

October 2021



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 website at

www.SRCNJ.org

All activities are open to seniors 55 & up

\$2 recommended donation per class

See other side for more information on this month's Lunch 'n' Learn topic and other SRC updates!

Monday	Tuesday	Wednesday	Thursday	Friday
		29 Tai Chi @ 9:30am (Zoom only) Healthy Bones @ 9:30am & 11am	30 *Pilates @ 9:30am Line Dancing @ 1pm Stretch Bands @ 2pm	1 Walking Club @ 11am
4 Qigong @ 9:30am Piano Level 1 @ 11am Piano Level 2 @ 1pm Lunch 'n' Learn at Chester Library @ 12pm (Zoom)	5 *Chair Yoga @ 9:30am	6 Tai Chi @ 9:30am (Zoom only) Healthy Bones @ 9:30am & 11 am	7 *Pilates @ 9:30am Line Dancing @ 1pm Stretch Bands @ 2pm	8 Walking Club @ 11am
11 *Qigong @ 9:30am Piano Level 1 @ 11am Piano Level 2 @ 1pm	12 *Chair Yoga @ 9:30am	13 Tai Chi @ 9:30am (Zoom only) Healthy Bones @ 9:30am & 11am	14 *Pilates @ 9:30am Line Dancing @ 1pm Stretch Bands @ 2pm Storytelling Circle @ 3pm	15 Walking Club @ 11am
18 *Qigong @ 9:30am Piano Level 1 @ 11am Piano Level 2 @ 1pm	19 *Chair Yoga @ 9:30am	20 Tai Chi @ 9:30am (Zoom only) Healthy Bones @ 9:30am & 11am	21 *Pilates @ 9:30am Line Dancing @ 1pm Stretch Bands @2pm	22 Walking Club @ 11am
25 *Qigong @ 9:30am Piano Level 1 @ 11am Piano Level 2 @ 1pm Lunch 'n' Learn at Washington Twp Library @ 12p (Zoom)	26 *Chair Yoga @ 9:30am	27 Tai Chi @ 9:30am (Zoom only) Healthy Bones @ 9:30am & 11am	28 *Pilates @ 9:30am Line Dancing @ 1pm Stretch Bands @2pm	29 Walking Club @ 11am

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

Virtual Lunch 'n' Learn:

“Vitamin D Update – Geeking Out on Vitamin D3”

Presented by **Catherine Segal R.PH., M.B.A.**

FREE Zoom presentation

Did you know that 70% of the US population suffer from inadequate Vitamin D levels once the days get shorter and colder? We all know our bodies create Vitamin D from exposure to sunlight and it is good for bones. But there is new learning about this important vitamin's role in health. Vitamin D plays an important role in immune function as well as in fighting several chronic diseases. Gain an appreciation of the role Vitamin D can play in your health.

Catherine Segal R.Ph., M.B.A. is a board member for the Senior Resource Center and has presented several times on health and nutrition topics for us. She retired from the pharmaceutical industry where she was an expert in moving products from prescription-only status to over-the-counter status. She is a contributing author and reviewer for the Regulatory Affairs Professional Society's new book on Rx-to-OTC Switches published September 2021.

Monday, October 4th @ 12 PM **Chester Public Library**

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 October 25th @ 12 PM **Washington Twp Library**

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

Sign up for our weekly email newsletter!

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

Exercise Classes

Classes are held **INDOORS** in the Sanctuary at the Church of the Messiah (equipped with a UV air filtration system). **Unvaccinated individuals MUST wear a mask.** *Classes marked with * are also being offered via Zoom.*

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

***Qigong:** Join **Renee Dorn** for an ancient form of moving meditation, a low impact, mind body exercise, suitable for people of all fitness levels. Benefits include: Mind-body centering, stress reduction, increase core strength, balance, flexibility, and vitality.

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

Tai Chi/Qigong: Qigong is a mind – body wellness movement modality, 5000 years old, predating Tai Chi. In class we practice a few of the oldest Qigong forms along with skill work on body movement, breathing and integration of skills into movement. Classes are geared to learn, relax, and enjoy each other's company as part of the practice of the arts of Qigong and Tai Chi. Led by Instructor **Stan Cohen**.

***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 that focus on toning arms and legs. The class also includes core work and stretching.

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. It is a great, low-impact way to exercise and feel better!

Move Today/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.