

**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)

**March 2019**

**Monday, March 4<sup>th</sup>** 12 Noon to 2 PM  
(and every **First Monday** of the Month)

**Lunch & Learn**

**Chester Public Library  
250 W. Main Street, Chester  
“Advance Directives”  
Cristina Mejia, RN, BSN**

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

**Monday, March 25<sup>th</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  
“Advance Directives”  
Cristina Mejia, RN, BSN**

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

**Tuesday, March 5<sup>th</sup>** 1:00 to 3:00 PM



**Vision and Balance Screening**

Vision screen offered by Kristine K. Gewant, Senior OT from Kessler Institute for Rehabilitation-Chester Facility. Age is the most common risk factor in vision problems. As we age we have more difficulty with vision because of macular degeneration, glaucoma, or cataracts. Also, vision changes can happen after a stroke or concussion. If you are interested in a brief vision screen we can offer suggestions related to your specific vision problem or ways to modify your home to optimize your functioning.

Will perform a 4 stage balance test and 30 second sit to stand test. These tests are standardized balance tests to find out if the person's balance is within the normal range of their age group.

**Space is limited for this FREE event  
MUST REGISTER**

**by calling the Senior Resource Center  
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.)**

**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

**Tuesday, March 19<sup>th</sup>** 11:00 to 12:30 PM



**Jewelry Making Workshop  
with Julia**

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