

Warrenbrook Senior Center – January 2010 Special Events

Monday, January 4th ~ 10:30 – 11:30 am ~ Mystery Teas and Trivia ~ In celebration of National Hot Tea Month, come and sample four distinctly different flavored teas. As you enjoy a cup of tea, guess the flavor. While enjoying your cup(s) of tea, there will be tea trivia and a reading of George Orwell's ***A Nice Cup of Tea***.

Wednesday, January 6th ~ 10:30 am – 11:30 am ~ The Importance of Exercising and 30 Minutes of Chair Exercises ~ Sabina Hanriott ~ Sabina will discuss the importance of exercising and will teach an assortment of chair exercises. In addition, Sabina will demonstrate breathing and relaxation exercises.

Monday, January 11th ~ 10:00 – 11:30 am ~ Photography In The 19th Century ~ Gary D. Saretzky from the Horizons Speakers Bureau of the New Jersey Council for the Humanities ~ In a slide lecture, Gary will profile pioneer photographers and discuss them within the larger context of New Jersey photography in the Nineteenth Century. Gary will focus on Somerset County photography.

Nick Ciampa and/or George Helmke, from The Fleetwood Museum of Art and Photographica of the Borough of North Plainfield will provide a display of historic landmark cameras that will enhance the above Nineteenth Century photography presentation.

Twenty-First Century Somerset County Picture Display ~ Anyone that would like to display a picture that they took of a Somerset County landmark or scene is invited to submit the picture(s) prior to Friday, January 8th. Complete the picture display form and submit the picture and the form to Gwen Chalker prior to the deadline. *All pictures must be picked up and returned to owner by Friday, January 15th.*

Tuesday, January 12th ~ 9:45 am ~ Crazy Hat and Bingo Day ~ Wear a crazy hat and try to win one of three free bingo boards.

Wednesday, January 13th ~ 10:30 am ~ How To Stay Healthy in 2010 ~ Lois Glasser, LCSW, Consultant with Cancer Care New Jersey ~ Learn the importance of caring enough for yourself to take care of your health. Lois will discuss the importance of the doctor/medical team-patient relationship and how to become an educated consumer through communication.

Thursday, January 14th ~ 10:00 am ~ Pizza and Bingo Day ~ After playing bingo, enjoy a pizza party and try to win one of three free bingo card coupons to be redeemed by Thursday, January 28th.

Wednesday, January 20th ~ 10:15 am ~ Eye Health Care ~ Ellen McCormack from the Commission for the Blind and Visually Impaired ~ Learn some tips on how to care for your eyes.

Wednesday, January 20th ~ 11:00 am ~ Chair Exercises ~ Sabina Hanriott ~ 30 minutes of chair exercises

Monday, January 25th – Friday, January 29th ~ Warrenbrook Senior Center Form Update Week ~ All Senior Center clients must update information that is on file.

*The Warrenbrook Senior Center staff, group leaders and volunteers,
wish you and your family a safe, healthy, and Happy New Year.*