

**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)

**September 2019**

**Every Friday**

10:00 AM

*Walking Club*



Join the walking club as they walk a different trail every Friday at 10:00 AM (weather permitting)

Please call 908-879-2202 for more information.

**Monday, September 9<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**

**“Health Meets Food”**

**Catherine Segal**

Complimentary LUNCH will be provided.

Seating is Limited - RSVP at 908-879-7612

**Tuesday, September 10<sup>th</sup>**

11:00 AM to 12 PM

**Tax-reduction Strategies**

Could your health be the secret to less taxes in retirement? Sign-up to listen to Registered Financial Consultant, Stacey Maloney, as she speaks about an exclusive strategy to mitigate your taxes and lower your required minimum distributions!

Cost: **\$2.00**

**Seating is limited, so please sign up today!**

**Tuesday, September 17<sup>th</sup>**

11:00 to 12:30 PM

**Jewelry Making Workshop  
with Julia**

Cost: **\$7.00**

Limited Seating – RSVP at  
908-879-2202



**Monday, September 23<sup>rd</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**

**“Health Meets Food”**

**Catherine Segal**

LUNCH will be provided - **\$2.00**

Seating is Limited - RSVP at 908-876-3596

**Tuesday, September 24<sup>th</sup>**

11:00 AM to 12 PM

(every **Fourth Tuesday** of the Month)

**Beauty Consultant Program**

Join the Shoprite of Chester beauty adviser as she demonstrates products, gives beauty tips & answers questions on a different topic every month.

Cost: **\$2.00**

Seating is limited, so please sign up today!

**Tuesday, September 24<sup>th</sup>**

1:00 to 3:00 PM

**FLU SHOT**

Walgreens pharmacists will be on hand to administer FLU SHOT at the SRC MUST RSVP at 908-879-2202 Please bring Medicare Part B and D cards



**Every Monday**

11:00 AM to 12:00 PM

**QiGong**

Learn how to take control & responsibility for your body, mind & spirit as a certified QiGong therapist helps you understand & alleviate energetic blockages that, if not addressed, can manifest disease in the body, discomfort in the spirit & distress to the mind.

**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.)**