

# AT HOME

NEW JERSEY

THE BEST OF LIFE WHERE YOU LIVE

## CALENDAR

## Good things for you and your family to do

**Tuesday, March 13:** "Healthy Living, Healthy Eating," 11:30 a.m. at the Lavy House, 748 E. Broad St., Westfield. Registered dietitian Karen M. Enslie, family and community health sciences educator for Rutgers Cooperative Extension of Union County, will discuss realistic portion sizes for improved health. Register by calling (908) 352-8375.

**Sunday, March 18:** "Come to the Cabaret," 1 p.m. to 3 p.m. at the YM-YWHA of Union County, 501 Green Lane, Union. Jazz vocalist Carrie Jackson, accompanied by the Jazzin' All Star Ensemble, will perform beloved jazz, popular standards and American Songbook treasures. Dancing is encouraged. Voluntary \$10 donation requested; free for seniors and youth. Bring non-perishable food items to help those in need. Call (908) 289-8112 for program details.

**Monday, March 19:** "Agents of Change: Famous Women in New Jersey History," 7 p.m. at Cranford Community Center, 220 Walnut Ave., Cranford. Lecturer and photographer Jim DelGiudice will discuss influential female philanthropists, performers, politicians and others within the context of their own lives. DelGiudice, who has documented state history for more than 25 years, is a three-time winner of a share of New Jersey's Historic Preservation Award. Call (908) 709-7272.

**Tuesday, March 20:** "Organic Vegetable Gardening," 7:30 p.m. at Cranford Community Center, 220 Walnut Ave., Cranford. Virginia Lamb, environmental educator from Rutgers Home Gardeners' School, will discuss how to start or improve a vegetable garden. Topics in the free presentation will include sustainable soil management, variety selection, companion planting, mulching, cover cropping and succession planting, with an emphasis on organic methods.

**Monday, March 26:** "Too Much Stuff?," 6 p.m. at Mental Health Association in New Jersey, 673 Morris Ave., Suite 100, Springfield. Join free drop-in support groups that are a safe space for those with an emotional attachment to things. Share and learn about clutter challenges. Groups meet every other Monday at 6 p.m., and every other Tuesday at 1 p.m. Call (732) 226-7443 for details. (Related article on page 23.)

**Saturday, April 14:** Harvest Quilters of Central Jersey 35th annual quilt show, from 8 a.m. to 5 p.m. at Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains. Hand and machine quilting demonstrations, viewer's choice awards, historical exhibit and more than 100 quilts will be on display. \$7 admission for adults, \$3 for children under 12. Download \$1 off coupons at HarvestQuilters.com. To join the mailing list, call (908) 447-7201.



© 2017 Xiomaro.com

This bedroom is among photographs in a free ebook about historic Ford Mansion that can be downloaded at [Xiomaro.com](http://Xiomaro.com).

**Saturday, May 19:** Artist reception and discussion, from 2 to 4 p.m. at Morristown National Historical Park Museum, 30 Washington Place, Morristown. Xiomaro will discuss his photographs of Ford Mansion, George Washington's military headquarters during the winter of 1779. The ongoing 24-image exhibit will hang through Dec. 28. The photographs were commissioned by the National Park Service for a large-format book that will enable physically challenged visitors to experience the 12-room Georgian Revival mansion through narrated photographs. The exhibit celebrates the museum's new "Discover History Center," a gallery of interactive exhibits offering hands-on and multimedia experiences that explore Morristown's significant role in the American Revolution. Visit [NPS.gov/morr](http://NPS.gov/morr) or call (908) 539-2016 for visiting hours and to confirm date. Admission is free.

