

Warrenbrook Senior Wellness Center
500 Warrentville Road
Warren, NJ 07059
(908) 753-9440
Open Monday – Friday, 9 AM to 4 PM

Special Days in April

- April 1 – April Fool's Day
- April 12 – International Day of Human Space Flight
- April 15 – World Creativity and Innovation Week
- April 17 – Easter
- April 20 – Brazilian Carnival
- April 22 – Mother Earth Day
- April 27 – International Guide Dog Day
- April 29 – Arbor Day

NINE LETTER WORD PUZZLE

Can you find the 9-letter word in this puzzle?

C	E	I
A	V	A
T	N	C

Word: _____

Billiards Room – Pool table is available daily on a drop-in basis, Monday – Friday.

Computer Lab – Available daily from 9 AM – 4 PM. Basic Computer instructions planned for Mondays

Carrom – Available Monday to Friday. Strike and Pocket table game is of Eastern origin and is like Billiards and table shuffleboard

Games/Cards (Scrabble, Uno, Canasta, etc) – Available Monday to Friday. If you have a favorite game that is not listed that you would like to play, and/or if you are interested in starting a club featuring your favorite game, please stop by at the office.

Jigsaw Puzzles – Available Monday – Friday. Strike up a conversation, make new friends and enjoy assembling puzzles together. We have a large variety of puzzles for participants from which to choose.

Lending Library – Available Monday – Friday. Soft-covered books are available to take home and return when finished reading.

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email and/or play solitaire on the computer? Do you know how to do a web search? By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you. ****Please call (908) 753-9440 for more information****

Watercolor Paint Class – Monday & Wednesday, 9:00 – 11:30 AM This is a great opportunity for an experienced artist to meet new people while watercoloring.

April 1 – 11 AM - Grand Reopening – April Antiques Musical Entertainment – Don Anthony will be entertaining us with the songs by famous singers born in April

1 PM - April Fool's Trivia with Parul

April 4 – 11 AM - The Bowl Game – Get to know each other. Every person writes something about themselves that no one knows and leaves it in the bowl. The participant takes turn to guess the person after reading it aloud. It's been two years since we are getting back together and this is a good way to guess and know the people who will be meeting regularly going forward. A great way to create a new beginning of friendship at Warrenbrook Senior Center and beyond

April 7 – 1 PM - Arm Chair Travels to Netherlands – (VIRTUAL) The Netherlands! A land of tulips, windmills, bicycles and wooden shoes. One of the crown jewels of Europe, the Netherlands is brimming with history & culture.

<https://zoom.us/j/98054067397?pwd=ajQzRSStTV1VpZW82Q3NSTGFMDlhuQT09>

Meeting ID: 980 5406 7397

Passcode: 915403

April 8 – Play Brain Games – Join the words from the clues provided, match the word so it becomes compound word.

April 11 – 11 AM – Cane Wellness - Barry Sommerville will teach us how to use cane to develop Strength, Flexibility, Balance and most of all Self Defense

April 12 – 1:30 PM – Monthly Book Club – (VIRTUAL) (Every Second Tuesday) . Join us to discuss, “The Secret Keepers of Jaipur” by Joshi, and select the next book to read. New members are always welcome!

****Only for Warrenbrook Senior Center Participants****

<https://zoom.us/j/95300075315?pwd=TFBtMGtpT1ZyOTZyK2diRnpqVWMxZz09>

Meeting ID: 953 0007 5315

Passcode: 192970

April 14 – 1 PM – Cooking with Herbs & Spices – (VIRTUAL)Jennifer Korneski will teach us how to incorporate these natural flavorings in our everyday meals.

<https://zoom.us/j/92053961938?pwd=MmtsTWRZcEd5a1B2bFMxN2hhemtOZz09>

Meeting ID: 920 5396 1938

Passcode: 770407

April 18 – 11 AM – Living on International Space Station – Paul Cirillo - Share in the adventure of how astronauts live and work in space! Discover how the absence of gravity affects the human body and what we can do about it. See breathtaking pictures of the Earth from this orbiting laboratory

1 PM – What a perfect way to end the day by doing some **Space Travel trivia**

April 20 – 10:00 AM - Blood Pressure Screening – Visiting Nurse will meet with you individually and take your blood pressure and answer your questions

April 21 – 1 PM - Optimal Wellbeing – (VIRTUAL) Kruti Thakore a board certified health coach will bring us the evidence based, easy to follow practices that will empower you to achieve the optimal wellbeing.

<https://zoom.us/j/93186363277?pwd=SVBhYzZKVks2dEZzb3Y2VkYUUVI2QT09>

Meeting ID: 931 8636 3277

Passcode: 827762

April 22 – 11 AM Garden State where the ideas grow - Linda Barth

Many people are familiar with Edison’s “invention factory” in Menlo Park, where he patented the phonograph, the light bulb, and many more innovations. Yet many other ideas have grown in the Garden State, too—New Jerseyans brought sound and music to movies and built the very first drive-in theater. In addition to the first cultivated blueberry, tasty treats like ice cream cones and M&M’s® are also Jersey natives. Iconic aspects of American life, like Bubble Wrap®, the boardwalk, the Band-Aid®, and even professional baseball itself started in New Jersey. Life would be a lot harder without the vacuum cleaner, plastic, and air-conditioning, and many other important advances in medicine and surgery were developed here.

1 PM – Learn how the other cultures in the world say Mother Earth by doing the word search

April 25 – 11 AM – Creating Wills - Scott Dranoff will show us the importance of creating wills and what to include/ not include in wills.

April 29 – 11 AM – Polish Folk Art - The craft involves cutting paper into geometric shapes or shapes inspired by nature from the templates and coloring and decorating them.

1 PM – We celebrate **Arbor day** with some **Arbor Day Trivia** and some **quiz** 😊

April 5, 12, 19, 26 – Bridge Group with Ronnie, **1 – 3 PM** Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome (lessons available).

April 6, 13, 20, 27 – Bingo – 11 AM. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

April 7, 14, 21, 28 - Mahjong for Experienced Players, **1 – 4 PM** If you are an experienced mahjong player and would like to play this game of skill, strategy and calculation, then join us on Thursday afternoons