

*Greenbriar at
Whittingham*

Clubs and Activities



Greenbriar at Whittingham Club List

CLUB	CONTACT PERSON	NUMBER	MEETING TIME
3D ART			THURSDAY @ 9:30AM
BARRY GEFFNER AFTR HRS CLUB	MARILYN GERBER	609-409-9380	4TH FRIDAY @ 7:30PM
BILLIARDS CLUB(S)			1&3RD WED @ 2PM,TUES&THURS @ 6:30PM
BOCCE CLUB	JOANN BROWN	joannbrown830@gmail.com	WEDNESDAY @ 6PM
BRAIN HAPPY HOUR	DAVID EISENSTEIN	908-216-8071	2nd TUESDAY @ 10AM
CAMERA CLUB	ROY GOLDSCHMIDT	609-235-9271	CALL FOR SCHEDULE
CANASTA TOURNAMENT	JEAN FURNARI	609-860-0692	FRIDAY @ 6:30PM
CHESS CLUB	ANATOLY SHPIRT	347-893-8791	1st FRIDAY @ 2PM
CHORUS	JANET BLAU	609-819-3722	THURSDAY @ 10AM
COMPUTER CLUB	DENISE KENNEDY	973-943-1536	2nd WED 9:30A via ZOOM
CURRENT EVENTS DISCUSSION GRP	MARK SURKS	609-655-5065	1st & 3rd Tues. 2PM-3:30PM
GARDEN CLUB	CARMINE CAMPANELLA	609-819-3450	STARTS IN MARCH
GW CONNECTIONS	CAROL COOPER	609-409-3860	CALL FOR SCHEDULE
FINANCE DISCUSSION GROUP	JERRY GITTLER	609-842-8929	2nd TUESDAY @ 4PM
GW FRIENDS	RICH KLEIN	609-842-8111	4th MONDAY @ 7PM
HADASSAH	ELLEN PANZER-SCHWARTZ	609-864-2970	CALL FOR SCHEDULE
HEALTH/FITNESS & WELLNESS CLUB	STEPHANIE LICHTENSTEIN	609-273-6192	3rd WEDNESDAY @ 6:30PM
HISTORY CLUB	PIERRE REIN	609-864-2186	1st MONDAY @ 4PM
INDO-AMERICAN CLUB	SANCHITA SENGUPTA	845-702-7068	4th WEDNESDAY @ 5:30PM
INTUITIVE CLUB	PHYLLIS MITCHELL	201-247-1957	1st MONDAY @ 7PM
IRISH AMERICAN CLUB	BOB BUCKLEY	732-991-8468	CALL FOR SCHEDULE
ITALIAN AMERICAN CLUB	CHRISTINE PERILLO	347-267-7080	1st FRIDAY @ 6:15PM
GW LADIES CLUB	HELEN FROSS	848-702-1594	2nd MONDAY @ 6:30PM
LINE DANCING	ANN MATISOFF	609-819-3059	TUESDAY @ 10AM
LINE DANCING (BEGINNERS PLUS)	JOAN HERMELEE	609-864-2271	FRIDAY @ 10:00AM
MODERN LINE DANCING with TERI	TERI FARO	347-979-1964	MONDAY @ 6:30PM
MUSIC CLUB of GW MONROE	SUSAN PILCER	732-889-1534	3rd FRIDAY @ 7:00PM
NEW KIDS ON THE BLOCK	MADALYN LITOFF	201-280-3911	1st WEDNESDAY @ 7:30PM
ORT	ANN GOLD	609-409-0668	CALL FOR SCHEDULE
PAINTING GROUP	ANNETTE NEWMARK	609-655-8051	FRIDAYS @ 11AM
PERFORMING ARTS CLUB	GERRI PISAPIA	732-857-4939	CALL FOR SCHEDULE
PICKLEBALL	CLIFF DURLACHER	732-766-9794	EVERY DAY; 9AM START
PING PONG	CONCIERGE DESK	EXT 220, 221	MWF & SOME SAT & SUN @ 9:00AM
GW PULSE	GWMonroePulse@gmail.com	609-655-5065	N/A
RESIDENTS CIVIC CLUB	GARY FILIK	609-819-3214	2nd WEDNESDAY @ 7:30PM
SCRABBLE	LISA BARUCH	609-842-8416	EVERY FRIDAY AT 12:30PM
GW SOCIAL CLUB	REGINA SAVARESE	732-947-7347	THURSDAYS @ 11:30AM
SHALOM CLUB	ROBIN ZIMMERMAN	516-528-2730	1st SUNDAY @ 10:15AM
SHERLOCK HOLMES CLUB	PAUL HARTNETT	609-842-6314	4th WEDNESDAY @ 4:30PM
SHUFFLEBOARD			
STAINED GLASS GROUP	ALAN LEVY	609-235-9005	THURSDAY @ 7PM
TAP DANCING	BUNNY FEIGENBAUM	609-395-8174	TUESDAYS 4PM
TENNIS CLUB	RON SACOFF	917-709-0039	3rd SATURDAY
WATER VOLLEYBALL	JAY RESPLER	609-862-7438	TUESDAYS @ 5:30PM
GW WHEELS	TOM MULVEY	732-818-4894	CALL FOR SCHEDULE
WINE CLUB	ALAN GREENBERG	732-861-8433	SCHEDULE TBD
WRITING GROUP	GAYLE SHPIRT	347-228-8647	2nd WEDNESDAY @ 10AM
WOODWORKING CLUB	LINDA WAGNER	609-273-5268	TUESDAYS & THURSDAYS @ 11AM
YIDDISH VINKLE	HARRIET WEITZNER	609-860-1929	3rd WEDNESDAY @ 10AM

Greenbriar at Whittingham Club List

CLUB	CONTACT PERSON	NUMBER	MEETING TIME
3D ART			THURSDAY @ 9:30AM
BARRY GEFFNER AFTR HRS CLUB	MARILYN GERBER	609-409-9380	4TH FRIDAY @ 7:30PM
BILLIARDS CLUB(S)			1&3RD WED@ 2PM,TUES&THURS @ 6:30PM
BOCCE CLUB	JOANN BROWN	joannbrown830@gmail.com	WEDNESDAY @ 6PM
BRAIN HAPPY HOUR	DAVID EISENSTEIN	908-216-8071	2nd TUESDAY @ 10AM
CAMERA CLUB	ROY GOLDSCHMIDT	609-235-9271	CALL FOR SCHEDULE
CANASTA TOURNAMENT	JEAN FURNARI	609-860-0692	FRIDAY @ 6:30PM
CHESS CLUB	ANATOLY SHPIRT	347-893-8791	1st FRIDAY @ 2PM
CHORUS	JANET BLAU	609-619-3722	THURSDAY @ 10AM
COMPUTER CLUB	DENISE KENNEDY	973-943-1536	2nd WED 9:30A via ZOOM
CURRENT EVENTS DISCUSSION GRP	MARK SURKS	609-655-5065	1st & 3rd Tues. 2PM-3:30PM
GARDEN CLUB	CARMINE CAMPANELLA	609-619-3450	STARTS IN MARCH
GW CONNECTIONS	CAROL COOPER	609-409-3860	CALL FOR SCHEDULE
FINANCE DISCUSSION GROUP	JERRY GITTLER	609-642-8929	2nd TUESDAY @ 4PM
GW FRIENDS	RICH KLEIN	609-642-6111	4th MONDAY @ 7PM
HADASSAH	ELLEN PANZER-SCHWARTZ	609-664-2970	CALL FOR SCHEDULE
HEALTH/FITNESS & WELLNESS CLUB	STEPHANIE LICHTENSTEIN	609-273-6192	3rd WEDNESDAY @ 6:30PM
HISTORY CLUB	PIERRE REIN	609-664-2188	1st MONDAY @ 4PM
INDO-AMERICAN CLUB	SANCHITA SENGUPTA	845-702-7068	4th WEDNESDAY @ 5:30PM
INTUITIVE CLUB	PHYLLIS MITCHELL	201-247-1957	1st MONDAY @ 7PM
IRISH AMERICAN CLUB	BOB BUCKLEY	732-991-6468	CALL FOR SCHEDULE
ITALIAN AMERICAN CLUB	CHRISTINE PERILLO	347-267-7080	1st FRIDAY @ 6:15PM
GW LADIES CLUB	HELEN FROSS	848-702-1594	2nd MONDAY @ 6:30PM
LINE DANCING	ANN MATISOFF	609-619-3059	TUESDAY @ 10AM
LINE DANCING (BEGINNERS PLUS)	JOAN HERMELEE	609-664-2271	FRIDAY @ 10:00AM
MODERN LINE DANCING with TERI	TERI FARO	347-979-1964	MONDAY @ 6:30PM
MUSIC CLUB of GW MONROE	SUSAN PILCER	732-689-1534	3rd FRIDAY @ 7:00PM
NEW KIDS ON THE BLOCK	MADALYN LITOFF	201-280-3911	1st WEDNESDAY @ 7:30PM
ORT	ANN GOLD	609-409-0668	CALL FOR SCHEDULE
PAINTING GROUP	ANNETTE NEWMARK	609-655-8051	FRIDAYS @ 11AM
PERFORMING ARTS CLUB	GERRI PISAPIA	732-857-4939	CALL FOR SCHEDULE
PICKLEBALL	CLIFF DURLACHER	732-766-9794	EVERY DAY; 9AM START
PING PONG	CONCIERGE DESK	EXT 220, 221	MWF & SOME SAT & SUN @ 9:00AM
GW PULSE	GWMonroePulse@gmail.com	609-655-5065	N/A
RESIDENTS CIVIC CLUB	GARY FILIK	609-619-3214	2nd WEDNESDAY @ 7:30PM
SCRABBLE	LISA BARUCH	609-642-8418	EVERY FRIDAY AT 12:30PM
GW SOCIAL CLUB	REGINA SAVARESE	732-947-7347	THURSDAYS @ 11:30AM
SHALOM CLUB	ROBIN ZIMMERMAN	516-528-2730	1st SUNDAY @ 10:15AM
SHERLOCK HOLMES CLUB	PAUL HARTNETT	609-642-6314	4th WEDNESDAY @ 4:30PM
SHUFFLEBOARD			
STAINED GLASS GROUP	ALAN LEVY	609-235-9005	THURSDAY @ 7PM
TAP DANCING	BUNNY FEIGENBAUM	609-395-8174	TUESDAYS 4PM
TENNIS CLUB	RON SACOFF	917-709-0039	3rd SATURDAY
WATER VOLLEYBALL	JAY RESPLER	609-662-7438	TUESDAYS @ 5:30PM
GW WHEELS	TOM MULVEY	732-618-4694	CALL FOR SCHEDULE
WINE CLUB	ALAN GREENBERG	732-861-8433	SCHEDULE TBD
WRITING GROUP	GAYLE SHPIRT	347-228-8647	2nd WEDNESDAY @ 10AM
WOODWORKING CLUB	LINDA WAGNER	609-273-5268	TUESDAYS & THURSDAYS @ 11AM
YIDDISH VINKLE	HARRIET WEITZNER	609-860-1929	3rd WEDNESDAY @ 10AM

One of the very best things about living in Greenbriar at Whittingham is the extensive network of clubs we have. We have assembled descriptions of what each club does, when it meets, how much it costs and who to contact to find out more. We hope this will help open you up to the many activities we enjoy while living here.

The best way to find out what is going on is to read our newspaper “The Pulse” that is emailed and mailed to your home every month. Copies of “The Pulse” are also available online at gwmonroe.com. The Pulse contains a complete and extensive calendar of happenings.

Another great source of what is happening is Channel 26. Comcast subscribers can tune to 26 to see upcoming events. Pro tip: set your DVR to tape it for 15 minutes, then watch it at 2x speed stopping on what interests you most.

Have fun and please drive slowly on our streets. We have no sidewalks!



The Barry Geffner After Hours Club

The Barry Geffner After Hours Club has a dinner dance the 4th Friday of the month at 7:00PM. The yearly dues are \$10 per person and covers the period from January—December.

The following are 10 reasons to join the club:

10. Meet and greet new friends.
9. Great entertainment and food at a reasonable price.
8. Gets you off the couch and into the spotlight.
7. The fun happens right in our clubhouse.
6. Varied entertainers for varies tastes.
5. 50-50 raffle.
4. News of event communicated through flyers and e-mail.
3. Seating with friends.
2. The club contributes to our Fire, First Aid and Police departments, Library and the Senior Center every year.
1. ***And the number one reason to join our club is let us entertain you and you will have a great time.***

Contact Marilyn Gerber 609-409-9380

AQUACISE



Aquacise by Clark Fitness Training

Mondays, Wednesdays & Fridays
11:00AM—12:00PM

See flyers on www.gwmonroe.com/recreation for more information.

Billiards Club

The Billiards club is a group of residents that meet twice a week Tuesday and Thursday from 6:30 to 8:00 (the time is an estimate). There are no dues to come play billiards downstairs at the club house. Once a month we go out for a pizza lunch and then we go play pool after lunch.



BINGO

JOIN US ON THE 2ND FRIDAY OF EACH MONTH
7PM IN THE TOWNE CENTRE BALLROOM



ALL RESIDENTS AND GUESTS WELCOME!
CAN BRING SNACKS.

\$5 Admission - Receive 1 Book - All Games
Marker Pens - - \$1 each



Greenbriar at Whittingham Bocce Club

Wednesday 6:00pm

Annual Dues \$10.00

Contact: JoAnn Brown
joannbrown850@gmail.com

GREENBRIAR AT WHITTINGHAM CAMERA CLUB

*PHOTOGRAPHY FREEZES A MOMENT IN TIME
THAT WILL NEVER EVER REPEAT ITSELF*

The Greenbriar at Whittingham Camera Club is open to all residents who have an interest in photography with a desire to improve and express their photographic and artistic skills. This includes beginners, intermediates, advanced and professional photographers. The goal of the club is to provide an environment where amateurs and professionals can learn from each other to further develop their skills as photographers.

Whether you have a Smartphone, point-and-shoot camera, digital single lens reflex, or the new mirror less camera **ALL ARE WELCOME**.

The meetings are comprised of workshops, competitions, and guest speakers. We have also sponsored several trips to various locations locally with guest photographers guiding our members. The subject have ranged from bugs to birds, nature and landscape and even old trains. Our meetings and trips are eventful, interesting, and memorable.

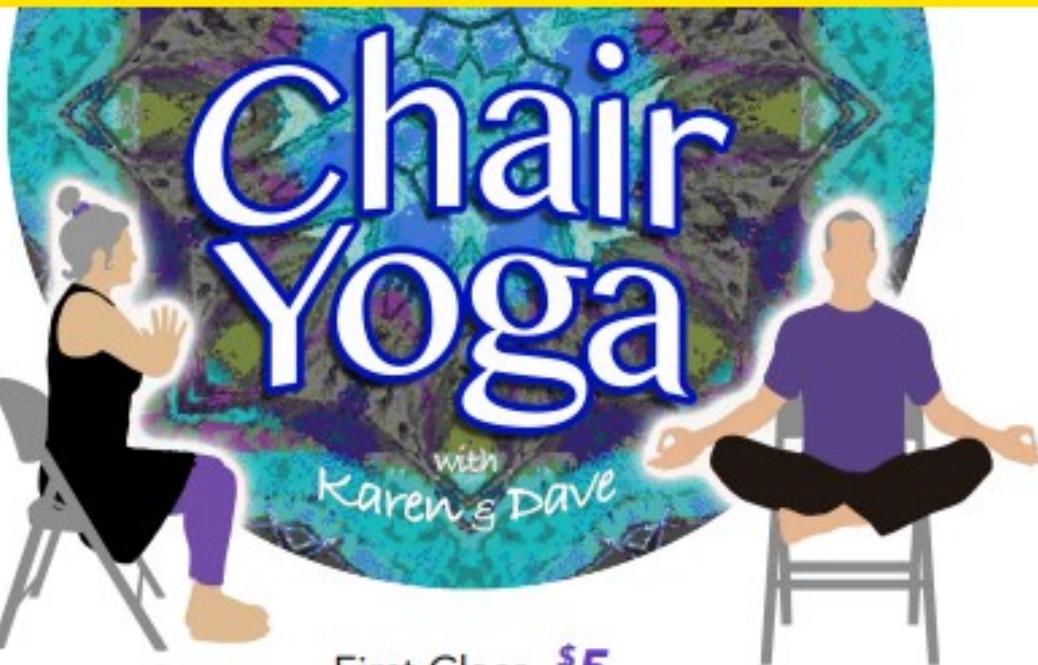
Meetings are every 3rd Wednesday of the month at the Towne Center at 7 PM. The annual dues are \$30.00 for non-competition and \$35.00 if you want to enter the competitions.

For more information, call Roy Goldschmidt at 609-235-9271.



WEDNESDAYS 10-11:15AM

Participants are welcome to join our Saturday class (10-11:15AM)



First Class **\$5**

Drop-in Class **\$15**

4 Class Package **\$42**



venmo

@Karen-Keusch



Zelle

KarenKeusch@gmail.com

Cash • Check • Venmo • Zelle
Checks payable to: **Cash -or- Metta for Life**

*All classes are in the 2nd floor Poker room
Walk-ins are Welcome!*

REGULATE

- Digestion
- Circulation
- Blood Sugar
- Mood Swings
- Blood Pressure

BOOST

- Energy
- Balance
- Strength
- Flexibility
- Endurance

REDUCE

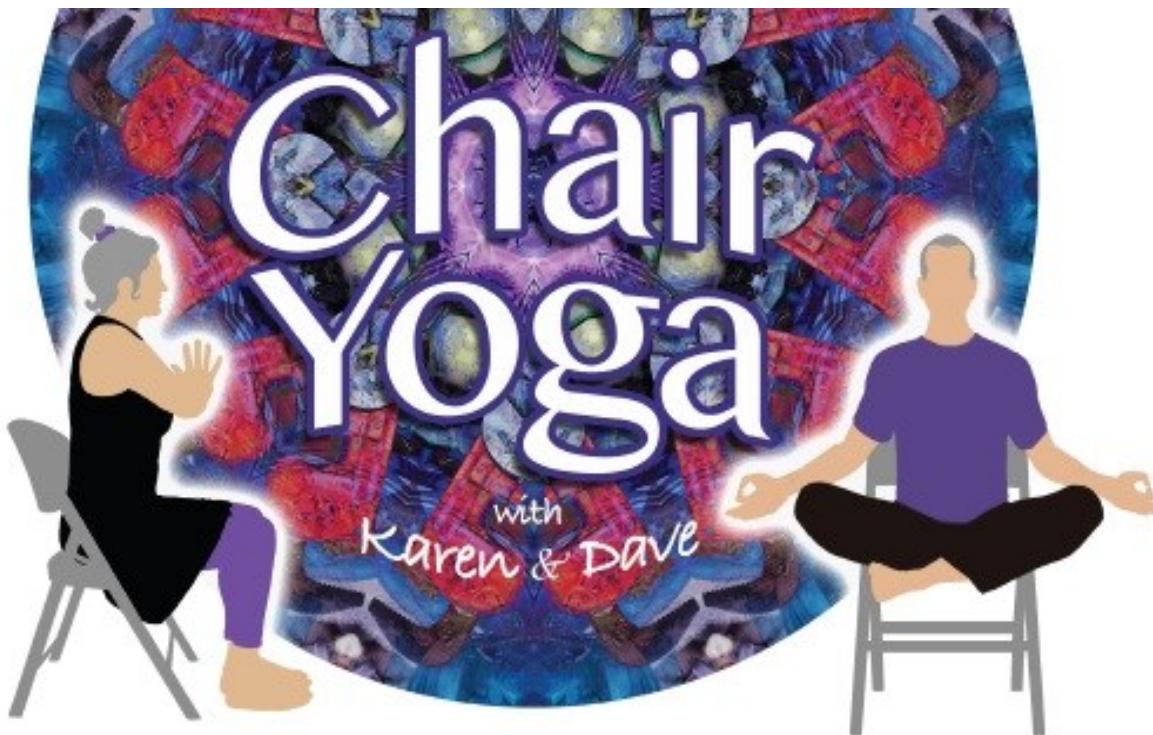
- Stress
- Anxiety
- Insomnia
- Chronic Pain
- Overactive Mind

Email, text or call to reserve your chair

MettaForLife108 @ Gmail.com • 609-212-3222

Book a private session of: Thai Table or Chair Massage

YTT 200 hr, HYTT 50 hr, RYTT 50 hr, Reiki Master • Certified Thai Yoga Massage Practitioner



SATURDAYS 10 -11:15AM

At the Towne Centre...ALL Levels Welcome!



venmo

**Drop-in Class \$12
4 Sessions \$38**

Cash • Check • Venmo • Zelle

*Please make checks payable to:
Metta Thai Bodywork LLC -or- Cash*



Zelle

**Please Email, Text or Call to Reserve your chair
(Walk-ins are welcome)**

REGULATE

- Digestion
- Circulation
- Blood Sugar
- Mood Swings
- Blood Pressure

BOOST

- Energy
- Balance
- Strength
- Flexibility
- Endurance

REDUCE

- Stress
- Anxiety
- Insomnia
- Chronic Pain
- Overactive Mind

Book a private session of: *Chair or Thai Massage*

YTT 200 hr, HYTT 50 hr, RYTT 50 hr, Reiki Master • Certified Thai Yoga Massage Practitioner

Thai.Bodywork.Metta @ Gmail.com • 609-212-3222

GW Chorus

The GW Chorus is a group of about 50 of your friends and neighbors, men and women, who meet once a week because we love music. We do not hold auditions. Anyone who enjoys singing is welcome to join us at any time. We meet every Thursday morning from 10:00 to 11:30 in the Towne Center ballroom. Our rehearsals are filled with laughter and joy as we make beautiful music together. Many of us have formed wonderful friendships with folks in our group.

We have two performances each year, one in December and one in June. Our concerts are sponsored by The Residents Civic Group. Each performance has a specific theme and ends with an audience sing-along. A good time is always had by all.

We are always hoping to add more voices to our wonderful chorus. If you are interested, just come to one of our rehearsals on any Thursday morning and we will give you all the materials you need. You will start singing with us right away.

When we sing, we forget our troubles and have a wonderful time. This is a great group of people and I hope you will consider being part of it.

Janet Blau
Chorus Director
(609) 619-3722



Greenbriar at Whittingham Computer Club

Perhaps you are not aware the Greenbriar at Whittingham has a Computer Club. We meet on Zoom and in the Towne Centre. It is a place where folks can ask questions and learn about great ways to benefit from owning a computer, tablet or smart phone.

I know many folks of the generations represented at GB @ W have not embraced computers. Early on, it was kind of a badge of honor to have shunned taking the digital plunge. To embrace technology has gotten much less expensive and to fully utilize technology has gotten much easier, much more useful and practically essential.

Our computer club consists of people with various levels of computer savvy. From the folks barely able to turn the darn thing on, to others who can hack into the FBI (well maybe that is an exaggeration), we have members at all levels of computer knowledge. There is always someone who can solve a problem or at least point you in the right direction. In fact, two of our members will come to your home and for a small fee, solve the most infuriating problems. No solution, no fee. No club membership required and no waiting for the Geek Squad to be in your area.

The club tackles all forms of technology including smart watches, phones, and tablets. If there is a device your parents never owned when you were growing up, it's likely we talk about it along with current trends in computing. It is a great place to get advice like, should I upgrade to Windows 11 or do I really need to spend money on virus protection or is an iPhone really worth \$900?

Prepare your questions and someone will help you set up your email or make it so you can Zoom with family. Someone is always around to help you get over the inertia of using your machine.

The internet has made the computer nearly as important as a refrigerator . Having an internet connected computer is like living the world's biggest library. Whatever you want to know, whatever you want to see, whatever your interests are, the internet has information. In fact the Monroe Township Library offers audio books and magazines for download for free.

If you are interested in learning more about your computer, your cable TV or your smart phone, join us. Dues are \$10.00 per year. Contact Denise Kennedy 609-860-0262 DeniseKennedy@gmail.com.



GW Connections

GW CONNECTIONS is an organization founded on the principals of cultural, educational and social programming, as well as community service. We have Book Groups, It's Debatable Groups, Classics Group, Play Reading, Poetry Reading, Movie Review, Provocative Thinking.

Our Book, Debatable, Movie and Provocative groups meet on different Mondays. In addition, we offer the third Friday of the month a movie group with discussions afterwards. In addition there is a Wednesday evening Provocative group.

We contribute to the Monroe Township Food Pantry, HOMEFRONT (an organization assisting homeless families) and Women Aware (a shelter for abused women).

Our annual dues of \$15.00 for single or \$20.00 (family) from June 1 to May 31 allows you to participate in all our activities.

Please join us. Any questions call Carol Cooper 609-409-3860 or 609-947-4404



Alan Hermelée Current Events Discussion Group

It ain't just politics! The "Current Events Discussion Group" meets for lively discussions on a range of topics that include current affairs, political issues, technology, community concerns, and any other topic of interest to the group. The discussions are sometimes political, sometimes philosophical, sometimes technical, and sometimes simply topics of interest to the community. They are always respectful and thought provoking. We have lively, but friendly debates. Topics can range anywhere from what is at stake in the next school budget vote to the perceived threat posed by Russia. The amount of time we spend on a topic will depend on the level of interest of those in attendance. Our purpose is to meet and discuss topics of common interest to the group in an enjoyable and friendly atmosphere among people who have diverse opinions. If you have topics that interest you and of which people can have diverse views or are there simply to listen, please come and join us. If you have a topic you would like to discuss, please raise the topic at the meeting. It is a great way to meet new people and have an enjoyable afternoon.

We meet in the Towne Center Library on the 1st and 3rd Tuesday of the month from 2:00 to 3:30PM. There is no fee and no obligation. Nobody takes attendance. Come as frequently as you like. We expect the group to be made up of friendly, passionate, respectful men and women who enjoy having intelligent debates on all sides of a variety of topics. For questions call Mark Surks at 609-655-5065.





EXERCISE INSTRUCTION BY TV

MONDAYS: 12:30PM - 1:30PM

TUESDAYS: 12:30PM - 1:30PM

(EXCEPT THE 3RD TUESDAY OF EACH MONTH.)

WEDNESDAYS: 12:30PM - 1:30PM

THURSDAYS: 12:30PM - 1:30PM

SATURDAYS: 10:00AM-11:00AM

IN THE AC/DANCE ROOM

JUST SHOW UP!



GW FRIENDS FOR MEN & WOMEN

We are a social club that offers:

- Interesting, entertaining and educational monthly speakers
- A broad variety of activity groups that meet throughout the month including movies, books, Socrates Café, breakfasts, billiards, finance, etc.
- Enjoyable trips to the theater, museums and other points of interest
- Spring and fall golf outings
- Membership Appreciation Night featuring top entertainment which is free to members

DUES: \$10 (single) \$20 (couple)

For further details contact RALPH DE VITO at 908-890-3300.

GW Friends is one of the most popular clubs. Membership includes a monthly meeting with an entertaining and often educational guest.

On the first Monday of every month members get together for a fun and lively breakfast at Christos. The 50/50 Drawing at the breakfast is always highly anticipated. Pizza and Pool, Finance Club and the mind expanding Socrates Café are enjoyed each month.

Greenbriar Men's Golf League Greenbriar Women's Golf League

The Greenbriar Golf Course Association offers its members the opportunity to play in either the 9 hole or 18 hole Men's Golf League. League play is every Wednesday morning starting in mid-April and running through mid-October. It is not mandatory to play every week. There is a weekly sign up sheet in the Pro Shop. There is also a women's league that plays on Thursday mornings.

The league membership fee is \$80.00 for the 9 hole league and \$100.00 for the 18 hole league. League play is a team format with the format changing weekly. Teams are changed weekly with teams made up of mixed handicap players.

There are prizes in the form of Pro Shot credits awarded weekly to the top three teams for each league.

For information contact Carmine Campanella for the Men's League at 609-619-3450. For the Women's League contact Esther Perle at 609-409-6711



Hadassah, The Woman's Zionist Organization of America



Hadassah is an organization of action and advocacy working proactively to advance women's health, support a strong Israel and instill Jewish values to future generations. We fight hate and anti-semitism and of course support Hadassah Medical Organization in Israel who continues to find new treatments and scientific breakthroughs that are saving lives around the world.

Our local chapter - Alisa, is an active and thriving one with:

- *strong and committed members
- *enlightening monthly meetings (third Monday night)
- *informative education programs
- *inventive fundraisers And enduring friendships.

We would be delighted to welcome you into our chapter and hope that some of our offerings will entice you to get involved.

For membership information Please call Cheryl Saft, Membership Vice President at: 732-718-2247

Sharon Nachimson
Suzanne Rosenzweig
Co-Presidents

HEALTH/FITNESS AND WELLNESS CLUB



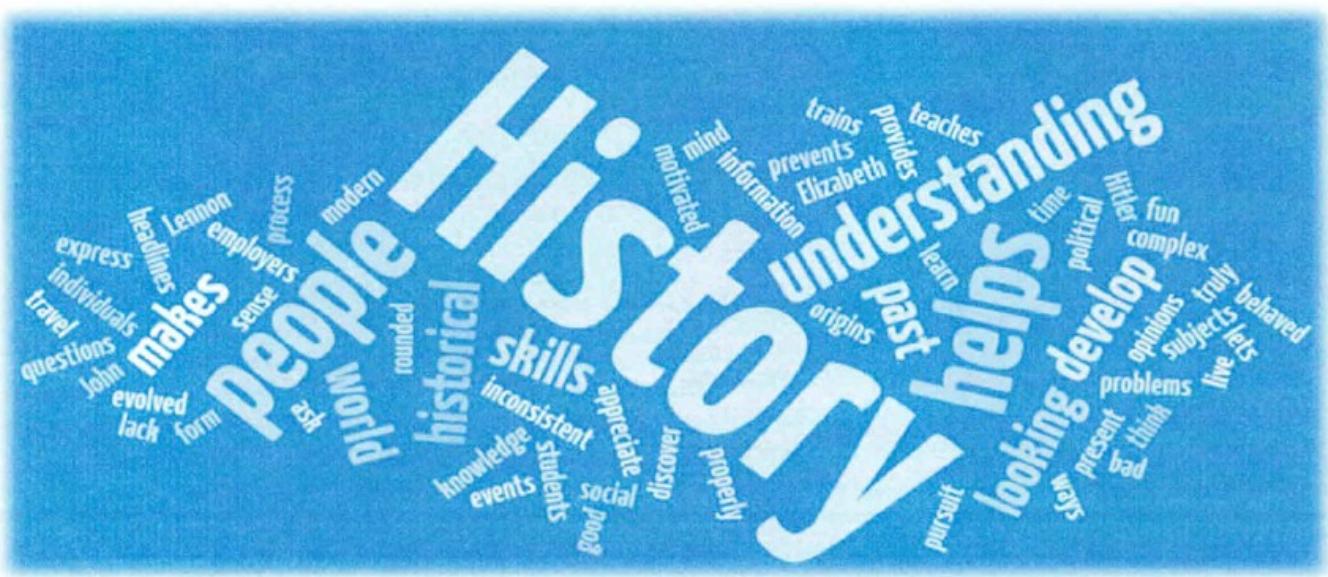
Mission Statement: Individuals of all genders and age are welcomed to participate. There will be demonstrations, meditation sessions, discussions, speakers, lectures, and a variety of fitness classes. My aim is to ensure that fitness is available to all. I aspire to establish a haven for the mind, body, and spirit, for everyone. Each person can reach their objectives, one workout at a time, with guidance.

Meetings are scheduled for the 3rd Wednesday of every month at 6:30pm in the dance room. Membership dues are \$10, payable annually upon joining, which covers refreshments and healthy snacks. There are no additional fees to attend the monthly meetings. Members will be responsible for any optional expenses related to activities they decide to join (like outings).

The club's President is Stephanie Lichtenstein, who lives in Greenbriar. She is a certified personal trainer, nutrition consultant, Pilates/Yoga instructor, and a Maddog certified bike instructor.

If you have any interest or questions, please reach out to Stephanie via email at SLLDANCER56@aol.com or by calling/texting 609-273-6192.

History Club



KEEP HISTORY ALIVE!

All periods of history are on the table.

Meets the first Monday of each month.

We meet in the Multi-Purpose Room near the nurse's office at 4:00 p.m.

Any questions, please contact Pierre Rein at: jackirein47@gmail.com

Indo American Club of Greenbriar at Whittingham

Namaste! Welcome to the Indo-American Club (IAC) of Greenbriar and Whittingham.

The IAC is a non-political, non-profit gathering of the Indo-American community that provides opportunities for people to come together and connect with each other.

The IAC welcomes all Greenbriar and Whittingham residents to join and be part of our events and activities. We proudly embrace and celebrate our cultural diversity and traditions, and we welcome everyone to share in the richness and joy of our community.

We host monthly dinner events, typically on the fourth Wednesday of each month, from 6:30 p.m. to 9:30 p.m. in the clubhouse ballroom. All our activities are organized by a team of volunteers.

Annual contribution of \$200 per person is collected in January to cover the cost of monthly dinner events and professional entertainment for special occasions.

New members joining during the year will pay a pro-rated amount based on the month they join.

Please e-mail your contact information to IACofGW@yahoo.com
or contact -

SANCHITA SENGUPTA (845-702-7068) or GAYATRI RAO (856-982-7124) to be part of the Indo-American Club (IAC).

We look forward to welcoming you.





IRISH AMERICAN CLUB

SEE FLYER FOR MEETING DATE

Join The Irish American Club for an afternoon
of Irish American discussion and more.

4PM in The Upstairs Poker Room



EVERYONE WELCOME!

**QUESTIONS? CALL BOB 732-991-6468
OR FRANK 848-223-4523**

Come to Israeli Dance class—Join the FUN

**Rysie Perlman will be teaching
BEGINNER dances...**



DAY: First Wednesday each month

TIME: 4—5PM

PLACE: Dance/Arts & Crafts Room, Towne Center

ITALIAN AMERICAN SENIOR CULTURAL CLUB (IASCC)

NEW MEMBER APPLICATION

If you wish to join the Italian American Senior Cultural Club, the annual dues are \$15 per single person and \$25 per couple (two people living together in this community) payable prior to January 1st each year or at the time you join.

Checks should be made payable to: IASCC

Please put your check along with this completed form in Box #3 in the Towne Centre Library.

Name _____ PHONE # _____

HOME ADDRESS _____

EMAIL ADDRESS _____

The IASCC is open to all residents of Greenbriar at Whittingham (not just those of Italian descent).

We meet the first Friday of every month for dining and dancing in the GW Ballroom, and end the year with a gala Christmas Party at an offsite location. Throughout the year we try to acquaint members with the contributions that Italians and their descendants have made and continue to make to the world throughout history

Also, if you are interested, we are always looking for members who would like to be on the IASCC Board. Board members must be of Italian descent or married to a member of Italian descent.

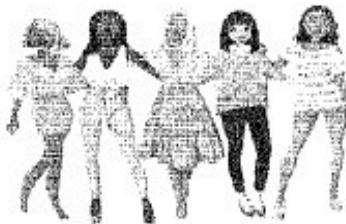
For more information please contact:

Christine Perillo at 347-267-7080



Greenbriar At Whittingham

GW Ladies Club



**MONTHLY MEETINGS ARE HELD ON THE 2ND MONDAY
IN THE BALLROOM AT TOWNE CENTER – AT 6:30 P.M.**

THE GW LADIES CLUB FOCUSES ON BRINGING GW LADIES TOGETHER FOR SUPPORT, CAMARADERIE, MEET/MAKE NEW FRIENDS AND HAVE FUN. ACTIVITIES INCLUDE LUNCHEONS/DINNERS, SHOWS, KENTUCKY DERBY NIGHT AT THE RACES, GAME NIGHTS, DISCUSSIONS ON WOMEN'S ISSUES, TRIPS, AND MUCH MORE.

ANNUAL DUES (CALENDAR YEAR) ARE \$10 PER PERSON PAID AT THE TIME YOU JOIN. MEMBERS ARE ASKED TO CONTRIBUTE TO THE COST OF EVENTS THEY CHOOSE TO PARTICIPATE IN.

**TO JOIN THE GW LADIES CLUB:
PLEASE PLACE A CHECK FOR \$10 PAYABLE TO GW LADIES NIGHT CLUB IN
MAILBOX #28 LOCATED IN THE TOWNE CENTER LIBRARY.**

PLEASE PRINT CLEARLY

NAME: _____ CELL PHONE: _____

STREET ADDRESS: _____

EMAIL ADDRESS: _____

QUESTIONS OR ADDITIONAL INFORMATION:

EMAIL: GWLADIESCLUB@YAHOO.COM

OR

CONTACT HELEN FROSS AT 848-702-1594

Line Dancing

**There are 3 different line dancing classes, each with a slightly different focus.
All we charge is a smile. There is no mistakes in our classes; only variations!
All of us want you all to have fun!**

Monday: All levels welcome! 7pm (instruction), 7:30pm (continuous dancing) - Led by Teri Faro
This class emphasizes line dances that can be done to mainstream music (the type of music you would hear at a party). In addition to in person instruction I have free dance lessons through my own YouTube channel. I also offer a Subscription Virtual Line Dance class (\$10 per month). If you have questions or need further information please email me @ terifaro@gmail.com.

Tuesday: Line Dancing with Ann—Beginner's class starts at 10:00am. Each lesson is taught slowly so it is easy to follow. I will teach 3 dances each week. Then, after teaching, we have a regular class from 10:30—11:15am. I definitely know you will enjoy dancing. It is fun, healthy, and a place to meet others from the community. For information call Ann, 609-619-3059.

Friday: Beginner's Plus, 10:00AM—Led by Joan and Sona in the Towne Centre Ballroom. This class introduces the latest dances done in outside venues. They are not more difficult, but they are different from the other two classes. We teach and review as we go along, with many dances that are east, but fast-paced. Your heart rate will definitely increase during this session. You will learn the correct name for common dance steps used across the country. As we dance each dance, steps are called as needed. YouTube videos are offered to those who request them. After attending a few Friday classes, you will be ready to dance with the rest of the country line dancers across the country! For questions, call Joan 609-664-2271 or Sona 201-981-6072.



Meditation Class

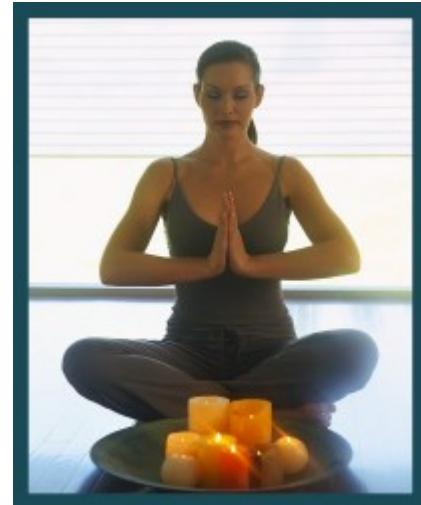
This regular weekly meditation class at **Greenbriar Clubhouse** will offer instruction on the principles of meditation for both beginners and seasoned practitioners. We'll cover techniques for steadyng the mind and increasing awareness of the present moment. Leave the class feeling refreshed , centered, and calm.

FRIDAYS 9:15 - 10:10am

Email Brian (brianjcritchley@gmail.com) with questions or to register today. Pre-registration and payment to Jersey Shore Healing Arts is required.

Practice can be done seated in a chair, seated on the floor, or reclined on the floor on a yoga mat. Students are encouraged to bring any items such as pillows, cushions, or blankets that would aid in their comfort.

Discounted sessions purchased as part of series are not transferrable or refundable and do not carry over between series.



Instructor Brian Critchley is the Owner/Director of OM Central Jersey Massage & Yoga, and is also a graduate of Inner Light Yoga Center, Somerset School of Massage Therapy and Princeton University. He was inspired to start his yoga practice 20+ years ago in order to increase the flexibility in his tight leg muscles. While his hamstrings are still tight, yoga has helped him recover from a serious back injury, decrease stress levels, and increase energy, stamina, and strength. His Hatha Yoga teaching style encourages both newcomers and seasoned 'yogis' to bring their awareness to healthy alignment during their yoga practice. He truly believes that yoga is beneficial for everybody and that everybody can do yoga!

Visit Brian's website at: www.omcentraljerseymassageandyoga.com

See flyers for additional information at: www.gwmonroe.com/recreation

MOTION is LOTION with ELLEN

Join me as we help manage our aches and pains through MOTION!

TEAM WEIGHTS: Mondays at 10AM (Ballroom)

TEAM MOTION: Wednesdays at 10:30AM (Ballroom)

Using either the weight of our arms, free weights, bands or balls we will stretch and flex helping our arthritis, joint replacements and our backs! (Free weights are optional.)

*Chairs will be used as one of our many tools to help us manage our motion.

NEW CLASS*

TEAM TRAINING: Thursdays at 10:30AM (Poker Room)

We will be using ONLY our BODY WEIGHT and balls. Challenging our cores and stretching while using **MATS** and or a chair. These motions are to strengthen our backs and core. Using a Pilates style training making this TEAM TRAINING different from my other two MOTION programs.

I will provide bands and balls as needed.

Just bring free weights (optional), water and your sense of humor!

**For only \$10.00 per class you get to join TEAM BODY with me,
Ellen Rubin Trainer and TEAM Program Creator.**

Listening to fun music, making friends while getting healthy!

Don't say "you're too old"! MOTION is LOTION

Please call *Ellen* for more information at 917-751-3085.

GW Music Club



Come Join Us - Everyone is Welcome

You do not need to be a singer or musician. We are a club that connects music lovers of all kinds.

The club meets in the Towne Center Ballroom at 7pm, on the 3rd Friday of each month. The NTO (Never Too Old) band performs with residents that are members of the club.

You must be a resident to join. Membership dues are \$10.00 annually per person. Our fiscal year runs from October to October.

To join please put your name(s), email and home address and phone number in an envelope along with a check made out to the GW Monroe Music Club and place the envelope in box 16, which is located in the library of the Towne Center.

If you have questions, please email us at gwmusicclub79@gmail.com or call Susan at 732-689-1534



New Kids on the Block

NEW KIDS ON THE BLOCK

"New Kids on the Block" has been a club at Greenbriar @ Whittingham for 14 years. It was started by Maddi Litoff, Susan Garofalo and Fran Solomon.

We have had monthly meetings with speakers, entertainment and informative slide shows. We have also had trips to museums, restaurants, & karakoe bars. We have had many dances, including a Cabaret night, Line Dance & Halloween dance.

Originally it was started for singles to meet other singles but now we are branching out so couples can meet each other also.

Refreshments are provided at all meetings and events. The dues are \$10 per person and \$15 per couple.

Call Maddi Litoff at 201-280-3911 for more information and to join the group





Impact
Through
Education

ORT America Greater Monroe Chapter

IMPACT THROUGH EDUCATION

ORT America is the leading support organization for World ORT. From its inception in 1880, it has built a network that now services 300,000 students a year in over 35 countries.

Our chapter is a vital part of that network. We hold open meetings the 4th Wednesday evening of the month with an array of interesting programs. Our numerous activities include day trips, game days (cards, Mah Jongg, Scrabble or any other), ethnic luncheons in local restaurants (where members get the flavor of the food of the countries in which we have schools and programs), and special events (professional impersonators, book and author programs, celebrations of special occasions and others), during the year.

Many of our activities are fundraisers to support our schools, colleges, and international programs which propel our students to develop careers and lead fulfilling, independent lives. With the support, we can reach undeserved students by bridging the gap between aptitude and opportunity by providing knowledge, encouraging girls and women to have productive lives and strengthening Jewish identity.

Join us for socializing, fun times and help us to make an Impact through Education.

Contact Membership Vice Presidents

Carole Fantel 609-409-3819 or Joni Kaiser 732-580-1792

Painting with Annette



Every **Thursday 2:00-4:00** (New DAY ADDED ON)

Every **Friday 11:00-1:00**

In the AC/Dance Room

Bring your art projects for creative comradery!



If interested, call or text:
Audrey 267-467-5694 Or
Fran 646-327-8067

Greenbriar Whittingham Performing Arts Club



The Performing Arts Club (PAC) is proud to showcase the talents of our friends and neighbors with another year of incredible shows for our community. To continue to bring you more outstanding productions, we need your ongoing support!

This is a reminder that the annual membership dues of **\$10.00** are collected in January. Please make your check out to PAC and place it in our Clubhouse Mailbox #25.

Your membership is greatly appreciated!

PAC Dues Form

*Performing Arts Club dues are \$10 per person and are effective from January to January. Include this form with your check, payable to **PAC**, in box #25 in the Towne Centre Library.*

First Name _____ Last Name _____

Home Phone () _____ Cell Phone () _____

Email Address _____

For more information please call Gerrie Pisapia at 732-857-4939



Greenbriar/Whittingham Pickleball Club



Pickleball is the fastest growing sport in the USA today. Our club has now close to 200 members. We offer play mornings, afternoons and evenings. We have an inter-community senior pickleball league. We offer free clinics separated into beginner and intermediate levels where we teach technique and rules of the game. We have the use of twelve courts, four of which have lights for night play.

The purpose of the club is to provide a fun healthy recreational activity for all interested GW residents. Members generally have access to a court soon upon arrival. An equitable rotation system has been developed to allow for short, if any, wait time during club hours.

To join, please provide your info and welcome to GW Pickleball!

'Pickleball players are the friendliest people in the world.'



President: Deborah Wallach gw.pbclub+dw@gmail.com

Vice President: Rosanne Chorney gw.pbclub+rc@gmail.com

Secretary: Robin Knee gw.pbclub+rk@gmail.com

Treasurer: Richard Flathmann gw.pbclub+rf@gmail.com

Please place this sign-up sheet in Box #13 at the clubhouse.

Dues of \$10 per person, payable to the GW Pickleball Club, are due January 1st and are valid until the following January.

Name: _____

Address: _____

Phone: (____) ____ - _____

Email: _____

THE GW RESIDENTS CIVIC CLUB

The Residents Civic Club endeavors to inform Greenbriar at Whittingham residents via public meeting presentations about issues that are relevant to their quality of life in the GW community, Monroe Township, Middlesex County, the State of New Jersey and the USA. The Residents Civic Club also sponsors our newspaper, The Voice.

The Club utilizes its dues monies to contribute to the following Monroe Township organizations: First Aid Squad, Public Library, Senior Center, Food Bank, Historical Preservation Commission and the Cultural Arts Commission. The Civic Club annually awards scholarships to two college bound Monroe Township High School seniors.

The Residents Civic Club conducts an annual Holiday Fund drive to demonstrate our appreciation for our GW employees. Each fall the Club conducts an essay contest at the High School with the topic, "What is the role of a good citizen?"

The Resident Civic Club conducts public meetings monthly from March through December on the second Wednesday of the month at 7:30 p.m. in the Towne Centre ballroom. An informative, educational and/or entertaining program is provided at each public meeting. The Residents Civic Club hosts the GW Chorus concert at the June and December meetings. The Club's speakers include local, state and national office holders, medical professionals and judges.

Each July the Club hosts a Clubs and Activities meeting to familiarize residents with the activities available to residents.

The GW Residents Civic Club's annual dues are \$10.00 per person and \$20.00 per couple; the dues year is from September 1—August 31. Any questions please contact Ben Baum at 609-235-9440 or bmbshells@yahoo.com.





Join your neighbors & friends
every Friday at 12:30 p.m.
in The Towne Centre Poker Room

Any Questions?
Contact Lisa Baruch at 609-642-8416

The Shalom Club

*Why is the first Sunday of the month
different from all other Sundays?*

Join us for breakfast on April 6th to find out!

Social

Having a good time

Activities

Learning

Outstanding people

Meeting new friends

If you are new to the community or interested in finding out more information about **The Shalom Club**, please join us on the 1st Sunday of the month for a bagel and schmear.

You will meet new friends and enjoy an interesting speaker or musical entertainment.

For more information and to reserve your spot, contact our Membership co-chairs:
Susan Pilcer 732-689-1534 or Janet Horowitz 973-960-6941.



GW Social Club

The Martin Salmanowitz Senior Social Club (simply known as The Senior Social Club) was formed many years ago by a small group of new residents who were among the first people to move into our new community. Our club is established for Benevolence, Social, and Charitable purposes. Martin Salmanowitz was the force behind this small group who wanted a club that provided good food and entertainment to our residents at a reasonable cost. They diligently checked out talented entertainers and quality caterers for them to put together luncheon and dinner shows.

Today, our Senior Social Club follows the same principle that our founders intended. Of course, we use the Internet for searches, but we still seriously plan and spend a considerable amount of time, to provide excellent entertainment and quality food at reasonable prices. **Our membership year is from July 1-June 30, and the dues is \$20/couple, \$10/singles. Nine months of the year on a Thursday afternoon we have a luncheon show at 1:00 p.m. in our ballroom. The months of June, September and December we have a dinner show on a Saturday evening at 6:30 p.m. in our ballroom. We also plan bus trips to various theaters throughout the year. We display our flyers for all these events in the racks in our clubhouse.** We advertise our events on Channel 26, on the gwmonroe.net website, and also notify our members of upcoming events by email.

Our Senior Social Club has speaker meetings where they present information on topical subjects. These meetings are open to all our residents. Over the years, the Senior Social Club has been one of the largest social clubs at Greenbriar@Whittingham. **Our Club also sponsors Bingo on the second Friday of the month at 7:00 p.m. in our ballroom. Bingo is open to residents as well as non-residents guests.** Come and join us for an afternoon or evening of fun and relaxation!

For further information, please contact: Mary Laresch: 609-409-1007; Rhoda Jacobs: 609-409-7618; or Regina Savarese: 732-947-7347



The Sherlock Holmes Club of Greenbriar at Whittingham

(aka The Middlesex Constabulary, a scion society of The Baker Street Irregulars)

The Sherlock Holmes Club is dedicated to exploring and discussing the adventures of Sherlock Holmes, Dr. John Watson and the life and times of Victorian England. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting, which feature film clips and discussion. There are no dues and the stories are available for free online. New members are always warmly welcomed!

A bit about Sherlock Holmes clubs and societies. One might think that stories about a fictional detective written in England over 130 years ago would have faded into memory in our 21st century world. On the contrary, clubs such as ours, where enthusiasts of Sherlock Holmes can gather together, have formed in dozens of countries around the globe and number in the hundreds. *The Baker Street Irregulars* was the first formal society devoted to Sherlock Holmes. Founded in New York in 1934, it was shortly followed by the *The Sherlock Holmes Society*, in London. Many online groups, such as *The Hounds of the Internet*, have also developed in recent years.

Arthur Conan Doyle wrote the first story in 1887, and Holmes was instantly popular. Actor William Gillette brought the master detective to life on stage, and Robert Downey Jr and Benedict Cumberbatch are popular modern screen versions. Few Sherlock Holmes fans would argue against the brilliance of Basil Rathbone's depiction of the great detective for the big screen, or with Jeremy Brett's perfect Holmes for Granada TV in the 1980's.

So why do we still love Sherlock Holmes? The atmosphere of Victorian London- the fog and handsome cabs, cobblestone streets lit by flickering gas lamps, the River Thames, the cheery fireplace in the Baker Street sitting room, strange characters and villains- bring us back to an interesting place and time before technology took over.

And on a personal level, Sherlock Holmes still fascinates. The combination of his intellect, his fascinating skills of observation and deduction and the workmanlike manner in which he conducts an investigation draw us in. We are right there alongside Holmes and Dr. Watson from start to the often surprise finish of a case. His relationship with Dr. Watson, the everyman who narrates the stories, is endearing to the reader, showing a sympathetic, human side to Holmes the reasoning machine. Their friendship and loyalty to each other is always guaranteed.

So come join us! We meet at 4:30PM on the 4th Wednesday of each month (except August and December) in the 2nd floor meeting room of the Towne Centre. Club announcements are posted in our column in the Voice, on channel 26 and on flyers in the Towne Center lobby. Feel free to call Paul @ 609 642-6314 with questions. The Game is Afoot!

Stained Glass Club

1. Meetings

The club meets in the basement multi-use room every Thursday between 6-8 pm.

Stained glass projects may range from a simple butterfly to more extensive ones such as a design for an elaborate window. New members must pay a one time initiation fee of \$10. At present there are 6 active members, but space is limited because work stations are very well separated.

2. Steps in producing a stained glass piece

- A. Cut pieces of the pattern, trace pieces on glass
- B. Using a glass cutter to cut and then grind pieces to fit
- C. Use special foil to go around the outside edge of all pieces.
- D. Solder pieces together using a soldering iron, flux and solder
- E. The solder between pieces is usually blackened by a chemical patina.

3. Supplies

We have a complete list of supplies that we advise new members to purchase.

A glass cutter, soldering iron, solder, special foil and chemicals are a members responsibility as they do get used up.

Most supplies can be purchased at Hobby Lobby or at Rainbow Glass @ 1/2 hour from Greenbriar. Basic supplies may cost between \$75-\$100.

We have a nice supply of different colors and textures of glass to be used by members. However, members making projects of substantial size usually purchase their own glass. We have grinders and cutting boards for members to use.

Stop by most any Thursday to pick up a list of helpful supplies,

And to receive answers to any questions

Alan Levy

alan6303@comcast.net

609 235 9005 home

609 619 1390 cell



TAP INTO FUN AND EXERCISE!



If you're looking for a fun way to exercise, try tap dancing!!

No experience necessary

It is weight bearing, which is great for the bones, and it increases flexibility, balance, and stamina, making it a great cardio-vascular workout, all while having A LOT OF FUN!!

We are a warm, welcoming group of dancers
including men and women.

We meet on Tuesdays at 4:00 PM-5:30 PM
in the art room near the nurse's office.

If you don't have tap shoes, wear Keds, or comfortable shoes (not sneakers).
If interested, call Bunny: 609 395-8174



The mission of the club is to provide a fun, healthy recreational activity for all Greenbriar at Whittingham residents (owners & renters). We play on three tennis courts (Court #1, 2 & 3) located in the main parking lot for the GW Towne Center next to the GW Golf Course. We have GW Tennis Club Schedules for all levels of play. The GW Tennis courts can be reserved at <https://www.gwmonroe.com/recreation>. We also have Open Tennis sessions that can be scheduled via text with Tennis scheduler (Ron Sacoff 917-709-0039). GW Tennis Club Ball Machine is available to sign out/Release form at the Towne Center Concierge.

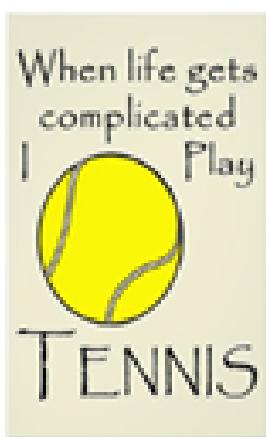
2023-2024 Officers are:

President—Felix Vasquez—fvasquez152@verizon.net

Vice President—Ron Sacoff—ron088@comcast.net

Treasurer—Andy Goodman—agoodman20@comcast.net

Corresponding Secretary—Jay Katz—katzjay@comcast.net



Annual dues are only \$10, which, for the most part, goes towards offsetting the cost of our social gatherings and monthly meetings.



WATER VOLLEYBALL

Tuesdays @ 5:30 p.m.

Info: Jay Respler

609-662-7438

GW Wheels

Greenbriar at Whittingham's Car Club!



GW Wheels Membership

Annual membership dues \$20 (dues paid after September 1 will be considered for the following year also).

First Name _____ Last Name _____

Street Address _____

Phone _____ email _____

Car Year _____ Make _____ Model _____

Place your dues (cash or check) in an envelope with your name on it in box No. 32 in the library.

**For more information, please
contact Tom Mulvey at 732-618-4694.**



Wine Club

The Wine Club will host in our Towne Center 6 wine dinners, or wine & spirit tasting events throughout the year. Each dinner will feature wines from a particular winery or wine growing area or other themes with food pairings for each course. It will be an educational and enjoyable evening and we hope you can join us. The cost of each event will vary depending on the cost of the wines and food selected. There will be a flyer emailed for each event with all the specific details as well as it being posted on the GWMonroe.com website.

GB Wine Club membership is \$10 per year per person. Please make a check payable to "Cash" and write GB Wine Club in the memo and place it in mailbox #30 at The Towne Center Library.

Looking forward to trying many new wines and spirits together along sharing some great meals too.



Woodworking Club

The woodworking club is over 20 years old. We have approximately 13 members. Besides making personal projects, we also construct woodworking projects and repairs for residents. We also do minor electric repairs on various electric items such as lamps. About 90% of our machines were purchased with dues and money donations from residents. We also constructed new wood mailbox stations located in the Towne Centre Library. We made toys for the children's hospital. We meet every Monday at 12 noon, but any member can use the shop anytime, but must have two members to use the electric machines. We also appreciate donation of wood and tools by residents.

After 5 years we recently collected \$10.00 dues. The amount to join the woodworking club is \$10.00. With our money we recently purchased a table saw and three cordless power drills. We are open to accept new members and if interested you can call Tom Garuccio 609-655-4969.

Thomas Garuccio
President



TRY YOGA FOR FREE



with Brian Critchley

All residents are welcome to take a free trial class of our Friday morning Gentle Mat Yoga class (10:30 – 11:30am). Join us any week you'd like to meet the instructor and ask any questions you have about the class.

The class will offer options for both beginners and more advanced students while focusing on safe alignment to maximize effectiveness and minimize risk of injury.

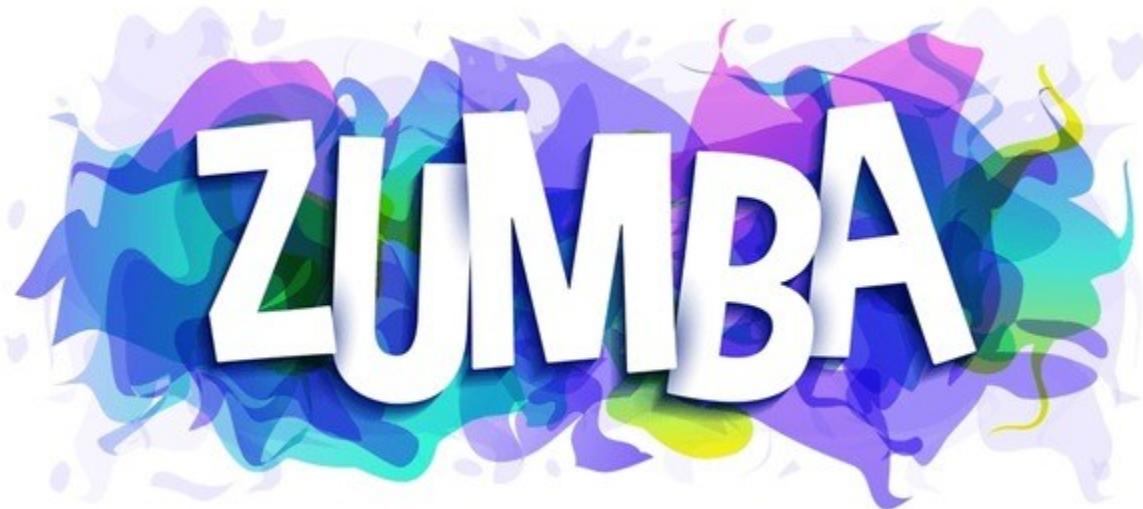
- Breathing & Centering Techniques
- Asana Practice with Common Yoga Postures
 - Deep Relaxation / Meditation



Instructor Brian Critchley, publisher of New Jersey Namaste News, a local yoga lifestyle magazine, is a graduate of Inner Light Yoga Center, Somerset School of Massage Therapy and Princeton University. He was inspired to start his yoga practice 25 years ago in order to increase the flexibility in his tight leg muscles. While his hamstrings are still tight, yoga has helped him recover from a serious back injury, decrease stress levels, and increase energy, stamina, and strength. His Hatha Yoga teaching style encourages both newcomers and seasoned 'yogis' to bring their awareness to healthy alignment during their yoga practice. He truly believes that yoga is beneficial for everybody and that everybody can do yoga!

For questions please contact Brian at 609-306-2618 or email
brianjcritchley@gmail.com.

ॐ ॐ ॐ ॐ ॐ



Zumba by Clark Fitness Training

Saturdays
9:00AM—10:00AM

See flyers on [www.gwmonroe.com/
recreation](http://www.gwmonroe.com/recreation) for more information.

GW Club Booklet Last Updated:
1/21/2026

*If you are a club or group and need to
make any changes please e-mail:
kristin.puriza@fsresidential.com*

Thank you!