

**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)

**April 2019**

**Monday, April 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  
“Changes in Skin as We Age”  
Brittany Mallardi, MS, PA-C**

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

**Tuesday, April 2<sup>nd</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

**Tuesday, April 9<sup>th</sup>** 12:00 to 4:00 PM

**FREE one-on-one Legal Consultation with  
Katherine Ingrassia, Counselor at Law**

*LAVERY, SELVAGGI, ABROMITIS & COHEN, P.C.*

Please sign up for a 30 min time slot.

**Space is limited for this FREE event**

**MUST REGISTER**

**by calling the Senior Resource Center  
at 908-879-2202**

**Tuesday, April 16<sup>th</sup>** 11:00 to 12:30 PM

**Jewelry Making Workshop  
with Julia**

Cost: \$7.00

Limited Seating – RSVP at  
908-879-2202



**Thursday, April 18<sup>th</sup>** 11:00 to 12:00 PM  
(and every **Third Thursday** of the Month)

**Nutrition Talk with Stacie**

Join the Shoprite of Chester Dietitian as she discusses a new topic every month.

Cost: \$2.00

Limited Seating – RSVP at 908-879-2202

**Monday, April 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  
“Changes in Skin as We Age”  
Brittany Mallardi, MS, PA-C**

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

**Tuesday, April 23<sup>rd</sup>** 11:00 AM to Noon  
(and every **Fourth Tuesday** of the Month)

**Beauty Consultation**

Join the Shoprite of Chester beauty adviser as she demonstrates products, gives beauty tips and answers questions on a different topic every month. Cost: \$2.00

Seating is limited, so please sign up today!

**Wednesday, April 24<sup>th</sup> & Friday, April 26<sup>th</sup>**



**AARP Driver Safety Program**

9:30 am to 12:30 pm

AARP Real Possibilities

You MUST RSVP at 908-879-2202

Class fee is \$20.00 (\$15.00 for AARP Members)

**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.)***

**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