

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

January 2018

Monday, January 8th 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn
Chester Library
250 W. Main Street, Chester
“***Understanding Sinus Infection***”
Catherine Segal

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

Thursday, January 11th 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

Monday, January 22nd 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
“***Understanding Sinus Infection***”
Catherine Segal

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

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, January 1st
for New Year's Day

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

This year's trees receiving the most votes were:

Most Beautiful - “Autumnal Joy”
Decorated by Carol Hawley & Kristen Turner

Most Creative - (Tie) “Don't Open 'Til Christmas”
Decorated by Kathleen Perlett

And
“Packages and Pearls”
Decorated by Tess and Tara Kelly

Most Fun - “Frosty the Snow Tree”
Decorated by Steph Stuff
Giving life to old things

Best Theme - “A Farm Christmas”
Decorated by Alstede Farms

Best 6 ft. Tree - “Our Town”
Decorated by Cynthia Dreeman Meyer

Best 4 1/2 ft. Tree - “Don't Open 'til Christmas”
Decorated by Kathleen Perlett

Best 4 Ft. Tree - “Christmas in Hoo-Hoo Ville”
Decorated by Cynthia Dreeman Meyer
Congratulations

and thank you to ALL who participated and visited.

2018 Theme
“HOME FOR THE HOLIDAYS”