

**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](mailto:info@SRCNJ.org)

**February 2018**

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

**Lunch & Learn**  
**Chester Library**  
**250 W. Main Street, Chester**  
**“Mental Health”**  
**Cindy Fleischer**

**Mental Health Associates of Essex and Morris**  
Complimentary LUNCH will be provided.  
Seating is Limited - RSVP at 908-879-7612

**Monday, February 26<sup>th</sup>** 12 Noon to 2 PM  
(and every **Fourth Monday** of the Month)

**Lunch & Learn**  
**Washington Twp Public Library**  
**37 E. Springtown Rd., Long Valley**  
**“Mental Health”**  
**Cindy Fleischer**

**Mental Health Associates of Essex and Morris**  
LUNCH will be provided - \$2.00  
Seating is Limited - RSVP at 908-876-3596

**Tuesday, December 6<sup>th</sup>** 11:00 AM to 12:00 noon  
(and every **First Tuesday** 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

**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

**Thursday, February 8<sup>th</sup>** 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.

At the SRC (Lower Level)  
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.)**

**Tuesday, December 13<sup>th</sup>** 12 Noon to 2 PM  
(and every **Second Tuesday** of the Month)

**Lunch & Learn**  
**Mountaintop Church**  
**6 Naught Road, Hackettstown**  
**“Mental Health”**  
**Cindy Fleischer**

**Mental Health Associates of Essex and Morris**  
Complimentary HOT LUNCH will be provided  
Seating is Limited – RSVP at 908-879-2202

**We’re looking forward to seeing  
you this month at all  
SRC events!**

For complete class schedule  
check our calendar at:  
**www.SRCNJ.org**