

## Warrenbrook Senior Center – February 2010 Special Events

**Monday, February 1<sup>st</sup> ~ 10:30 – 11:30 am ~ Making Pine Cone Bird Feeders** ~ Come and make pine cone bird feeders. We will coat pine cones with peanut butter and then cover the pine cone with bird seed. You will be able to take the pine cone bird feeder home and hang it from a tree branch and watch the birds come and feast.

**Tuesday, February 2<sup>nd</sup> ~ 11:00 – 11:30 am ~ Reminiscing and Sharing Love Stories** ~ In preparation of Valentine's Day, come and share a past love story with everyone. It could be the first time you fell in love; it could be sharing a love story that involves a pet or it could be sharing a love poem you heard or wrote. Come and share the love!

**Wednesday, February 3<sup>rd</sup> ~ 10:30 -11:00 am ~ 2010 Census Awareness ~ Arvind Swamy and Angela Chu** ~ Come and learn the importance of the 2010 census and the why and how people are going to be counted.

**Friday, February 5<sup>th</sup> ~ NATIONAL WEAR RED DAY** ~ The American Heart Association is asking people to wear red for the women and men they know who have been affected by cardiovascular disease.

**Monday, February 8<sup>th</sup> ~ 10:15 – 11:30 am ~ Somerset County Sheriff's Office Presentation & K-9 Unit Visit ~ Officer David Syring** ~ The Somerset County Sheriff's Office will be coming to give us an overview of their department and to highlight the many supportive things they do in the community. A special presentation will also be given by one of their K-9 officers and his working partner.

**Wednesday, February 10<sup>th</sup> ~ 10:30 am ~ CELEBRATE VALENTINE'S DAY WITH A LOVE SONG SING-A-LONG and SOCIAL DANCING ~ Music by The Keynotes** ~ Come and celebrate Valentine's Day with The Keynotes as they lead us in an interactive love song sing-a-long and then play dance music. The Warrenbrook Social Dance group will also be doing several dance exhibitions to further entertain us. Come, read and discover what love means to some 4-8 year olds.

**Wednesday, February 17<sup>th</sup> ~ 10:30 – 11:30 am ~ Blood Pressure Check ~ Kim Novo, RN, BSN, from the Community Visiting Nurse Association** ~ Come and have your blood pressure checked.

**Monday, February 22<sup>nd</sup> ~ 10:30 – 11:00 am ~ The Power of Laughter ~ Yvette Halpin** ~ Laughter is a genuine form of exercise in which everyone can participate. Come and learn the healing strategies that laughter offers your body, mind and soul.

**Wednesday, February 24<sup>th</sup> ~ 10:15 – 11:00 am ~ Tips for Stroke Prevention ~ Somerset Valley Rehabilitation and Nursing Center** ~ Come and learn some important tips for stroke prevention.