



A non-profit 501(c)3 providing support, information, education, training and referral for Seniors and their Caregivers.

April 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Chair Yoga - 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm Lunch & Learn "Scams Targeting the Elderly"	4 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	5 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	6 1st Day of Passover Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	7 Walking Club 11:30 am	8
9 Easter Sunday	10 Chair Yoga - 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm	11 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	12 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	13 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	14 Walking Club 11:30 am	15
16	17 Chair Yoga - 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm	18 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	19 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	20 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	21 Walking Club 11:30 am	22
23	24 Chair Yoga - 9:30 am Piano Level 1 – 11 am Piano Level 2 – 1 pm	25 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am Lunch & Learn "Scams Targeting the Elderly"	26 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	27 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	28 Walking Club 11:30 am	29 SRC Music Festival 2:30 pm



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 to register!

*Free bi-monthly
educational event*

Lunch 'n Learn:

"Scams Targeting the Elderly"

*Free bi-monthly
educational event*

Presented by Det. Susan Mistretta, NJ State Police

Det. Susan Mistretta will be presenting on how the elderly population are being targeted in an effort to scam them for money and identity theft. Det. Mistretta currently works as a Sgt. in the Outreach Unit and is dedicated to building bridges between the community and law enforcement.

Lunch 'n Learn
Mon., April 3rd @ 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., April 25th @ 11:45 am
Mountain Top Church
6 Naughtright Rd. Hackettstown, NJ 07840
Light refreshments will be provided

To register, call the SRC office at 908-879-2202 or email us at 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
Website: 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 CLASS: Qigong/Tai Chi: a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.
Instructor: **Carl Klemme**

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**