

**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)

**October 2018**

**Monday, October 1<sup>st</sup>** 12 Noon to 2 PM  
(and every **First Monday** of the Month)

**Lunch & Learn**  
**Chester Public Library**  
**250 W. Main Street, Chester**  
**“Senior Dental Health”**  
**Dr. Golis**

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

**Tuesday, October 2<sup>nd</sup>** 11:00 to 12:30 PM  
**Jewelry Making Workshop**

with **Julia Comick**

Cost: \$7.00

Seating is Limited – RSVP at 908-879-2202

**Tuesday, October 9<sup>th</sup>** 12 Noon to 2 PM  
(and every **Second Tuesday** of the Month)

**Lunch & Learn**  
**Mountaintop Church**  
**6 Naughtright Road, Hackettstown**  
**“Senior Dental Health”**  
**Dr. Golis**

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

**Tuesday, October 11<sup>th</sup>** 1:00 to 3:00 PM  
**AARP CarFit Program**

FREE, interactive & educational program that teaches participants how to increase safety & mobility in the car. Please call 908-879-2202 to schedule your 20-minute appointment



**Thursday, October 11<sup>th</sup>** 10:30 AM to 12:00 PM

**“Eating for a Healthy Heart”**  
**Store Tour & Tasting**

Questions? Contact Brittany: 908.879.6813

**Tuesday, October 16<sup>th</sup> and 23<sup>rd</sup>** 1:00 to 3:00 PM

To schedule your one-on-one Medicare consultation with Andrew Vasta please call 908-879-2202 (Please bring list of medications)

**Monday, October 22<sup>nd</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**  
**“Stroke: What You Know May Save Your Life”**  
**Wendy Beatrice, MSN, RN, SCRNP**

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

**Tuesday, October 23<sup>rd</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

**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.)**

**Wednesday, October 10<sup>th</sup>** 10 AM  
and

**Wednesday, October 24<sup>th</sup>** 10 AM



**TREE DECORATING WORKSHOP**

Come to our tree decorating workshops to help decorate a tree for the Festival of Trees