

## **MEDIA ADVISORY**

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## **4TH GRADERS JOIN SENIORS FOR SENIOR FITNESS DAY AT SPRING HILLS SOMERSET ASSISTED LIVING**

### **When:**

Sunday, March 5, 2017

2 p.m. to 4 p.m.

\*2 p.m. is an animal visit with the 4H Club

**\*2:30 p.m. begins Reach Across America event**

### **Where:**

Spring Hills Somerset Assisted Living

473 Demott Lane

Somerset, NJ

### **What:**

Somerset County 4H Club kids and two authors will enjoy Read Across America with the seniors at Spring Hills Somerset Assisted Living. The children and seniors will listen to author Alison Pilla read her new book, "It's Not So Bad" and then they'll discuss ways to make healthy decisions. Sharla Feldscher, author of "KIDFUN: 400 Fun and Easy Ideas for Kids Ages 2 to 8", will bring fun games from her book for the kids and seniors to play together. (Info on each book is below.) Everyone will enjoy cupcakes and punch. The event begins, however, with the seniors visiting with the animals that the 4H Club will bring.

**"KIDFUN" author Sharla Feldscher** will bring her games and fun to everyone as she demonstrates the ease of playing with young children by using imagination and materials already in the home. Through KIDFUN, Feldscher encourages adults to recall and value the good times they had as children, without the use of technology. Feldscher has always been a kid-believer. She began as a kindergarten teacher at the Henry Lawton Elementary School in Philadelphia and then as an author writing numerous articles, books, TV and radio features about creative play and encouraging families to have fun together — to laugh together. She currently owns a public relations business with her daughter, Hope Horwitz, called Feldscher Horwitz Public Relations. Go to [www.kidfunandmore.com](http://www.kidfunandmore.com) for more information on "KIDFUN: 400 Fun and Easy Ideas for Kids Ages 2 to 8".

**"It's Not So Bad", written by Alison Pilla**, mixes a fun adventure with learning rules. Perfect for both children and adults, readers will follow little Jake on a busy Saturday with his mom and his big, orange cat Bruce. The day will be filled with healthy choices to keep little Jake growing healthy and strong. But he's Jake is nervous to try some of these new things. Can little Jake's big, orange cat Bruce help him throughout the day? Pilla is an educator, counselor, devoted writer and author. Go to <http://www.prweb.com/releases/2017/02/prweb14051138.htm> to learn more about "It's Not So Bad".

**About Spring Hills Somerset Assisted Living:**

The Spring Hills Somerset Luxury Assisted Living Community provides premier assisted living and memory care with the finest amenities in the New Brunswick/Somerset County area and is located at 473 Demott Lane in Somerset, NJ 08873. For additional information visit [www.springhillssomerset.com](http://www.springhillssomerset.com) or call 732-733-6976.

**About Spring Hills Senior Communities:**

All Spring Hills Senior Communities offer a distinctive and innovative approach to luxury senior living and Home Care Services. Signature Touches is the company's approach to offering services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority, which is exemplified by recreational programs led by professionals in one of the company's eight communities located in NJ, VA, OH and FL or in their own home. For more information about their commitment to senior living, including information on Spring Hills Home Care Services, visit [www.spring-hills.com](http://www.spring-hills.com).

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