

**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

November 2018

Monday, November 5th 12 Noon to 2 PM
(and every **First Monday** of the Month)

Lunch & Learn

**Chester Public Library
250 W. Main Street, Chester
"Stroke: Act F.A.S.T"**

Dr. Colleen Coughlin, Cardiologist

Complimentary LUNCH will be provided.

Seating is Limited - RSVP at 908-879-7612

Tuesday, November 6th 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

Wednesday, November 7th 10 AM

TREE DECORATING WORKSHOP

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



Tuesday, November 13th 12 Noon to 2 PM
(and every **Second Tuesday** of the Month)

Lunch & Learn

**Mountaintop Church
6 Naughtright Road, Hackettstown
"Nutrition"**

Jane E. DeWitt, MS, RD

LUNCH will be provided - \$2.00

Seating is Limited – RSVP at 908-879-2202

Wednesday, Nov. 14th 3:00 to 4:00 PM

**Cooking Demo
with Chef John**

Cost: \$2.00

Seating is Limited – RSVP at 908-879-2202

Tuesday, November 27th 11:00 to 12:30 PM

Jewelry Making Workshop with Julia

Cost: \$7.00

Limited Seating – RSVP at 908-879-2202

Monday, November 26th 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn

**Washington Twp Public Library
37 E. Springtown Rd., Long Valley
"Fall Prevention"**

Aaron Stefankiewicz, PT

LUNCH will be provided - \$2.00

Seating is Limited - RSVP at 908-876-3596

**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.)



Festival of Trees
"Home for the Holidays!"

December 1st – 8th, 2017

Monday & Wednesday 10 - 6;
Saturdays 10 – 5

Tuesday, Thursday & Friday 10 - 8; Sunday Noon - 5
Admission: \$10 - Adults \$5 - Seniors & Students

The Senior Resource Center
will be closed

Thursday, November 22nd

for Thanksgiving.

Have a safe and happy
holiday!

