

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

Published by Renna Media, LLC. On-line at WarrenMonthly.com

ISSUE 1 • JANUARY 2013

**SOMERSET HILLS
BUSINESS NETWORK
MEETING**

**FRIDAY MORNING
FEBRUARY 22, 2013
8:00 AM - 10:00 AM**

OLDE MILL INN
225 Route 202
(I-287, Exit 30B)
Basking Ridge NJ

**1st TIME GUESTS:
FREE**

Cost: Members: \$5.00

**Topic of
presentation:
Power of Email
Marketing**

SAM CAHOON CELEBRATES 100th BIRTHDAY AT WARRENBROOK

The Warrenbrook Senior Center, located on the golf course at 500 Warrentown Road, held a 100th birthday celebration for Samuel G. Cahoon, a WWII veteran and recipient of a Bronze Star and a Purple Heart, on Thursday, January 17, 2013.

During a special tribute Freeholder Patricia Walsh provided a Citation from Somerset County. The county Veterans Services Director, Peter Niemiec, presented a certificate from the New Jersey Department of Military and Veterans Affairs.

Samuel Cahoon also received a birthday card from the President and First Lady Michelle Obama, a flag that has flown over the Capital building, and a ceremonial resolution from the New Jersey Senate and General Assembly.

Entertainment was provided by Singing DJ Gary Morton. The lunch menu included one of Sam's favorites – spaghetti



Samuel G. Cahoon

and meatballs.

Born in Ireland, Sam immigrated to the United States when he was five years old. As a young man, he worked for Sears in the catalogue department. Sam was drafted in 1942 and served as an Army Medic in the 100th Division, 398th Infantry of the Seventh Army. He earned a Bronze Star and a Purple Heart during campaigns in France and Germany, including the battle at the Citadel City of Bitche.

One of seven centers operated by the Somerset County Office on Aging and Disability Services, Warrenbrook is accessible to individuals with disabilities.

The senior center offers a variety of educational, recreational and entertaining activities for active older adults, including wellness programs and health screenings. Many of these programs are funded, in part, through the Older Americans Act. For more information, contact Manager Gwen Chalker, Warrenbrook Senior Center, at (908) 753-9440.

WARREN MONTHLY JOINS OUR FAMILY OF NEWSPAPERS!



Renna Media has introduced Warren Monthly to its family of newspapers. The company is owned and operated by husband and wife team Joe and Tina Renna. They presently publish six community newspapers in Union County and plan to establish a similar presence in Somerset County. Warren Monthly is the third in this zone.

The publications are "hyper-local" in nature in that they contain information that is focused on that town. Also the newspapers are mailed for free to residents and businesses. Every home and business in Watchung and Warren received their respective newspapers and 6,500 papers are mailed in North Plainfield. Plans to mail The Pride to the entire town of North Plainfield will be achieved as the publication grows.

The concept of being hyper-local is to give local

businesses a venue to promote events and services. News from each department of the town's administration that is important to the residents is also accommodated. Community service organizations are also encouraged to submit news of upcoming events or reports on recent events for publication.

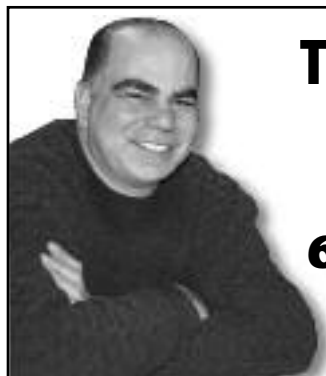
The hyper-local design gives businesses the highest value for their advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60. A discount is also applied for those businesses involved in their local Chamber of Commerce. Regional businesses can take advantage of one low rate for being in all three publications.

An advertising rate sheet can be found on page 6 of this publication.

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THIS SPACE IS NOW AVAILABLE FOR ADVERTISING!!!

Reserve space in the next issue. Call Joe Renna at (908) 447-1295

**Each month this newspaper is mailed to
6,500 homes and businesses in North Plainfield**

Email: joerenna@rennamedia.com

WARREN MONTHLY

On-line at www.WarrenMonthly.com

Warren Monthly is published by Renna Media. 6,000 newspapers are printed monthly and mailed to every business and home in Warren, NJ and the balance are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC
202 Walnut Ave. Cranford, NJ 07016
Phone: 908-447-1295
Fax: 908-709-9209
Email: joerenna@rennamedia.com

ADVERTISING & PRESS RELEASES

Inquiries concerning advertising and submissions of press releases can be made to Renna Media LLC via phone, fax or email to:

Contact: Mike Amjady
Email: mike@rennamedia.com
Phone: 908-591-4635 • Fax: 908-709-9209

WarrenMonthly.com

The website features past issues of the Warren Monthly newspapers, photo albums, events calendar and advertising opportunities.

THE GATEWAY CHAMBER OF COMMERCE IS OFFERING A SPECIAL RECESSION RATE OF JUST \$100 FOR NEW MEMBERS

Is the economy getting you down? Now's the time to join your local chamber! Like a good insurance policy, the chamber is here when you need it. From networking to money-saving discounts on services you have to buy anyway, there are so many reasons to join – and only one not to.

If money has gotten tight during these economically harsh times, the chamber's Recession Rate of just \$100.00 is for you.

Call or email Kate Conroy (908-352-0900, kateconroy@gatewaychamber.com) for the special application and grow your business!

SOMERSET HILLS BUSINESS NETWORK IS AN AFFILIATE OF THE GATEWAY CHAMBER

The Somerset Hills Business Network is a growing and vibrant part of the Gateway Regional Chamber of Commerce. Located in the Bedminster/Basking Ridge area of New Jersey, this group gets together to exchange business cards, mingle, network, and give a 30-second presentation about their business.

Vicki Lynne Morgan of Russmor Marketing Group serves as the current President of the Somerset Hills Business Network.

For more information attend an event, first-timers are FREE! The SHBN meets on the fourth Friday of each month (except November & December) at 8 AM.

SOMERSET HILLS BUSINESS NETWORK MEETING FEBRUARY 22, 2013

8:00 AM - 10:00 AM
OLDE MILL INN

225 Route 202 (I-287, Exit 30B)
Basking Ridge NJ 07920-1646

TOPIC OF PRESENTATION: POWER OF EMAIL MARKETING

presented by Maria Semple

Email is the most cost-effective, targeted, trackable, and efficient way to build and maintain relationships in all types of business and organizations. This brief overview will focus on:

- What is permission-based email marketing and becoming a trusted sender
- Email list building
- Increasing deliverability and open rates
- Tracking results and what to do with this information
- How email and social media marketing work together to achieve goals

Cost: Members: \$5.00

1st TIME GUESTS: FREE

Returning Non-Members: \$25.00
(Credited towards membership!)

RSVP to get your name on the list of attendees we'll be handing out at the meeting!

Somerset Hills Business Network Members are automatically members of the Gateway Regional Chamber of Commerce.

Discounted rates for advertising in this newspaper are offered to members of the Somerset Hills Business Network call Joe Renna at 908-447-1295 for more information or to place an ad.

- The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan Area with about 1,500 members. We hold approximately 170 events per year from large 600-person dinners to small 10-person breakfasts, and everything in between, with a great emphasis on networking and business promotion, 60% of which are included in membership.
 - The Gateway Chamber has a long history dating back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists.
 - The Gateway Chamber operates in Union, Essex, Middlesex and Somerset Counties, making it the only multi-county association in Northern and Central New Jersey. The Gateway also has many members in other states, and a growing number outside the United States.
 - The Gateway Chamber is a strong advocate for its members. It works at the federal, state and local levels on both legislative and regulatory issues.
 - The Gateway Chamber publishes its own monthly newspaper, Inside Business, which has an estimated readership of 75,000.
 - We consider it to be core to our mission to help our members grow their businesses, and as a result our retention rate has averaged 95% over the last five years. This focus on membership services is at the center of our philosophy.
 - Members of the Gateway Chamber run the gamut from large corporations like Merck, Comcast, Verizon and Continental Airlines, to small and medium-sized business, to a very active home-based business group.
 - Today, the Gateway Chamber serves as an umbrella organization for a number of regional and local chambers and networking groups including:
 - The Clark Chamber
 - The Union County Chamber
 - The Central Jersey Chamber
 - The Route 22 Chamber
 - The Kenilworth Chamber
 - The Roselle Park Chamber
 - The Linden Chamber
 - The Somerset Hills Business Network
 - The Irish Business Association
 - The Small Business Council.
- When you join the Gateway Chamber you automatically become a member of ALL sub-groups at no additional cost.

For membership information please contact Kate Conroy - 908-352-0900
kateconroy@gatewaychamber.com

A FLU GUIDE FOR PARENTS

As per the Warren Township School Nurses

The schools are taking preventative actions to stop the spread of germs. Students and staff are reminded of these steps to protect their health:

- Cover your mouth and nose with a tissue (or upper arm) when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Staying away from others as much as possible while you are sick, helps keep from making others sick.

The custodial staff continues to routinely clean classrooms, handrails and doorknobs. Please encourage your child to wash hands frequently, and to bring a water bottle to school, rather than using the water fountains.

The single best way to protect against the flu is to be vaccinated each year. It is not too late to obtain the vaccine. Many local pharmacies are offering the vaccine, as well as your private physician.

Please keep your child home if they show signs of flu (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting). If you call your child in on the absence line for an illness, please leave the symptoms your child has, as well as if you have been to the physician and your child was diagnosed with the flu.

MT. HOREB PTO AND SERVICE CLUB ADOPT A FAMILY PROGRAM

The Mt. Horeb PTO and Service Club are proud to work together to sponsor a program to "adopt" families that have been devastated by Hurricane Sandy. The program will enable us to assist 14 very disadvantaged families. These families were referred to us by the principal at Point Pleasant School. The link to a Google Document is below. Each class has been assigned to a family. Please consider helping these needy families by signing up to donate.

Please note, due to a lack of space in Point Pleasant, our support will be in the form of a Gift Card Collection. This will allow the families to purchase items that they really need and buy sizes that fit. The stores chosen are local to the area.

<https://docs.google.com/spreadsheet/cc?key=0As329ZC17uQHdEQ3UGdxZHNMR3lzLXQ0QnlOamZkU2c#gid=0>

Please copy the above link in your web browser, find your child's class, type your name next to the gift card(s) you wish to donate and hit Enter. NO NEED TO SAVE THE DOCUMENT after signing up - it's a live document that saves automatically.

Kindly send in your donation to school by Thursday, February 14th.

If you have any questions, please contact Brenda Liberti at bleigh30@aol.com or Chris Burkhardt at cburkhardt@warrentboe.org Thank you for your thoughtful consideration and generosity!!

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WARRENBROOK SENIOR CENTER

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 www.co.somerset.nj.us • Open 9am - 3pm, Monday through Friday

EVENT CALENDAR

- Bingo**
Every Tuesday & Thursday, 10:00 am
- Bridge**
Tuesday, 1:00 pm
- Caram**
Daily (East Indian Game Similar to Billiards)
- Chair Exercises**
Every Wednesday, 10:45 a.m.
- Computer Instructions – Call to Register**
Every Monday, 9:00am to 3:00pm
Every Tuesday, 10:30am to 12:30pm
Every Wednesday, 10:00am to 1:00pm
- xLine Dancing**
Every Monday, 1:00-3:00 pm
- Lending Library**
Open Daily, Monday through Friday
- Oil Painting**
Every Wednesday, 9:00-11:00 am
- Pool Room**
Open Daily, Monday through Friday
- Social Dancing**
Every Tuesday & Wednesday, 1:00-3:00 pm
- Tai Chi**
Tuesdays, 9:15 to 10:15am; Call to register
- Zumba Gold**
Every Wednesday, 12:45 pm (Register in advance)
- Computer Room**
Open Monday thru Friday (Call for Availability)
- Healthy Bones Exercise Class – Every Wednesday & Friday, 10:00 am (Doctor's note required.)**

The Warrenbrook Senior Center offers a variety of educational, recreational and entertaining activities, including wellness

programs and health screenings, for active adults 60+ years of age. The facility is fully accessible to individuals with disabilities.

FEBRUARY SPECIAL EVENTS

- Monday, February 4 ~ 10:30 am**
Healthy Alternatives
Nancy Rosa-Mejias, Program Coordinator, Family and Community Health Sciences, Rutgers Cooperative Extension of Somerset County ~ Improve your Health: Have an healthy body and mind by choosing the right foods and exploring different alternatives and practices. Ancient cultures did and the results were outstanding. After the nutrition portion of this program, watch a Reiki demonstration and try some exercises.
- Wednesday, February 6 ~ 10:00 am**
Celebrate Black History Month
by learning The Story of Harriet Tubman by Lorenthia Howard ~ Harriet was known as the Moses of her people. Her story will encompass the "Underground Railroad," the "Society of Friends," and the importance of "Safe Houses" during the struggle against slavery.

Thursday, February 7 and 14
9:00 -11:30 am

Watercolor Paint Class
Last two classes of the four-week class.

Monday, February 11
10:30 am

Osteoporosis Update 2013
Dr. Amy Toscano-Zukor, Endocrinologist, Summit Medical Group
Osteoporosis is a disease in which bones become fragile and can easily break. It has no symptoms in its early stages and is a public health threat to more than 44 million Americans. Learn how to identify your risk factors for osteoporosis as well as prevent and treat this disease. Rescheduled from November 5, 2012.

Tuesday, February 12
10:00 am

BINGO and Shrove "Pancake" Tuesday
After BINGO, at approximately 11:15 am, Lorraine Donlin will explain what Shrove Tuesday is and the significance of having pancakes on this day. Stay for lunch and enjoy a special fresh pancake dessert.

Wednesday, February 13
10:30 am

Blood Pressure Check
Susan Anastario, RN, Community Visiting Nurse Association will be at the center to conduct a monthly blood pressure check.

Wednesday, February 20
10:00 – 11:30 am

FREE Vision Screening
Provided by St Peter's University Community Mobile Health Services













Monday, February 25
10:30 am

Creative Notions, Art of the Master Program
Featured Artist, Elizabeth Catlett ~ Come and enjoy a printmaking opportunity. Elizabeth was an American-born Mexican sculptor and printmaker. Catlett is best known for the black, expressionistic prints that she produced during the 1960s and 1970s, which are seen as politically charged. ~ Fifteen minute lecture has unlimited attendance. Art project has a 16 person maximum – Advance registration is required.

Thursday, February 28
11:00 am

Keeping Up the Beat: Heart Healthy
Cynthia Kusorgbor, MPH, CHES, Somerset County Department of Health ~ Our heart and cardiovascular system, among all the systems in our body, is the most critical to maintain our overall health. Cynthia will provide an overview of heart disease, risk factors and offer practical tips to prevent or reduce heart disease and lead to a healthier lifestyle. She will emphasize the need to be proactive and accept the responsibility for our own healthcare.

FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Caram Board Game  Available Daily	Free Ballroom Dance  Lessons Tuesday's 12:30-1:00	Lending Library  Available Daily	Computer Room  Call for Availability	Healthy Bones 10:00 Brains and Games with Adrienne 10:30 
1 on 1 Computer 9:00 Healthy Alternatives 10:30  Line Dancing 1:00-3:00	Bingo 10:00 1 on 1 Computer 10:30 Free Ballroom Dance Lessons 12:30-1:00 Ballroom Dancing 1:00-3:00 Bridge 1:00-3:00	Oil Painting 9:00 1 on 1 Computer 10:00 Healthy Bones 10:00 The Story of Harriet Tubman 10:00 Chair Exercises 10:45 Ballroom Dancing 1:00-3:00	Bingo 10:00 Watercolor Paint Class with Robin Kaufman 9:00-11:30	Healthy Bones 10:00 Brains and Games with Adrienne 10:30 
1 on 1 Computer 9:00 Osteoporosis Update 2013 10:30  Line Dancing 1:00-3:00	1 on 1 Computer 10:30 Bingo and Shrove "Pancake" Tuesday 10:00 Free Ballroom Dance Lessons 12:30-1:00 Ballroom Dancing 1:00-3:00 Bridge 1:00-3:00	Oil Painting 9:00 1 on 1 Computer 10:00 Healthy Bones 10:00 Knit 'n Crochet Circle 10:30 Blood Pressure Check 10:30-11:30 Chair Exercises 10:45 Ballroom Dancing 1:00-3:00	Bingo 10:00 Watercolor Paint Class with Robin Kaufman 9:00-11:30	Healthy Bones 10:00 Brains and Games with Adrienne 10:30 
Center Closed in Observance of President's Day 	Bingo 10:00 1 on 1 Computer 10:30 Free Ballroom Dance Lessons 12:30-1:00 Ballroom Dancing 1:00-3:00 Bridge 1:00-3:00	Oil Painting 9:00 1 on 1 Computer 10:00 Healthy Bones 10:00 Free Vision Screening 10:00-11:30 Chair Exercises 10:45 Ballroom Dancing 1:00-3:00	Bingo 10:00 	Healthy Bones 10:00 Brains and Games with Adrienne Using Numbers 10:30 
1 on 1 Computer 9:00 Creative Notions Art of the Masters Featured Artist, Elizabeth Catlett 10:30 Line Dancing 1:00-3:00	Bingo 10:00 1 on 1 Computer 10:30 Free Ballroom Dance Lessons 12:30-1:00 Ballroom Dancing 1:00-3:00 Bridge 1:00-3:00	Oil Painting 9:00 1 on 1 Computer 10:00 Healthy Bones 10:00 Knit 'n Crochet Circle 10:30 Chair Exercises 10:45 Ballroom Dancing 1:00-3:00	Bingo 10:00 Keeping Up the Beat: Heart Healthy 11:00	Pool Room  Open Daily
Somerset County Senior Centers: The Best Bargain in Town...where you can enjoy lunch, friends, fun events and wellness programs for a suggested donation of \$1.50 or more...(Price for Guests under 60: \$6.50). Please call Lorraine at 908-753-9440 before 10:00 am at least one business day before for your lunch reservations. Transportation is available for those who do not drive.				

“KNIT N’ CROCHET CIRCLE” DONATES TO LOCAL SERVICE GROUPS

In December of 2012, the Knit ‘N Crochet Circle that meets at the Warrenborok Senior Center, the second and fourth Wednesdays of every month, donated items that they made to two worthy causes. The group donated 35 lap blankets to the Lyons VA Hospital in Basking Ridge and over 70 assorted baby items to the Raritan Pregnancy Aid and Information Center located in Raritan.

The lap blankets were given to members of the Veterans of Foreign Wars of the US, Berkeley Heights Post 6259 and they handed them out during a holiday pizza party that Post’s members had for Veterans staying at Lyons VA Hospital.

The baby items – blankets, booties, hats and scarves -were given to the Raritan Pregnancy Aid and Information Center. In the thank you note that was received, the Center’s volunteers wrote, “Your gifts made with love are so special to the mothers who choose Life and who come to our door in need.”

Individuals who are interested in joining the needlework group for fun, fellowship and community service can contact Warrenbrook Senior Center at 908-753-9440.

If anyone would like to make a yarn or monetary donation to the group can contact the Center for additional information.

One of seven centers operated by the Somerset County Office on Aging and Disability

Services, Warrenbrook Senior Center is accessible to individuals with disabilities. The senior center offers a variety of educational,

recreational and entertaining activities for active adults age 60 and above, including wellness programs and health screenings.



(above, l-r) Four members of the Circle showing what they made: Katherine Mueller of Warren; Knit ‘N Crochet Circle Leader Fata Camara, Antoinette D’Costa and Laj Verma both of Warren.

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Qty: 6,500
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 businesses in North
 Plainfield.

Qty: 3,000
 Mailed to every
 household and
 business
 in Watchung.

Qty: 6,000
 Mailed to every
 household and
 business
 in Warren.

INDIVIDUAL NEWSPAPERS

Units	Size	Non-Members*	Members*
1	Business card 3 1/4" x 2"	\$60	\$50
2	3.25" x 4"	\$100	\$90
4	6.5" x 4"	\$180	\$160
6	10" x 4"	\$240	\$200
9	Half Page 10" x 6"	\$320	\$260
12	10" x 8"	\$360	\$300
18	Full Page 10"x13"	\$400	\$350
	Back Cover 10"x13"	\$500	\$450

FRONT PAGE BANNER 8.25" x 2" \$400.

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\$750	
\$900	
\$1,000	

Artwork included in price.

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 Back cover and front page banner reserved on first come first served basis. Current advertiser has first right of refusal.

RENNA MEDIA PUBLICATIONS IN UNION COUNTY



Qty: 6,000
 4,000 mailed to homes
 and businesses.
 2,000 dropped at
 distribution points.



Qty: 4,000
 1,200 mailed to
 every business.
 2,800 dropped at
 ditribution points.



Qty: 3,500
 Mailed to every
 household (2,710)
 and business (720)
 in Kenilworth.



Qty: 5,000
 4,000 mailed to
 homes & businesses.
 1,000 dropped at
 ditribution points.



Qty: 6,500
 Mailed to every
 household (5,700)
 and business (500)
 in Clark.

Each newspaper has a corresponding website featuring an archive of past issues, photo albums, events calendar and advertising opportunities.

WARREN POLICE DEPARTMENT LOOKING FOR CANDIDATES FOR EXPLORER PROGRAM

MISSION STATEMENT:

The mission of the Warren Twp. Police Explorer Program is to provide an educational environment for youths interested in a law enforcement career. The program allows participants to gain a better understanding of career opportunities, life skills, service learning, character education, and leadership experience. By providing exposure to law enforcement related activities, the participant will better understand the qualities needed to become a law enforcement professional. Applicants must be a resident of Warren Township, Watchung Borough, or Green Brook Township. Applicant must be 14– 20 years of age and a U.S. citizen. Applicant must not have a prior arrest record or serious traffic violations. Applicant must be physically fit.

Applicant must be of good conduct and high moral character. Upon acceptance into the program, the applicant must maintain a “C” average in Scholastic studies. Once an Explorer graduates from high school, he/ she must enroll in at least two courses per semester at an accredited college.

QUALIFICATIONS / HOW TO APPLY:

An application can be picked up at the Warren Twp. Police Department (front lobby) or in the Watchung Hills Regional High School, School Resource Officers (S.R.O.) office. Completed applications can be turned into the police dispatch window or S.R.O. office.

Contact Ofc. Joseph Grasso with any questions: Warren Police Department: 908-753-1000 Ext. 435
S.R.O. Office: 908-647-4800 Ext. 4807
jgrasso@warrenpolice.com
sro-warren@whrhs.org

MEALS ON WHEELS VOLUNTEERS NEEDED

Gwen Chalker, ADPC

Warrenbrook Senior Center Manager
500 Warrenville Road, Warren, NJ 07059
PH: 908.753.9440 • FX: 908.226.1241

The Warrenbrook Senior Center, located on the Warrenbrook Golf Course, at 500 Warrenville Road, Warren, is looking for volunteers to help with their Meals On Wheels food preparation.

The center is looking for volunteers to help on Monday, Wednesday, Thursday and Friday from 8:30 to 10:30 am. This volunteer opportunity would require the volunteer to stand for two hours.

Please call Manager Gwen Chalker at 908-753-9440 to learn more about this very fulfilling volunteer opportunity.


The Warrenbrook Senior Center is one of seven centers operated by the Somerset County Office on Aging and Disability Services and accessible to individuals with disabilities. The senior center offers a variety of educational, recreational and entertaining activities for active adults, including wellness programs and health screenings. Many of these programs are funded, in part, through the Older Americans Act.

WATCHUNG-WARREN ROTARY CLUB

The Watchung-Warren Rotary Club meets every Tuesday at 12:15pm at the Twin Brooks County Club, 600 Mountain Boulevard, Watchung, NJ.

For more information about the club and upcoming events, please call Bob Aznar at (908) 755-8724.

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