

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

July 2018

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

Lunch & Learn
Chester Library
250 W. Main Street, Chester
“Nutrition for Gut Health”
Brittany Peterson, MS, RDN
ShopRite of Chester

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

Tuesday, July 10th 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn
Mountaintop Church
6 Naughtright Road, Hackettstown
“Hear Better Live Better”
Jo Perry
Total Hearing Care

LUNCH will be provided - \$2.00
Seating is Limited – RSVP at 908-879-2202

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

Free Weight Management Support Group
“Nutrition for Healthy Skin”
Brittany Peterson, MS, RDN
ShopRite of Chester

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

Monday, July 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
“Total Hip and Knee Replacement”
Melanie Marra and Loretta Ritter
Atlantic Health Systems-HMC
Atlantic Rehabilitation

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

Tuesday, July 24th 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

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

