



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

Free bi-monthly educational event

### Lunch 'n Learn: "Do-It-Yourself Healthcare"

Free bi-monthly educational event

Presented by Catherine Segal

Catherine Segal, pharmacist and SRC Board member, empowers you to take an active role in your health. From thermometers and blood pressure cuffs to over-the-counter hearing aids and home EKGs, there are amazing new technologies that let people partner with their doctors to actively manage their health.

#### Lunch 'n Learn

Mon., Jan. 9<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)

#### Lunch 'n Learn

Tues., Jan. 24<sup>th</sup> @ 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](mailto:info@srcnj.org).

#### **\*PLEASE NOTE:**

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

*Thank you*

to all who attended the **Festival of Trees!**

We are grateful for the amazing volunteers who made it all possible, and for the warmth of our community. Because of your generosity, the SRC can continue to offer its programs to Seniors and their Caregivers as we enter a new year.

### Class Descriptions

**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. Instructor: **Lisa Franey (Tuesdays)**

**Yoga on the Mat:** A beginner class that focuses on bringing harmony between mind & body. Kindly bring a mat to class. Instructor: **Genevieve Ford**

**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**