

This month at the
Senior Resource Center

50 State Route 513 (located inside the Church of the Messiah) Chester, NJ 07930
908-879-2202 info@SRCNJ.org

June 2017

Monday, June 5 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn
Chester Library
250 W. Main Street, Chester
"How to be your Own Advocate"
Nurse Jane

Complimentary LUNCH will be provided.
Seating is Limited - RSVP at 908-879-7612

Tuesday, June 6 11:00 AM to 12:00 noon
(and every First Tues. of the month)

Flower Design Class
Come join the Chester Garden Club at the SRC
and create a seasonal flower arrangement.
All materials are supplied - \$2
Space is limited – RSVP at 908-879-2202

Tuesday, June 20 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn
Mountaintop Church
6 Naughtright Road, Hackettstown
"Chi For Living and Chi for Caring"
Stan Cohen

Complimentary HOT LUNCH will be provided
Seating is Limited – RSVP at 908-879-2202

Monday, June 26 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
"Habitat for Humanity Aging in Place"
Richard B. Cooke

LUNCH will be provided - \$2.00
Seating is Limited - RSVP at 908-876-3596



*All we can say is
thank you, thank you, thank you!
2017 Wine & Dine was a huge
success! Can't thank everyone
enough for your help and
support!!*

We invite you to join us at our



Date: June 21, 2017
Time: 1:00 – 4:00

Place: Senior Resource Center
50 Route 513
(Located inside the Church of the Messiah)
Free Admission
Free Screenings
Healthy Snacks Provided

Every Monday and Tuesday 9:30 to 11 AM
Healthy Bones

Project Healthy Bones® is an evidence-based **exercise program for people with or at risk for osteoporosis**. The sessions include exercises to improve strength, balance and flexibility, and education on nutrition, safety, drug therapy, and lifestyle related to osteoporosis.

Every Monday 11:00 AM to 12:00 PM
QiGong – Learn how to take control & responsibility for your body, mind & spirit. As a certified QiGong therapist helps you understand & alleviate energetic blockages that, if not addressed, can manifest disease in the body, discomfort in the spirit & distress to the mind.

Every Tuesday and Thursday 1 to 4 PM
Dance and Exercise Programs – Chair Yoga, Chair Pilates, Gentle Yoga, Piano Lessons, Line Dance, Barre Class (non-impact aerobic), Tai-Chi and more! **(See full schedule on reverse)**

Caregivers Support

Call about assistance available to caregivers, help accessing services, connect you with other caregivers or if you just need to talk.
Call the SRC for appointment – 908-879-2202