

Montgomery Senior Wellness Center

March 2023

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
1 2 3				
<p>Join Us For Lunch (In Person) Monday - Friday 12:00 PM</p> <p>Enjoy a choice of Four Delicious and Healthy Lunches - Meat and Meatless Suggested Donations of \$2.50 Please call before 10:00 AM at least one business day prior to make lunch reservations. Transportation is available for those unable to drive. Programs marked (V) are Virtual, and only taught through Zoom. Programs marked (H) are Hybrid, and are taught simultaneously in-person and on Zoom.</p>		<p>Tai Chi with Herb 10:00 a.m.</p> <p>The Cool Side of Using Warm Colors with Cool Colors 11:00 a.m.</p> <p>Lunch & Learn Getting Started with UKULELE Recipe For Success ! 12:00 p.m.</p>	<p>Intermediate Ukulele 10:00 a.m.</p> <p>Creative Wellness 9:45 a.m.</p> <p>Line Dance with Debbie 11:00 a.m.</p> <p>Advanced Beginner Ukulele 12:30 p.m.</p>	<p>Advanced Ukulele 10:00 a.m.</p> <p>Majong Club 10:00 a.m.</p> <p>Saint Patrick Days Craft with Delores & Mary 10:00 a.m.</p> <p>Herbs & Spices 11:00 a.m.</p>
6 7 8 9 10				
<p>Blood Pressure Screening 9:45 a.m.</p> <p>Take Control With Exercise Video 10:00 a.m.</p>	<p>Yoga Fusion with Debbi (H) 10:00 a.m.</p> <p>Ageless Grace 11:00 a.m.</p> <p>We're All Irish on Saint Patricks Day 11:30 a.m.</p> <p>Intermediate Ukulele 11:00 a.m.</p>	<p>Tai Chi with Herb 10:00 a.m.</p> <p>Creative Wellness 11:15 a.m.</p> <p>Week 2 Beginner Ukulele 1:00 p.m.</p>	<p>Intermediate Ukulele 10:00 a.m.</p> <p>Line Dance with Debbie 11:00 a.m.</p> <p>Crochet with Mary 10:00 a.m.</p> <p>Advanced Beginner Ukulele 12:30 p.m.</p>	<p>Advanced Ukulele 10:00 a.m.</p> <p>Majong Club 10:00 a.m.</p> <p>Community Service Project: Knit Kits for SHIP 10:00 a.m.</p> <p>Healthy Food Tasting What is Jack Fruit? 11:00 a.m.</p>
13 14 15 16 17				
<p>Take Control With Exercise Video 10:00 a.m.</p> <p>Nia Melt 11:00 a.m.</p>	<p>Yoga Fusion with Debbi (H) 10:00 a.m.</p> <p>Polst - What Is It and Should I Have One? 11:00 a.m.</p> <p>Intermediate Ukulele 11:00 a.m.</p> <p>Grief Share 1:00 p.m.</p>	<p>Tai Chi with Herb 10:00 a.m.</p> <p>Lets Paint a Bluebird 10:00 a.m.</p> <p>Week 3 Beginner Ukulele 1:00 p.m.</p>	<p>Intermediate Ukulele 10:00 a.m.</p> <p>Creative Wellness 9:45 a.m.</p> <p>Line Dance with Debbie 11:00 a.m.</p> <p>Advanced Beginner Ukulele 12:30 p.m.</p>	<p>Advanced Ukulele 10:00 a.m.</p> <p>Majong Club 10:00 a.m.</p> <p>Saint Patricks Day Celebration Dan Toye Entertainment 11:00 a.m.</p>
20 21 22 23 24				
<p>Take Control With Exercise Video 9:45 a.m.</p> <p>Clifford Seay Celebrate Springtime 11:00 a.m.</p>	<p>Yoga Fusion with Debbi (H) 10:00 a.m.</p> <p>Ageless Grace 11:00 a.m.</p> <p>Intermediate Ukulele 11:00 a.m.</p> <p>Grief Share 1:00 p.m.</p> <p>Classical Indian Dance Performance 1:00 p.m.</p>	<p>Tai Chi with Herb 10:00 a.m.</p> <p>Creative Wellness 11:15 a.m.</p> <p>Week 4 Beginner Ukulele 1:00 p.m.</p>	<p>Intermediate Ukulele 10:00 a.m.</p> <p>My Love For You Blossoms Everyday 11:00 a.m.</p> <p>Crochet with Mary 10:00 a.m.</p> <p>Advanced Beginner Ukulele 12:30 p.m.</p>	<p>Advanced Ukulele 10:00 a.m.</p> <p>Majong Club 10:00 a.m.</p> <p>Travel to Galapagos 11:00 a.m.</p>
27 28 29 30 31				
<p>Take Control With Exercise Video 9:45 a.m.</p> <p>Nia Melt 11:00 a.m.</p> <p>Spring Summer Safety Program 12:00 p.m.</p>	<p>Yoga Fusion with Debbi (H) 10:00 a.m.</p> <p>Bingocize 11:00 a.m.</p> <p>Intermediate Ukulele 11:00 a.m.</p> <p>Grief Share 1:00 p.m.</p>	<p>Tai Chi with Herb 10:00 a.m.</p> <p>Entertainment with Andrew Lobby 11:00 a.m.</p> <p>Week 5 Beginner Ukulele 1:00 p.m.</p>	<p>Intermediate Ukulele 10:00 a.m.</p> <p>Line Dance with Debbie 11:00 a.m.</p> <p>Advanced Beginner Ukulele 12:30 p.m.</p>	<p>Advanced Ukulele 10:00 a.m.</p> <p>Majong Club 10:00 a.m.</p> <p>Bingocize 11:00 a.m.</p>



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.



SOMERSET COUNTY OFFICE ON AGING & DISABILITY SERVICES