

**This month at the  
Senior Resource Center**

50 Route 24 (located inside the Church of the Messiah) Chester, NJ 07930  
908-879-2202 [info@SRCNJ.org](mailto:info@SRCNJ.org)

**June 2018**

**Monday, June 4th** 12 Noon to 2 PM  
(and every **First Monday** of the Month)

**Lunch & Learn**

**Chester Library**

**250 W. Main Street, Chester**

**“Maintaining Cognitive Skills as We Age”**

**Donna Altman**

**Speech – Language Pathologist  
Kessler-Rehab**

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

**Tuesday, June 5<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

**Thursday, June 7<sup>th</sup>** 11:30 AM to 12:30 PM  
(and every **First Thursday** of the Month)

**Free Weight Management Support Group**

At the SRC (Lower Level)

RSVP at 908-879-2202

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

**Lunch & Learn**

**Mountaintop Church**

**6 Naughtight Road, Hackettstown**

**“Online Health Information: What Can I Trust?”**

**Carolyn Kramaritsch**

**Visiting Nurse Association of Somerset Hills**

LUNCH will be provided - \$2.00

Seating is Limited – RSVP at 908-879-2202

**Tuesday, June 26<sup>th</sup>** 12:00 to 1:00 PM

**Jewelry Making Workshop  
with Julia Comick**

Join Julia to make your very  
own wired bracelet

Cost: \$7.00

Seating is Limited – RSVP at 908-879-2202



**Monday, June 25<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**

**“Making Medicine Work For You”**

**Michelle Serafin**

**Wallgreens’ Pharmacist**

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

\$2.00 suggested donation

You MUST RSVP at 908-879-6837

