

May 2022



The Senior Resource Center is a non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

**50 Route 24 (located inside the Church of the Messiah)
Chester, NJ**

For more information contact us by calling **908-879-2202**
email us at info@SRCNJ.org
or visit our web site at www.SRCNJ.org

All activities are open to seniors 55 & up
\$2 recommended donation per class
\$4 for Piano I and Piano II

See the back side for more information on [this month's Munch 'n' Learn topic](#) and other SRC updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair Yoga 9:30 am Piano Level I 11 am Piano Level II 1 pm Munch 'n' Learn "Healing Power of Music" (see below)	3 Chair Yoga 9:30 am Walking Club 11:30 am Qigong 2:30 pm	4 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	5 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	6 Walking Club 10:30 am	7
8	9 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	10 Chair Yoga 9:30 am NEW Jewelry Design 11:00 am Walking Club 11:30 am Qigong 2:30 pm	11 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	12 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	13 Walking Club 10:30 am	14
15	16 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	17 Chair Yoga 9:30 am Walking Club 11:30 am Qigong 2:30 pm	18 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	19 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	20 Walking Club 10:30 am	21
22	23 Chair Yoga 9:30 am Piano Level I 11 am Piano Level II 1 pm Munch 'n' Learn "Healing Power of Music" (see below)	24 Chair Yoga 9:30 am Walking Club 11:30 am Qigong 2:30 pm	25 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	26 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	27 Memorial Day Weekend Walking Club cancelled	28
29	30  No Classes Today	31 Chair Yoga 9:30 am Walking Club 11:30 am Qigong 2:30 pm				

Check out our online calendar on our website at www.srcnj.org/calendar

Munch 'n' Learn
"The Healing Power of Music"
Presented by Jeanette Hile

The arts are a mirror of society. So too, does music touch our innermost emotions and can offer comfort and healing power.

We will listen to various styles of music, discuss and reflect upon how or if music affects our ability to heal.

Monday, May 2nd @ 12 PM
Chester Public Library
Light refreshments will be served.

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

Monday, May 23rd @ 12 PM
Washington Township Library
Light refreshments will be served.

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

SRC SPECIAL CLASS!!

"Jewelry Making with Julia"

May 10th @ 11:00 am

Fee: \$7.00

Email info@srcnj.org or call (908) 879-2202

****Church of the Messiah - Special Event****

**Meet Your Local Artisans
Show & Sale**

**50 Route 24 Chester, NJ
Saturday May 7, 2022 1-5pm**

All proceeds help to support the church's community outreach programs.

Class Description

Classes are held INDOORS in the Parish Hall at the Church of the Messiah (equipped with a UV air filtration system). Unvaccinated individuals MUST wear a mask.

Call (908) 879-2202 or email the SRC at info@srcnj.org to register for classes.

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. Led by Instructor **Lisa Franey (Tuesdays)**

Qigong: a mind, body & spirit connection. Qigong helps to align the body correctly while learning gentle movements that help to relax the body while offering the movements slowly, with grace & ease. Instructor: **Patty**

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 Tillson**. **Class price: \$4.00**