

## Warrenbrook Senior Center – March 2010 Special Events

**Mondays, March 1<sup>st</sup> & 15<sup>th</sup> ~ 10:30 am ~ Wii Game Classes** ~ Come and learn the basics of Wii computer games with Rekha Srin. The goal is to learn how to play several Wii games so that we can challenge each other and then as a team, challenge other senior centers.

**Wednesday, March 3<sup>rd</sup> ~ 10:00 am ~ Somerset County Coalition for Affordable Housing ~ Darlene Stewart, Ella Mendalski and a representative from the law office of Mauro, Savo, Camerino, Grant & Schalk, P.A.** will give an overview of the SCCOAH. They will discuss reverse mortgages and who qualifies for them. They will highlight and discuss four senior housing locations and review information on affordable units. They will discuss other housing options and Cooperative Housing Cooperation. They will end their presentation by talking about estate and elder care planning and “senior beware” scams.

**Monday, March 8<sup>th</sup> ~ 11:00 am ~ Poison Prevention Tips** ~ Discuss poison prevention and receive several handouts from the New Jersey Poison Information & Education System (NJPIES).

**Prepare for Wednesday’s St. Patrick’s Day Celebration by attending the following two discussions:**

**Monday, March 15<sup>th</sup> ~ 10:00 am ~ Irish Culture**

**Tuesday, March 16<sup>th</sup> ~ 11:00 am ~ Who was St. Patrick?**

**Wednesday, March 17<sup>th</sup> ~ St. Patrick’s Day Celebration ~ 10:15 am** ~ Begin the day’s celebration by being entertained by the **Franklin Hi Steppers**, a senior dance group and then join us for some chair exercises. After participating in the mornings activities, **join us for a traditional corned beef and cabbage lunch. Reservations need to be made prior to 10:30 am on Tuesday, March 16<sup>th</sup>.**

**Monday, March 22<sup>nd</sup> ~ 10:15 am ~ Watchung Valley View School’s Talented and Gifted “SOAR” Students** ~ The talented 7<sup>th</sup> & 8<sup>th</sup> grade students of the “SOAR” class, will present a play about teenagers that they wrote and directed, they will do two musical song presentations, lead us in a competitive game of Pictionary and record the entire day’s activities and produce a CD that will be present to the center at a later date. ***Come and support the youth of our community.***

**Wednesday, March 24<sup>th</sup> ~ 2010 Census Awareness ~ 10:15 am ~ 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. *Rescheduled from February 3<sup>rd</sup>.*

**Monday, March 29<sup>th</sup> ~ At Risk For Diabetes ~ 10:30 am ~ Judy Iselin, RN, ANP, CDE, Manager, Somerset Medical Center Diabetes Center** ~ Learn about the symptoms, detection and management of diabetes. Learn to recognize the signs of pre-diabetes. Learn some preventive tips.

**Wednesday, March 31<sup>st</sup> ~ The Label Tells All ~ 10:15 am ~ Nancy Rosa-Mejias, Program Coordinator, Rutgers Cooperative Extension Program** ~ This program will teach you how to read your way through food labels. It will teach you how to compare brands and how to make the healthiest choices based on your nutritional and health needs.

\* Warrenbrook Senior Center is one of the five locations where AARP Tax-Aide is being offered to seniors and residents with disabilities; Call 908-541-5710 for additional information; **By appointment only**; Tax-aide assistance is available until April 15<sup>th</sup>.