

**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

February 2019

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

Lunch & Learn
Chester Public Library
250 W. Main Street, Chester
“Embracing Aging”
Rebecca Abendante

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

Monday, February 25th 12 Noon to 2 PM
(and every **Fourth Monday** of the Month)

Lunch & Learn
Washington Twp Public Library
37 E. Springtown Rd., Long Valley
“Embracing Aging”
Rebecca Abendante

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



Beer Making Workshop

We will brew two classic styles of beer and each participant will receive a 6-pack at the end of each style with personalized beer labels to impress your family and friends.

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

Once-a-week, on Thursdays, for 4 weeks.
Cost: \$8.00

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

Tuesday, February 19th 11:00 to 12:30 PM



**Jewelry Making Workshop
with Julia**

Cost: \$7.00
Limited Seating – RSVP at
908-879-2202

Thursday, February 21st 11:00 to 12:00 PM



“Healthy One Dish Meal Class”

Cooking healthy dinners does not have to be so difficult or time-consuming! Come join Stacie, the Shoprite of Chester Dietitian, for a **Healthy One Dish Meal Class!** She will be going over how to incorporate all of the fundamental components of a healthy meal, into one dish! Come taste, talk and learn!

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