

June 2022

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 9:30am Line Dancing 1:00 pm Stretch Bands 2:00 pm	3 Walking Club 10:00 am	4
5	6 Chair Yoga 9:30am Piano Level 1 11am Piano Level 2 1pm Munch 'n' Learn "Senior Scams" (see below)	7 Chair Yoga 9:30am NEW Flower Design 11am Walking Club 11:30 am NEW Beer Making Rescheduled for September Qigong 2:30 pm	8 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	9 Pilates 9:30am Line Dancing 1:00 pm Stretch Bands 2:00 pm	10 Walking Club 10:00 am	11
12	13 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	14 Chair Yoga 9:30am NEW Beer Making Rescheduled for September Walking Club 11:30 am Qigong 2:30 pm	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 10:00 am	18 CONCERT "Music from the Heart" 2-3pm (see below)
19	20 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	21 Chair Yoga 9:30am NEW Beer Making Rescheduled for September Walking Club 11:30 am Qigong 2:30 pm	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 10:00 am	25
26	27 Chair Yoga 9:30am Piano Level 1 11am Piano Level 2 1pm Munch 'n' Learn "Senior Scams" (see below)	28 Chair Yoga 9:30am NEW Beer Making Rescheduled for September Walking Club 11:30 am Qigong 2:30 pm	29 Healthy Bones 9:30 am Healthy Bones 11:00 am Exploring Music 12:30 pm	30 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm		



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!

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

**Munch 'n' Learn:
"Senior Scams"**

Presented by Detective Bradley Ellmann

Let us welcome Detective Bradley Ellmann from the Chester Twsp. Police Department who will offer advice on scams and fraud. Fraudsters target older people for a variety of reasons & scams. Don't be fooled!!!

Monday, June 6th @ 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, June 27th @ 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 CLASSES!!

"Beer Making" Rescheduled for September – Thursdays 10:30-1:00 pm
Sept. 8, 15, 22, 29,
Fee: \$12.00 (\$3.00 per class) - all materials provided

FLOWER ARRANGING CLASS

JUNE 7, 2022 @ 11:00 am

Spring Flower Arrangements Designed in Baskets

Sponsored by the Chester Garden Club – Suggested Donation: \$7

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

****2nd SRC Concert - Music from the Heart****

Saturday June 18, 2022 2- 3 pm

Cost: \$8.00 pre-paid - \$10.00 at the door

*****Kindly join us for Light Refreshments after the concert to THANK Reverend Margaret for all of her wonderful years of service to SRC*****

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