

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

May 2018

Tuesday, May 1st 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn
Mountaintop Church
6 Naughtright Road, Hackettstown
“Making Medicine Work for You”
Michele Serafin

Walgreens Pharmacist

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

Monday, May 7th 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn
Chester Library
250 W. Main Street, Chester
“Making Medicine Work for You”
Michele Serafin

Walgreens Pharmacist

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

Tuesday, May 15th 11:00 to 12:30 PM



Jewelry Making Workshop
with Julia Comick

Seating is Limited – \$7.00
(Please advise if unable to pay fee)
RSVP at 908-879-2202

Monday, May 21st 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
“Dental Care with Dr. Golis”

Prosthodontist-Cosmetic Dentistry

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

Tuesday, May 22nd 1 to 4 PM

Thursday, May 24th 1 to 4 PM

FREE one-on-one Legal Discussion with
Katherine Ingrassia, Counselor at Law

LAVERY, SELVAGGI, ABROMITIS & COHEN, P.C.

Please call the SRC at 908-879-2202

to sign up for a 30 min time slot.

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, QiGong 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

On behalf of the Senior Resource Center we would like to invite you to our



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

The Barn at Highlands Ridge Park
100 North Road, Chester NJ.

RSVP at 908-879-2202 - Tickets are \$50.00

SRC WILL BE CLOSED
MONDAY, MAY 28TH
MEMORIAL DAY