

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 2020**

**Monday, March 2<sup>nd</sup>** 12 Noon to 2 PM

(and every **First Monday** of the Month)

**Lunch & Learn**

**Chester Public Library  
250 W. Main Street, Chester  
"Arthritis"**

**Paul Hayes MA, OTR/L, CHT**

**Occupational Therapist and Certified Hand  
Therapist, Hackettstown Medical Center**

Complimentary LUNCH will be provided.

Seating is Limited - RSVP at 908-879-7612

**Monday, March 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  
"Frank Talk about Over the Counter Meds"**

**Cathy Segal**


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

**New Catered Lunch with more comfortable  
table seating for your enjoyment.**

Seating is Limited - RSVP at 908-876-3596

**Tuesday, March 3<sup>rd</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

Cost: **\$2.00**

Space is limited – RSVP at 908-879-2202

**Thursday, March 26<sup>th</sup>** 11:00 to 12:00 PM  
(and every other **Third Thursday** of the Month)

**Nutrition Talk with Stacie**

Join our local Shoprite Dietitian for a special National Nutrition Month presentation! We will be discussing portion control, and breaking down basic nutrition principles for aging and disease prevention. Join Stacie every other month, as she discusses a new topic.

Cost: **\$2.00**

Limited Seating – RSVP at 908-879-2202

**Monday, March 16<sup>th</sup>** 11:00 AM to 12:00

**Beauty Consultation**

Join Lizeth, 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**

Limited Seating – RSVP at 908-879-2202

**Tuesday, March 17<sup>th</sup>** 11:00 to 12:30 PM



**Jewelry Making with Julia**

Cost: **\$7.00**

RSVP at 908-879-2202

**Free on Fridays?**

**Join our Walking Club!**

To sign up or for more information, please call  
908-879-2202

**Coming up next month....**



**AARP Safe Driving Program**

**Wed. April 22 & Fri. April 24\*  
9:30 AM – 12:30 PM**

**You must pre-register by calling  
908-879-2202**

**\$15 for AARP members  
\$20 for non-members**

*\*You must attend BOTH sessions to  
get your certificate.*