



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

November 2022

All activities are open to seniors 55 & up
See the back for more details!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chair Yoga 9:30 am Line Dancing 11:00 am Walking Club 11:30 am	2 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm Yoga Class 2 pm (Please bring your mat)	3 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm *SPECIAL EVENT* "Taming Holiday Meals" 11:00 am	4 Walking Club 10:00 am	5
6	7 Chair Yoga 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm Lunch 'n' Learn "Balance & Mobility"	8 Chair Yoga 9:30 am Line Dancing 11:00 am No Walking Club	9 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm Yoga Class 2 pm (Please bring your mat)	10 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	11 Walking Club 10:00 am	12
13	14 Chair Yoga 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm	15 Chair Yoga 9:30 am Line Dancing 11:00 am Walking Club 11:30 am	16 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm Yoga Class 2 pm (Please bring your mat)	17 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	18 Walking Club 10:00 am	19
20	21 Chair Yoga 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm	22 Chair Yoga 9:30 am Line Dancing 11:00 am No Walking Club	23 NO CLASSES	24 NO CLASSES 	25 NO CLASSES	26
27	28 Chair Yoga 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm Munch 'n' Learn "Balance & Mobility"	29 Chair Yoga 9:30 am Line Dancing 11:00 am Walking Club 11:30 am	30 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm Yoga Class 2 pm (Please bring your mat)	Senior Resource Center 50 Route 24 Chester, NJ 07930 Located in Church of the Messiah For more information: Phone: (908) 879-2202 Email: info@srcnj.org Website: www.srcnj.org		



There is a \$2 recommended donation per class,
\$4 for Piano I and Piano II

Classes are held indoors in the Parish Hall at the Church of the Messiah
(equipped with a UV air filtration system). We are following CDC
recommended COVID-19 safety guidelines.

Call (908) 879-2202 or email at info@srcnj.org to register!

*Free bi-monthly
educational event!*

Lunch/Munch n' Learn: "Balance & Mobility"

*Free bi-monthly
educational event!*

Presented by Michael Doyle, DPT
Director of Ivy Rehab, Chester

** This is an interactive event. Please wear comfortable clothing
and shoes if you would like to participate. **

Join us to learn the best ways to improve balance and mobility by offering movements that help
strengthen different muscle groups in the body. Michael will demonstrate both sitting and standing
exercises to help improve posture and balance in our active lives.

Lunch n' Learn

Monday, Nov. 7th @ 12 pm
Chester Public Library
Light lunch will be provided

To register, visit the Program Calendar on the
library's website to find the event and fill out the
registration form. www.chesterlib.org

Munch n' Learn

Monday, Nov. 28th @ 12 pm
Washington Twp Library
Light refreshments will be provided

To register, visit the Program Calendar on the
library's website to find the event and fill out
the registration form. www.wtpl.org

SPECIAL EVENT

"Taming Holiday Meals"
Thursday, Nov 3rd @ 11 am – 12 pm
Presented by
Christine Miessner, ED.D, RD

Learn how to enjoy a healthy approach to
holiday meals this season. This session will
include a brief discussion and recipe
suggestions.

Being held at the Church of the Messiah
Suggested Donation: \$2.00

Join the volunteer team

FOR THE
**20th ANNUAL
FESTIVAL OF TREES!!**



Being held at the Chester Township Highlands Ridge Barn

**Got a little time? Give a few hours. Got a little more time? We'll
take it! What's your savvy? Decorating, networking, organizing,
marketing, client-building, or something else?**

All 14 or older are welcome to join our team!

Email volunteers@srcnj.org to learn more and sign up!

Class Descriptions

Chair Yoga: a gentle class adapting Yoga poses in a chair. The class
cultivates awareness & deep relaxation through movement, breath work
and stretching the body. This class also includes standing poses for
balance, strength and improved posture. Instructor: **Genevieve Ford**
(Mondays)

Chair Yoga: Yoga offered in a chair with some standing postures.
Appropriate for Seniors and people with physical limitations. Instructor:
Lisa Franey (Tuesdays)

Yoga on the Mat: A beginner class that focuses on bringing harmony
between mind & body. Kindly bring a mat to class. Instructor: **Genevieve
Ford**

Exploring Music: **Jeanette Hile** holds the title Professor Emeritus from
Seton Hall University where she taught music for 30 years. Jeanette
will play music (CD's) during the discussions, allowing participants to
listen and absorb the fullness of the music chosen for the class. Each week
will discuss a different composer.

Pilates: This class, led by Instructor **Lisa Franey**, opens with a series of low
impact cardio movements then moves to exercises focused on isometric
strength training combined with high reps of small range-of-motion
movements.

Line Dancing: Instructor **David Cross** leads fun, energetic line dances that
help increase flexibility, stamina, balance & fitness. We will be dancing to
a variety of music including popular & country.

Stretch Bands: A great class to improve flexibility, balance, stamina,
muscle strength, posture & body mechanics led by Instructor **David Cross**.

Walking Club: Join the walking club as they walk for an hour on a different
local trail every week (weather permitting).

Healthy Bones: Peer-led, evidence-based exercise program with or at-
risk-for osteoporosis. Sessions include exercises to improve strength,
balance, and flexibility, and education on nutrition, safety, drug therapy,
and lifestyle related to osteoporosis.

Piano Level I: Instructor **Jennifer Tillson** leads a hands-on introductory
class. Students learn beginning piano skills, fundamentals of music, hand
positioning, & sight reading. No experience is necessary. **Class price: \$4.00**

Piano Level II: This class is for those who have a basic foundation in piano
and are looking to add in the fine details into their piano playing.
Instructor: **Jennifer Tilson. Class price: \$4.00**