

MONTGOMERY SENIOR CENTER

356 Skillman Rd, Skillman, NJ 08558

(609) 466-0846

Open Monday – Friday, 9:00 am – 4:00 pm

Games/Cards (Scrabble, Uno, Rummikub, etc.) – Tuesday, Wednesday & Friday, 9:00 am – 2:00 pm. If you have a favorite game not listed that you would like to play, and/or if you are interested in starting up a club on the game of your choice, please inform the staff.

Silver Strength with Linda – Monday, 10:15 am. 45 minutes of exercise for older adults; 20 minutes of cardio (or movement) followed by 20 minutes of toning (with or without weights), followed by a 5 minute relaxing stretch. This exercise is great for all levels and abilities.

Sneakers required. ****Please check monthly calendar for schedule updates****

Montgomery EMS Blood Pressure Screenings – Third Monday of the Month, 9:45 am. A Montgomery Township EMS worker will be on-site to do **FREE** individual blood pressure screenings. No appointment necessary.

Beginner Ukulele Lessons with Chris – Tuesday, 10:30 am. Learn the foundation of playing the ukulele for beginners: how to hold, tune, strum, simple chords, buying a ukulele and how to get you started on the right note. Easy to follow lessons for beginners and beyond. ****Please call (609) 466-0846 for more information****

Intermediate Ukulele Lessons with Chris – Tuesday, 9:30 am and Thursday, 10:00 am. Now that you have the foundation of ukulele playing down the intermediate lessons aim to get you playing like a pro! Using a wide range of musical genres, we look further into chord and melody playing, improvisation, and playing multi-part arrangements together in a band. ****Please call (609) 466-0846 for more information****

Yoga with Elizabeth – Tuesday, 11:00 am. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while standing or sitting to increase bone density, strength and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for stress relief and overall well-being. ****Please check monthly calendar for scheduled updates****

Exercise for Arthritis with Elizabeth – Tuesday, 10:30 am & Thursday, 11:00 am. This program is a recreational exercise program designed to address the following physical goals: to reduce pain, fatigue and stiffness while increasing flexibility, strength, balance and endurance in a safe and positive environment.

****Please check monthly calendar for schedule updates****

Tai Chi with Herb – Wednesday, 11:00 am. Tai Chi is based on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. Studies have shown that some participants experienced a reduction of pain, fatigue, and stiffness and gain a greater sense of well-being. Regular tai chi can help reduce falls, especially those with balance problems. This program can be done standing or sitting. ****Please check monthly calendar for schedule updates****

Healthy Bones Exercise Class – Wednesday, 10:15 am. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility, and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. ****For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15****

Crocheting/Crafting with Jane – Wednesday, 10:30 am. New members welcome! ****Please call (609) 466-0846 for more information****

Afternoon Ukulele Jam – Wednesday, 1:30 – 2:30 pm. Informal jam session. All skill levels are

welcome! ****Please call (609) 466-0846 for more information****

Mahjong Lessons - Thursday, 10:00 am – 12:00 pm. Have you always wanted to learn how to play mahjong or are you familiar with the game, but just in need of fellow players? Thursday mornings are mahjong mornings! Lessons and refreshers are available. ****Please call (609) 466-0846 for more information****

Card Game: “3-13” – Friday, 10:00 am or 11:00 am ****Please check monthly calendar for schedule updates****

Pool Table – Available Monday – Friday

Computer Lab – Available Monday – Friday

Bocce Ball – Available Monday – Friday, 10:00 am – 2:00 pm. Enjoy time outside, while playing bocce ball! Great for all ability levels; instruction will be available. (Weather Permitting)

December 3 -  “Mammals” by Dakota Hettel, Morris Museum. Explore the natural world up-close! Examine mounted specimens from the Morris Museum’s collection of local wildlife, and learn about their habits and habitats. Learn about opossums, who most would assume are ugly and boring creatures, but have some incredible skills and adaptations. Find out how urban sprawl has positively and negatively affected gray squirrels, raccoons and bats, and larger mammals such as red tail deer and black bears. ****This program is made possible, in part, by the New Jersey Historical Commission, a division of the Department of State through the State/County History Partnership Program Grant, and administered in Somerset County by the Somerset County Cultural & Heritage Commission****

December 5 & 19 – Move Today with Elizabeth, 10:15 am. Move Today is an exercise class conducted by a certified leader which is designed to improve flexibility, balance, strength, and stamina. A major focus of the class is on good posture and fall prevention. Exercises can be done while standing or sitting.

December 6 - Annual Holiday Party with Entertainment by DJ Gary Morton, 10:45 am. Get ready to celebrate and get into the holiday spirit with good friends and live entertainment by Gary Morton. Gary will not only play the holiday songs you want to hear but he will also sing them too. Gary personally joins the audience in dancing and sing-a-longs. His goal is to engage everyone into having a good time.

December 7, 14, 21 & 28 – Mahjong Lessons, 10:00 am. Have you always wanted to learn how to play mahjong or are you familiar with the game but just in need of fellow players? Friday mornings are mahjong mornings. Lessons and refreshers are available. ****Please call (609) 466-0846 for more information****

December 7 – State Health Insurance Program (SHIP). A counselor will be available to provide **FREE** help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. ****Please call (609) 466-0846 to schedule an appointment****

December 7 – “Christmas Jams” by Kim Osterhoutdt, Jams by Kim, 10:30 am. Today we will create a new, all natural jam highlighting Christmas using gluten free and natural ingredients. This is a hands-on culinary session you don’t want to miss!

December 10 – Holiday Card Rubber Stamping Workshop, 10:00 am. Create your own unique greeting cards for friend and loved ones. ****All supplies are included****

December 13 – In-Service Day – Center Closed

December 14 & 21 – Ageless Grace Fitness Program with Roz Gerken, Certified Ageless Grace Educator, 10:30 am. Ageless Grace is based on the cutting-edge science of neuroplasticity, which is the ability of the brain and central nervous system to change structurally and functionally. The program is designed to activate all five functions of the brain (i.e. strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic thinking). The program is intended for people of all abilities and can be performed while standing or sitting. Participants are encouraged to wear comfortable clothing and

sneakers.

December 17 – Montgomery Senior Center Volunteer Recognition Celebration, 10:30 am. As a special treat, the Montgomery Senior Center staff and center members will pay tribute to our wonderfully talented and dedicated cadre of volunteers who are so instrumental in the success of the Montgomery Senior Center!

December 21 – “Essence of Autumn” by Brien Szabo, Professional Photographer. Attendees will learn five techniques for optimal scene compositions that will enable them to use a camera or a cell phone to photograph the special essence of autumn; i.e. the brilliant colors of the changing foliage for a unique experience that will have attendees looking at life with a different perspective.

December 24 & 25 – Holiday – Center Closed

December 28 – Performance by Randi Accardi, 10:45 am. Randi is an accomplished performer, director, and choreographer who has worked in musical theatre nationwide over the past 25 years. He combines music from the 1920’s through the present with trivia and dance sparking old memories.

December 31 – New Year’s Eve Celebration at Noon, 10:30 am. Come and ring in the New Year Montgomery Senior Center style!