

# NOVEMBER Calendar

Unless otherwise noted programs are FREE and registration is required.  
Please check the event description for location.

## Health Education and Nutrition Programs at the LiveWell Center 200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### **Produce Pick of the Month: Cranberries (hybrid)** **Tuesday, November 1 | 1 – 2 p.m.**

It's cranberry season! Join our registered dietitian in our demonstration kitchen to learn simple recipes featuring nutrient packed cranberries.

Attendance is free, registration is required: <https://bit.ly/3rzLMsW>

### **What You Need to Know: Medicare Open Enrollment (hybrid)**

**Tuesday, November 1 | 2 – 3 p.m.**

Join Janet Schindler, SHIP Coordinator for Monmouth County, for this discussion on Medicare open enrollment. The Open Enrollment Period, during which beneficiaries can make certain changes to their Medicare coverage for 2023, extends from October 15th – December 7th. This presentation provides an overview of Medicare and explains the options available to beneficiaries during Open Enrollment, changes in Medicare for 2023, and describes programs that can help qualifying beneficiaries pay for prescription plans and Medicare premiums and cost-sharing. *Light refreshments will be served to those attending in-person.*

Attendance is free, registration required: <https://bit.ly/3ynaf8z>

### **Preparing for Breastfeeding (hybrid)**

**Tuesday, November 1 | 3 – 4 p.m.**

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited.  
To register, call **862.781.3873**.

### **Breastfeeding Support Groups**

**Monday, November 7, 14, 21, 28 | 10:00 a.m. – noon**

**Wednesday, November 2, 9, 16, 30 | 1:00 – 3:00 p.m.**

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: **862.781.3873**

### **Tobacco and Nicotine Recovery Group**

**Thursday, November 3, 10, 17 | 10 – 11 a.m.**

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run on Thursday from 10 – 11 a.m. at the LiveWell Center. To register, please contact the Quit Center at **833.795.QUIT (7848)** or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).

### **Eating to Fuel Your Cells:**

#### **Diabetes Prevention Cooking Demonstration (hybrid)**

**Thursday, November 3 | 11 a.m. – noon**

Diabetes is one of the most common chronic diseases in the United States. Join our registered dietitian, Jenn Klein, MS, RD, and Paula Ross, MS, RN, at our demonstration kitchen to discuss some steps you can take to mindfully eat and reduce the risk of diabetes. This cooking demonstration will feature a simple healthy recipe to help promote balanced nutrition for disease prevention.

Attendance is free, registration required: <https://bit.ly/39orug9>

### **Family & Friends Adult, Child & Infant CPR (in-person)**

**Saturday, November 5 | 10:30 a.m. – noon**

The AHA's Family & Friends® CPR Course a video-based, classroom course intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. \* This is not a certification course. \* A book for reference with a completion card will be given at class. Individuals 10 and up are welcome to attend; 16 in-person spaces available at the LiveWell Center.

Attendance is free, registration required: <https://bit.ly/3JScGEF>



### **Healthy Kids Cooking Class (in-person)**

**Saturday, November 5 | 11 a.m. – noon**

Grab your apron and join Ms. Jenn for a hands-on cooking class in our demonstration kitchen. Young chefs age 4 to 10 are welcome to attend with an adult.

Attendance is free, registration required: <https://bit.ly/3fM977W>

### **Nutrition for Brain Health (hybrid)**

**Tuesday, November 8 | 11 a.m. – noon**

Join the LiveWell Center's registered dietitian for a discussion on nutrition for brain health in our demonstration kitchen. Learn what foods can help support brain function and ways to incorporate these foods into your everyday life.

Attendance is free, registration required: <https://bit.ly/3RCKw2D>

### **Meet and Greet: Monmouth County's Nicotine & Tobacco Quit Center (in-person)**

**Wednesday, November 9 | noon – 2 p.m.**

November marks the Great American Smokeout – a time to set a date to quit smoking! Stop by the LiveWell Center between noon and 2 p.m. to meet Anna Larotonda, EdM, CTTs, of the RWJBH Nicotine and Tobacco Recovery Program for Monmouth County. Learn about the FREE program, the support offered to help you along the way, and receive giveaways to help you in your quit journey.

No registration required, all welcome to attend.

### **Afternoon Tea with the LiveWell Center (hybrid)**

**Monday, November 14 | 2 – 3 p.m.**

It is the season of giving! Join us at the LiveWell Center or virtually as we discuss gratitude. Tea and light refreshments will be served to those who attend in-person.

Attendance is free, registration is required: <https://bit.ly/3bO9Kwe>

### **Garden State Film Festival (in-person)**

**Tuesday, November 15 | 2 – 3 p.m.**

Join us for an afternoon of the best that the cinematic arts have to offer from New Jersey's Premier Independent Film Festival! Open to adults 55+.

Attendance is free, registration required: <https://bit.ly/3yj24tM>

### **Teen Takeover Cook-along:**

#### **Healthy Mac N' Cheese (hybrid)**

**Tuesday, November 15 | 4:30 – 5 p.m.**

Join Ms. Jenn for a hands-on cooking class in our demonstration kitchen where we'll have fun making healthier stove-top mac n' cheese! Open to young adults ages 11 to 17.

Attendance is free, registration required: <https://bit.ly/3M7emel>

### **Baby's First Foods (hybrid)**

**Wednesday, November 16 | 10 – 11 a.m.**

In collaboration with the PMAD program, join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

Attendance is free, registration required: <https://bit.ly/3dqjNlO>

### **Meet the Healthcare Professionals (hybrid)**

**Wednesday, November 16 | 11:15 a.m. – 12:30 p.m.**

Join the Senior Citizens Activities Network (SCAN) and RWJBarnabas Health for a **FREE** healthcare informational session with a panel of medical experts from Monmouth Medical Center (MMC). Moderated by Kenneth M. Granet, MD, FACP, Chief Medical Officer at MMC, and featuring Manpreet K. Kohli, MD, FACS, Director of Breast Surgery at MMC, Isaac H. Tawfik, MD, Chief of Cardiology at MMC, and Richard S. Lazzaro, MD, FACS, Southern Region Chief of Thoracic Surgery, the doctors will address your health-related questions and help you find the pathway to better health! Grab & Go Lunch will be provided for in-person attendees.

Attendance is free, registration required: <https://bit.ly/3ryfQFI>

### **Living Well with Diabetes During the Holidays: Top Tips and Cooking Demonstration (hybrid)**

**Thursday, November 17 | 2 – 3 p.m.**

Join Jennifer Klein, MS, RD, and Autumn Dempsey, RN, CDE, Regional Program Coordinator for The Center for Diabetes Education at MMC/MMCSC, to discuss tips for living well with diabetes during the holidays and learn how to prepare a healthy holiday recipe in our demonstration kitchen. Open to those who have diabetes, are pre-diabetic, have a family member with diabetes, or want to support someone who does this season!

Attendance is free, registration required: <https://bit.ly/3CiLagg>





**Kids Craft: Gratitude Trees and Grateful Turkey Table Toppers (in-person)**

**Thursday, November 17 | 4 – 5 p.m.**

It is the season to think about what we are grateful for – our little ones included! Bring the kids to LiveWell Center to create gratitude trees or grateful turkey table toppers – a sweet addition to your table scape this season. Children ages 5-10 are welcome to attend.

Attendance is free, registration required: <https://bit.ly/3ElxfZA>

**Thanksgiving Leftovers (hybrid)**

**Tuesday, November 22 | 11 a.m. – noon**

You've planned for the Thanksgiving feast, now plan for the leftovers! Join our registered dietitian at our demonstration kitchen to discuss healthy ideas utilizing Thanksgiving leftovers. Jennifer will also provide food safety tips for storing leftovers.

Attendance is free, registration required: <https://bit.ly/3M9EDJi>

**Ready for the Holidays: Beautiful Bows (in-person)**

**Wednesday, November 30 | 2 – 3 p.m.**

Join us to learn how to make beautiful bows for gifts or wreaths that are certain to impress family and friends this holiday season! Lori DelValle, fashion industry professional, will teach you the skills needed to make bows for any occasion. Ribbon and tools will be provided, just bring yourself and be ready for festive fun. Limited to 25 participants.

Attendance is free, registration required: <https://bit.ly/3CKK66t>

**Ready for the Holidays:**

**Healthy Appetizers and Mocktails (hybrid)**

**Wednesday, November 30 | 3 – 4 p.m.**

Celebrate the season with us! Join our registered dietitian in our demonstration kitchen to learn how to whip up a simple, healthy holiday appetizer and a Sparkling Citrus Pomegranate Mocktail that you can serve at your next gathering. In-person sitting is limited to 18 individuals with a virtual option available.

Attendance is free, registration required: <https://bit.ly/3UZaIHT>

**Soup and Salad Night (hybrid)**

**Wednesday, November 30 | 6:30 – 7:30 p.m.**

Keep the holiday season simple with soup and salad night! Join us in our demonstration kitchen to learn a simple and satisfying soup and salad recipe, ready in about 30 minutes!

Attendance is free, registration required: <https://bit.ly/3C4xLbm>

**Movement for Better Balance**

**Wednesday, November 2 and 30 | 10:30 – 11:15 a.m.**

Regardless of body type or fitness levels this class is designed to improve balance and posture. *In-person program only and physical movement waiver required.*

Registration is required: **732.597.6075** or

**Kelly.Deleon@RWJBH.org**

## Health Screenings

**One-On-One Health Coaching**

**November Appointments Available Upon Request**

Free. Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have.

Registration required: **732.597.6075**

**Health Screenings (in-person)**

**Wednesday, November 30 | 1 – 2 p.m.**

Know your numbers! A registered nurse will be available at the LiveWell Center to provide free blood pressure, bone density, and mini-memory screenings.

Attendance is free, registration is required:

<https://bit.ly/3EiZacs>

**Monmouth Medical Center**  
**Monmouth Medical Center**  
**Southern Campus**

**RWJBarnabas**  
**HEALTH**



## Movement Programs at the LiveWell Center

### **Gentle Movement for Adults: Yoga Drumming**

**Friday, November 4 | 11 a.m. – noon**

It's time to get moving! Join the LiveWell Center for gentle movement classes for adults. Activities will include core strengthening, balance, stretching, chair yoga, yoga drumming, and more. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

**Attendance is free, registration required:**

<https://bit.ly/3qfwoRL>

### **Mommy & Me Movement**

**Friday, November 11 and 18 | 11:30 a.m. – 12:30 p.m.**

Struggling to find time to get moving with your little one around? Join us for Mommy-and-Me Movement with your baby in tow. This class is a great way to ease back into exercise in a safe, fun, and healthy practice that will benefit you and baby. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

**Attendance is free, registration required:**

<https://bit.ly/3BigegQ>

### **Wheee Get Fit & Play**

**Monday, November 7 | 9 – 10 a.m.**

Wheee Get Fit and Play is a boot camp style group fitness class for moms and their little ones! Class includes a 30-40 minutes workout followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Certified Pregnancy and Postpartum fitness instructors help make modifications to meet you where you're at. Being in a class full of moms creates a great community of new friendships to bloom. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

**Attendance is free, registration required:** <https://bit.ly/3KZgl4e>





## Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

### Navigating Medicare: 2023 Update (virtual)

**Tuesday, November 1 | noon – 1 p.m.**

Mark Gerhauser, Ocean County Office of Senior Services SHIP Counselor and Medicare expert, will provide invaluable, completely unbiased information for those who are new to Medicare as well as those that are existing enrollees. The presentation will also include an overview of the 2023 updates to the plan.

Registration required:

**732.597.6075** or **Kelly.Deleon@rwjbh.org**

### Qigong (Virtual)

**Thursdays, November | 1 – 1:45 p.m.**

Qigong, with roots in traditional Chinese medicine and philosophy, is a practice to cultivate and balance qi “life energy” through a series of external movements which will stimulate muscular, skeletal, respiratory and other functions in the body. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Qigong practice in a standing or seated position. Class code will be given at registration.

Registration required:

**732.597.6075** or **Kelly.Deleon@rwjbh.org**

### Movement for Better Balance (in-person)

**Fridays, November | 10:30 – 11:15 a.m.**

Regardless of body type or fitness level, this class is designed to improve balance and posture. This class will be held in-person at 199 Prospect Street, Lakewood. In-person program only and physical movement waiver required.

Registration required:

**732.597.6075** or **Kelly.Deleon@rwjbh.org**



### Health Screenings

**Thursday, November 3 | 10 – 11:30 a.m.**

Know your numbers! A registered nurse will be available to provide blood pressure, bone density and mini-memory screenings. This event will be held in-person at MMCSC, 600 River Avenue, Lakewood, in conference room A.

Registration required:

**732.597.6075** or **Kelly.Deleon@rwjbh.org**

### Keeping your Brain Young with Music

**Thursday, November 17 | 10:30 – 11:30 a.m.**

If you want to firm up your body, head to the gym! If you want to exercise your brain...use MUSIC! Fran Panella, LPN, CDP of Dementia Living Solutions will discuss the connection between music, your brain overall well-being. This event will be held in-person at MMCSC, 600 River Avenue, Lakewood, in conference room A. Space is limited.

Registration required:

**732.597.6075** or **Kelly.Deleon@rwjbh.org**

**Monmouth Medical Center**  
Monmouth Medical Center  
Southern Campus

**RWJBarnabas**  
HEALTH



## Virtual Support Groups

### All Recovery Meeting

#### Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, please call **833.233.IFPR (4377)**.

### Caregiver Support- Group and Individual Counseling

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, **732.778.0636**

### PROUDLY Me!

#### Transgender Edu-port (Education and Support) Program

**Every second Thursday of the month | 6 – 8 p.m.**

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 – 8 p.m. Please email [daniel.fernandez@rwjbh.org](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

### RWJBH Oncology Support Community

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs.

For full calendar of events, visit: <https://bit.ly/3Na4nFB>

### Tobacco and Nicotine Recovery Groups

**Mondays, November | 7 – 8 p.m.**

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually on Mondays at 7 p.m.

For questions, please contact the Quit Center at **833.795.QUIT (7848)** or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).





## Virtual Childbirth Education

### Baby Care Basics

**Saturday, November 5 | 10 a.m. – noon**

**Thursday, November 17 | 6:30 – 8:30 p.m.**

**\$50.00.** This program offers new parents information on the basic care of a newborn from bathing, to dressing, feeding, growth and development, safety, and more. Step-by-step instructions for choking and basic infant CPR will be covered as well. You will receive a booklet with an access code in the mail to access this virtual class.

Registration required: 732.923.5024

### Childbirth Preparation Class

**Sunday, November 13 | 10 a.m. – 1 p.m.**

**Sunday, November 20 | 10 a.m. – 1 p.m.**

**\$100.00.** This program focuses on what to expect during labor and birth, anesthesia choices, relaxation, breathing techniques and coping strategies. It will also address the immediate postpartum period. You will receive a booklet with an access code in the mail to access this virtual class.

Registration required: 732-923-5024

### Breastfeeding Today

**Thursday, November 10 | 6:30 – 8 p.m.**

**Saturday, November 19 | 10 a.m. – noon**

**\$50.00.** Breastfeeding offers many health benefits to babies and their mothers. Taught by a Certified Lactation Consultant, this class introduces prospective mothers and fathers to breastfeeding by providing information on the process and breastfeeding techniques. You will receive a booklet with an access code in the mail to access this virtual class.

Registration is required: 732.923.5024

### Virtual Eisenberg Family Center Tours

To access the virtual tour for the Eisenberg Family Center Tour go to:

<https://www.rwjbh.org/monmouth-medical-center/>

Scroll down to Specialty services.

Click on Maternity Services.

Click on the video The Eisenberg Family Center.

## Come join us at the new LiveWell Center

Anne Vogel Family Care & Wellness Center  
200 Wyckoff Road, Suite 1200  
Eatontown, NJ 07712  
862.781.3597 | [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org)

As we return to in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.