



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

February 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	2 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	3 Walking Club 11:00 am	4
5	6 Piano Level 1 – 11 am Piano Level 2 – 1 pm Lunch 'n Learn "Your Heart Loves Acupuncture"	7 Chair Yoga 9:30 am Walking Club 11:30 am	8 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	9 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	10 Walking Club 11:00 am	11
12	13 Piano Level 1 – 11 am Piano Level 2 – 1 pm	14 Chair Yoga 9:30 am No Walking Club 	15 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	16 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	17 Walking Club 11:00 am	18
19	20 Piano Level 1 – 11 am Piano Level 2 – 1 pm	21 Chair Yoga 9:30 am Walking Club 11:30 am	22 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	23 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	24 Walking Club 11:00 am	25
26	27 Piano Level 1 – 11 am Piano Level 2 – 1 pm	28 Chair Yoga 9:30 am No Walking Club Lunch 'n Learn "Your Heart Loves Acupuncture"	Senior Resource Center 50 Route 24 Chester, NJ 07930 Located in Church of the Messiah		For more information: Phone: (908) 879-2202 Email: info@srenj.org Website: www.srenj.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 'n Learn:
“Your Heart Loves Acupuncture”

Free bi-monthly educational event

Presented by Deborah Torrance

The heart is connected to every organ in the body and affects one’s health, emotions, and spirit. Deborah Torrance, owner and operator of Skyland Acupuncture in Chester, New Jersey, will teach the audience about how acupuncture works and how it can be beneficial for heart health. Acupuncture activates the parasympathetic nervous system, allowing us to bring our heart rate, blood pressure and blood sugar back to normal which in turn allows for better sleep, less stress, and a healthier system overall. We hope you will join us to learn more!

Lunch 'n Learn
Mon., Feb. 6th @ 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

Lunch 'n Learn
Tues., Feb. 28th @ 11:45 am
***Mountain Top Church**
6 Naughtright Rd, Hackettstown
Light lunch will be provided

To register, please call (908) 879-2202 or email info@srcnj.org.

***PLEASE NOTE:**
Munch 'n Learn at the Washington Twp Library will restart March 2023.

Class Descriptions

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

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**