsman, best known for the striking and bizarre images in his surrealist work. His skills were often attributed to the influence of Renaissance masters. His best-known work, *The Persistence of Memory*, was completed in August of 1931. Dali's expansive artistic repertoire included film, sculpture, and photography, in collaboration with a range of artists in a variety of media. First, you will learn about Dali and see some of his works. In our hands on portion, you will create a painting inspired by Dali's works.

November 2 - State Health Insurance Program (SHIP) a counselor will be available to provide **Free** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (908) 369-8700 to schedule an appointment****

November 3, 10 & 17 – Puzzle Club, 10:00 a.m. Strike up conversation, make new friends and enjoy assembling puzzles together.

November 3 – Mandal Art & Tea Party, 10:30 a.m. Mandalas are created with intricate geometric patterns that are thought to represent the universe. The basic Mandala is a square with four "gates" containing a circle. As an art form they are exquisitely beautiful when color is added. No art experience is necessary. Enjoy creating your own mandala over a cup of herbal tea.

November 4 – "Senior Scams" by Officer David Daneker, Somerset County Sheriff's Office, 10:45 a.m. David will discuss senior scams, with a special focus on scams occurring on the phone and throughout the county. This informative presentation will offer scenarios, useful tips, literature and time for your questions to be answered.

November 7, 14, 21 & 28 – In the News, 10:00 a.m. Join us we discuss breaking news around the world and current events of interest.

November 7, 14, 21 & 28 – “A Matter of Balance: Managing Concerns About Falls” conducted by Trained Peer Leaders, 9:30-11:30 a.m. A Matter of Balance emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to their environment to reduce fall risks at home, and exercise to increase strength and balance. If you are concerned about falls, interested in improving balance, flexibility and strength, have fallen in the past or have restricted activities because of falling, you should join us for this program. ****Advanced registration is required by calling (908) 369-8700****

November 8 – Election Day – Center Closed

November 9 – Presidential Trivia, 10:30 a.m.

November 9 – “Aromatherapy” by Stacy Lopez, Foothill Acres. Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these “essential” oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream so they may contribute to whole-body healing. Join Stacy from Foothill Acres as she discussed the benefits of aromatherapy and brings some common oils for a demonstration. Literature will be offered.

November 10 – Name That Tune: A Musical Adventure, 10:15 a.m. Challenge your memory to guess old and new favorite songs in this hilarious game.

November 11 – Veterans Day – Center Closed

November 16 – November in History: Take A Walk Down Memory Lane, 10:15 a.m. Test your knowledge on a variety of topics including November history, celebrity birthdays, November holidays and more.

November 16 – November Jeopardy. Challenge yourself in this mind-stimulating morning of jeopardy celebrating all things November.

November 17 – Ted Talk, 10:30 a.m. Drop in for a lively discussion in our continuing series. For the first 15 minutes, we will watch a TED talk and then discuss it as a group. For a background, visit www.TED.com.

November 18 – Thanksgiving Trivia, 10:00 a.m. Do you think you know everything about Thanksgiving? This trivia challenge will put you to the test.

November 18 – “How To Talk With Your Doctor” by Audrey Taffet, Visiting Nurse Association of Somerset Hills, 10:30 a.m. Audrey will provide tips on how to get the most from your doctor’s visit and what questions to ask.

November 23 – Minute Mysteries, 10:15 a.m. Using the clues, figure out the solutions to our Minute Mysteries.

November 23 – Bingo Bonanza, 10:45 a.m.

November 24 & 25 – Holiday – Center Closed

November 30 – “Presidential Scandals of the 20th Century” by Walter Choroszewski, 10:30 a.m. Walter presents some of the most interesting scandals linked to American Presidents of the 20th century. Some involve corruption, lies, abuse of power as well as titillating tales of infidelities. Eighteen presidents have served those 100 years. Walter shares stories of eight who made history for their scandalous behavior.