Montgomery **Senior Wellness Center**

2023 March

Otto Kaufman Community Center 356 Skillman Road Skillman, NJ 08558 Denise Crowley, Manager Crowley@co.somerset.nj.us Phone: (609) 466-0846

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WiGHT.		1	2	3
		- <i></i>	Intermediate	
Join Us For Lunch (In Person) Monday - Friday		Tai Chi with Herb 10:00 a.m.	Ukulele	Advanced Ukulele
	0 PM	20.00 0	10:00 a.m.	10:00 a.m.
Enjoy a choice of Four Delicious and Healthy Lunches -		The Cool Side of Using	Creative Wellness 9:45 a.m.	Majong Club
Meat and Meatless Suggested Donations of \$2.50		Warm Colors with Cool Colors	Line Dance	Majong Club 10:00 a.m.
Please call before 10:00 AM at least one business day		11:00 a.m.	with Debbie	10.00 d.iii.
prior to make lunch reservations.			11:00 a.m.	Saint Patrick Days Craft
Transportation is available for those unable to drive.		Lunch & Learn	Advanced Beginner Ukulele	with Delores & Mary
Programs marked (V) are Virtual, and only taught		Getting Started with UKULELE	12:30 p.m.	10:00 a.m.
through Zoom. Programs marked (H) are Hybrid, and are taught simultaneously in-person and on Zoom.		Recipe For Success!	·	Herbs & Spices
, ,		12:00 p.m.	j	11:00 a.m.
6	7	8	9	10
	Yoga Fusion	Tai Chi	Intermediate	Advanced Ukulele
Blood Pressure	with Debbi (H)	with Herb	Ukulele	10:00 a.m.
Screening	10:00 a.m.	10:00 a.m.	10:00 a.m.	Majong Club
9:45 a.m.	Ageless Grace		Line Dance	10:00 a.m.
	11:00 a.m.	Creative Wellness	with Debbie	Community Servce Project: Knit Kits for SHIP
Take Control With	We're All Irish on Saint Patricks Day	11:15 a.m.	11:00 a.m.	10:00 a.m.
Exercise Video	11:30 a.m.		Crochet with Mary	Healthy Food Tasting
10:00 a.m.	Intermediate Ukulele	Week 2	10:00 a.m.	What is Jack Fruit?
	11:00 a.m.	Beginner Ukulele 1:00 p.m.	Advanced Beginner Ukulele	11:00 a.m.
	ĺ	1.00 μ.π.	12:30 p.m.	
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13	14	15	16	17
	Yoga Fusion	Tai Chi	Intermediate	Advanced Ukulele
	with Debbi (H)	with Herb	Ukulele	10:00 a.m.
Take Control With	10:00 a.m.	10:00 a.m.	10:00 a.m.	Majong Club
Exercise Video	Polst - What Is It and		Creative Wellness	10:00 a.m.
10:00 a.m.	Should I Have One?	Lets Paint a Bluebird 10:00 a.m.	9:45 a.m.	Saint Patricks Day
Nia Melt	11:00 a.m.	10.00 a.m.	Line Dance with Debbie	Celebration Dan Toye
11:00 a.m.	Intermediate Ukulele	Week 3	11:00 a.m.	Entertainment
11.00 a.m.	11:00 a.m.	Beginner Ukulele	Advanced	11:00 a.m.
		1:00 p.m.	Beginner Ukulele	
	Grief Share 1:00 p.m.		12:30 p.m.	
20	·	22	23	24
				24 Advanced Ukulele
Tales Construct Mark	Yoga Fusion with Debbi (H)	Tai Chi with Herb	Intermediate	10:00 a.m.
Take Control With Exercise Video	10:00 a.m.	10:00 a.m.	Ukulele 10:00 a.m.	10.00 d.III.
9:45 a.m.	Ageless Grace		My Love For You	Majong Club
3. 13 u.iii.	11:00 a.m.	Creative Wellness	Blossoms Everyday	10:00 a.m.
Clifford Seay Celebrate	Intermediate Ukulele 11:00 a.m.	11:15 a.m.	11:00 a.m.	
Springtime	Grief Share		Crochet with Mary	Travel to Galapagos
11:00 a.m.	1:00 p.m.	Week 4	10:00 a.m.	11:00 a.m.
	Classical Indian Dance Performance	Beginner Ukulele 1:00 p.m.	Advanced Beginner	
	1:00 p.m.	τ.ου μ.π.	Ukulele 12:30 p.m.)
	·		12.30 p.m.	
27	28	29	30	31
	Yoga Fusion	Tai Chi	Intermediate	
Take Control With	with Debbi (H)	with Herb	Ukulele	Advanced Ukulele
Exercise Video	10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.
9:45 a.m.	Bingocize			
	11:00 a.m.	Entertaiment with	Line Dance	Majong Club
Nia Melt		Andrew Lobby 11:00 a.m.	with Debbie	10:00 a.m.
11:00 a.m.	Intermediate Ukulele	11:00 a.m.	11:00 a.m.	Pingosi
Spring Summer Safety	11:00 a.m.	Week 5	Advanced Beginner	Bingocize 11:00 a.m.
Spring Summer Safety Program	Grief Share	Beginner Ukulele	Ukulele	11.00 a.III.
12:00 p.m.	1:00 p.m.	1:00 p.m.	12:30 p.m.	
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The Somerset County Office on Aging and Disability Services operates six centers where we offer challenging, inspiring and educational programs, recreational and community service opportunities, and wellness programs for lifelong enrichment.

