

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

September 2017

Tuesday, September 5th 11:00 AM to 12:00

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, September 5th 12:00 to 3:00 PM

AARP CarFit Program

FREE, interactive & educational program that teaches participants how to increase safety & mobility in the car. Please call 908-879-2202 to schedule your 20-minute appointment



Monday, September 11th 12 Noon to 2
(and every **First Monday** of the Month)

Lunch & Learn

Chester Library

250 W. Main Street, Chester

“Back Safety & Injury Prevention: Secrets to a Healthy Back”

Dr. Jeff Culbert

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

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

Lunch & Learn

Mountaintop Church

6 Naught Road, Hackettstown

“Maintaining Cognitive Skills as We Age”

Donna Altman

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

Monday, September 25th 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn

Washington Twp Public Library

37 E. Springtown Rd., Long Valley

“Beyond the Bone-Vitamin D as a Therapeutic Force”

Catherine Segal

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

Monday, September 5th 1:00 PM to 3:00 PM

MEET Our New ShopRite Dietitian

Brittany Peterson

Complimentary SNACKS will be provided.

Tuesday, September 26th 12:30 to 3:00 PM

FLU SHOT

Walgreens pharmacists will be on hand to administer FLU SHOT at the SRC MUST RSVP before September 1st at 908-879-2202
Please bring Medicare Part B and D cards



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, Line Dance, Barre Class (non-impact aerobics), Tai-Chi, Piano 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