

**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

December 2017

Monday, December 4th 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn
Chester Library
250 W. Main Street, Chester
"Medicare"
Andrew Vasta

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

Tuesday, December 5th 11:00 AM to 12:00 noon

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

Thursday, December 7th 11:30 AM to 12: 30 PM
(and every **First Thursday** of the Month)

Weight Management Support Group

Brittany, in-store Registered Dietitian at ShopRite of Chester, is hosting a monthly weight management support group! EVERYONE is invited to attend, especially those interested in making positive changes and learning from each other's successes! Each meeting will be 1 hour long and include a short nutrition lesson followed by group discussion. This month, we will be discussing sugar.

At the SRC (Lower Level)
RSVP at 908-876-3596

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

Lunch & Learn
Mountaintop Church
6 Naughtright Road, Hackettstown
"Do You Remember"
Bob Williams

New Jersey 101.5

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

Every Monday & Tuesday 9:30 AM to 11: 00 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 Tuesday and Thursday 1 to 4 PM

Dance, Piano 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 for more info.)



Festival of Trees
"Holly Jolly Christmas!"

December 2nd - 9th, 2017

Monday & Wednesday 10 - 6;

Saturdays 10 – 5

Tuesday, Thursday & Friday 10

- 8; Sunday Noon - 5

Admission: \$10 - Adults \$5 - Seniors & Students

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

The Senior Resource Center
will be closed

**Monday, December 25th &
Monday, January 1st**

for Christmas and New Year's Day
Have a safe and happy holiday!

**Merry
Christmas**

**Happy
New Year!**