

**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

April 2018

Monday, April 2nd 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn
Chester Library
250 W. Main Street, Chester
“Dance Yourself Fit”
David Cross

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

Tuesday, April 3rd 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, April 5th 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



AARP Driver Safety Program at the SRC
Wednesday, April 18th and Friday, April 20th
9:30 am to 12:30 pm
You MUST RSVP at 908-879-2202
Class fee is \$20.00 (\$15.00 for AARP Members)

Monday, April 23rd 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
“Maintaining Cognitive Skills as We Age”
Donna Altman

Speech – Language Pathologist
Kessler - Rehab
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.)

Every Tuesday 11:30 to 12 noon
Come for BINGO and stay for LUNCH

Senior Nutrition Program - Presbyterian Church
220 Main Street, Chester. \$2 Suggested donation
You MUST RSVP at 908-879-6837

COMING UP NEXT MONTH!



WINE & DINE
May 10th 6:30 - 9:00 PM

FREE LEGAL ADVICE
with Katherine Ingrassia
May 22nd and 24th
Please call to sign up

SRC WILL BE CLOSED
MONDAY, MAY 28TH
MEMORIAL DAY