



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

# March 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Healthy Bones</b> 9:30 am <b>Healthy Bones</b> 11:00 am <b>Exploring Music</b> 12:30 pm	<b>2</b> <b>Pilates</b> 9:30 am <b>Line Dancing</b> 1:00 pm <b>Stretch Bands</b> 2:00 pm	<b>3</b> <b>Walking Club</b> 11:00 am	<b>4</b>
<b>5</b>	<b>6</b> <b>Chair Yoga - 9:30 am</b> <b>Piano Level 1 – 11 am</b> <b>Piano Level 2 – 1 pm</b>  <b>Lunch ‘n Learn</b> <b>“Informative Talk on Postural Control”</b>	<b>7</b> <b>Chair Yoga</b> 9:30 am  <b>Hatha Yoga</b> 11:00 am	<b>8</b> <b>Healthy Bones</b> 9:30 am <b>Healthy Bones</b> 11:00 am <b>Exploring Music</b> 12:30 pm	<b>9</b> <b>Pilates</b> 9:30 am <b>Line Dancing</b> 1:00 pm <b>Stretch Bands</b> 2:00 pm	<b>10</b> <b>Walking Club</b> 11:00 am	<b>11</b>
<b>12</b>	<b>13</b> <b>Chair Yoga - 9:30 am</b>  <b>Piano Level 1 – 11 am</b> <b>Piano Level 2 – 1 pm</b>	<b>14</b> <b>Chair Yoga</b> 9:30 am <b>Hatha Yoga</b> 11:00 am	<b>15</b> <b>Healthy Bones</b> 9:30 am <b>Healthy Bones</b> 11:00 am <b>Exploring Music</b> 12:30 pm	<b>16</b> <b>Pilates</b> 9:30 am <b>Line Dancing</b> 1:00 pm <b>Stretch Bands</b> 2:00 pm	<b>17</b> <b>Walking Club</b> 11:00 am	<b>18</b>
<b>19</b>	<b>20</b> <b>Chair Yoga - 9:30 am</b> <b>Piano Level 1 – 11 am</b> <b>Piano Level 2 – 1 pm</b>	<b>21</b> <b>Chair Yoga</b> 9:30 am <b>Hatha Yoga</b> 11:00 am	<b>22</b> <b>Healthy Bones</b> 9:30 am <b>Healthy Bones</b> 11:00 am <b>Exploring Music</b> 12:30 pm	<b>23</b> <b>Pilates</b> 9:30 am <b>Line Dancing</b> 1:00 pm <b>Stretch Bands</b> 2:00 pm	<b>24</b> <b>Walking Club</b> 11:00 am	<b>25</b>
<b>26</b>	<b>27</b> <b>Chair Yoga - 9:30 am</b> <b>Piano Level 1 – 11 am</b> <b>Piano Level 2 – 1 pm</b> <b>Munch ‘n Learn</b> <b>“Informative Talk on Postural Control”</b>	<b>28</b> <b>Chair Yoga</b> 9:30 am <b>Hatha Yoga</b> 11:00 am	<b>29</b> <b>Healthy Bones</b> 9:30 am <b>Healthy Bones</b> 11:00 am <b>Exploring Music</b> 12:30 pm	<b>30</b> <b>Pilates</b> 9:30 am <b>Line Dancing</b> 1:00 pm <b>Stretch Bands</b> 2:00 pm	<b>31</b> <b>Walking Club</b> 11:00 am	



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 [happenings@srcnj.org](mailto:happenings@srcnj.org) to register!

*Free bi-monthly  
educational event*

### Lunch 'n Learn:

## **“Informative Talk on Postural Control”**

*Free bi-monthly  
educational event*

**Presented by Michael Doyle**

**Director of Physical Therapy/Physical Therapy Assistant**

Michael Doyle will be presenting on the effects of diminishing posture and what poor posture can lead to. He will discuss on why good posture is important and give a brief lesson on anatomy. His presentation is very interactive and will involve some activities and demonstrations for the group to take with them.

**Lunch 'n Learn**  
**Mon., March 6<sup>th</sup> @ 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](http://www.chesterlib.org)

**Munch 'n Learn**  
**Mon., March 27<sup>th</sup> @ 11:45 am**  
**Washington Township Library**  
37 E. Springtown Rd. Long Valley, NJ 07853  
*Light refreshments will be provided*

To register, call the SRC office at 980-879-2202 or email us at [happenings@srcnj.org](mailto:happenings@srcnj.org)

Senior Resource Center  
50 Route 24  
Chester, NJ 07930  
Located in Church of the Messiah

For more information:  
Phone: (908) 879-2202  
Email: [happenings@srcnj.org](mailto:happenings@srcnj.org)  
Website: [www.srcnj.org](http://www.srcnj.org)

### Class Descriptions

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

**NEW!! Hatha Yoga:** a branch of yoga which uses physical techniques to try to preserve and channel the vital force of energy. Please bring a mat. Instructor: **Danielle Aponte**

**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**