

**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

March 2018

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

Lunch & Learn
Chester Library
250 W. Main Street, Chester
“Allergy, A 21st Century Disease”
Catherine Segal

Registered Pharmacist and Marketing Executive
Complimentary LUNCH will be provided.
Seating is Limited - RSVP at 908-879-7612

Tuesday, March 6th 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

Thursday, March 8th 11:30 AM to 12:30 PM
(and every **First Thursday** of the Month)

Weight Management Support Group

At the SRC (Lower Level)
RSVP at 908-879-2202

Tuesday, March 20th 12:00 to 1:00 PM
**Jewelry Making Workshop
with Julia Comick**
Seating is Limited – RSVP at
908-879-2202



Tuesday, March 13th 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn
Mountaintop Church
6 Naughtright Road, Hackettstown
“Allergy, A 21st Century Disease”
Catherine Segal

Registered Pharmacist and Marketing Executive
Complimentary HOT LUNCH will be provided
Seating is Limited – RSVP at 908-879-2202

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

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
“Allergy, A 21st Century Disease”
Catherine Segal

Registered Pharmacist and Marketing Executive
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

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.)

COMING UP NEXT MONTH!

AARP Drivers Safety Program
April 18 & 20 (2 days) at 9:30 AM

Weight Management Support Group
April 5th at 11:30 AM to 12:30 PM
(and every **other** Month)