

**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

January 2019

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

Lunch & Learn
Chester Public Library
250 W. Main Street, Chester
"Immunization"
Catherine Segal

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

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



**Jewelry Making
Workshop with Julia**
Cost: \$7.00
Limited Seating – RSVP at
908-879-2202

Friday, January 25th 9:30 to 10:00 AM



**Do you need help keeping
up with today's Technology?**

Technology can be overwhelming but not for the students of the Being Successful Program of Mendham High School. From the Amazon echo to help with iPhone, these students are willing to help get the answers you need and teach you how!!

**Space is limited for this FREE event
MUST REGISTER
by calling the Senior Resource Center
at [908-879-2202](tel:908-879-2202)**

Monday, January 28th 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
"Immunization"
Catherine Segal

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.)

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 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

COMING UP NEXT MONTH!

Learn how to brew beer in the SRC's first ever beer brewing class.

Once-a-week for 4 weeks.

Cost: \$8.00



More information to follow.

**Seating is Limited to 8 participants
MUST RSVP at 908-879-2202**