



Board of County Commissioners

County of Hunterdon
71 Main Street, Building #1
PO Box 2900
Flemington, NJ 08822-2900

MEDIA RELEASE

FOR IMMEDIATE RELEASE

DATE: February 2, 2021

Contact: Susan J. Soloway, Director

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**Hunterdon County Senior Center
Offering Virtual Instructional And Fitness Classes**

Hunterdon County's Senior Center continues to provide remote programs for Seniors, offering activities normally held at Gauntt Place in an online format, allowing participation throughout the pandemic, Hunterdon County Board of County Commissioners Director Susan J. Soloway has announced.

Director Soloway, who served as the Senior Center liaison during 2020, said, "The Board of Commissioners are most grateful to the inventive and creative Senior Center staff for providing instructional and entertaining classes and videos for our Seniors in the county, while the center has been closed.

The pandemic has been isolating for so many, especially covid-19 vulnerable Seniors, and having options to engage both physically and mentally continues to be a salve for so many in our community."

Classes for Seniors fall into two categories: Fitness and Traditional Senior Activities.

Fitness classes such as tap, ballet, low impact aerobics, gentle exercise, Zumba Gold, Qi Gong and Wellness Lectures.

Traditional classes include Italian lessons, scrapbooking, guitar jam, Trivial Pursuit and Bingo.

Laine Nauman, Division Head for Senior, Disabilities and Veterans Services, said, "Seniors not originally signed up for the activities prior to the pandemic are able to do so with an online registration form. Once completed, Seniors are able to participate in as many remote classes as they choose.

Other activities are in the pipeline, we are always open to suggestions, and have been pleased with the positive response from Seniors who had to adapt and learn how to connect with their community online instead of in-person."



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Activities are listed on the county's website, co.hunterdon.nj.us/aging/seniorcenter and information and questions can be answered by calling 908-788-1361.

“Online activities at the Senior Center will stay in place until the County is allowed to return to in-person activities and gatherings safely. I would encourage everyone who is able to participate,” Soloway concluded.