

# SRC

SENIOR RESOURCE CENTER



## **“Music of the Heart”**

**Concert by Deborah Gano, local vocalist,  
performing classics, Broadway tunes  
and other uplifting music  
to benefit the**

**Senior Resource Center of NJ**

**Date: Saturday, March 12th, 2022 @2pm**

**Location: Church of the Messiah  
50 Route 24  
Chester, New Jersey 07930**

**Fee: \$10.00 at the door**

**Please be seated by 1:45 pm  
Refreshments will be served after the show  
For any questions call 908-879-2202**

Ms. Gano, a local professional singer, has been singing for the past 25 years, holding concerts in churches, hospitals, senior centers and schools in both the United States & Canada. Her interactive and engaging way with the audience is part of the charm in her performances.

# March 2022



## SENIOR RESOURCE CENTER

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](mailto:info@SRCNJ.org) or visit our web site at [www.SRCNJ.org](http://www.SRCNJ.org)

All activities are open to seniors 55 & up  
\$2 recommended donation per class

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chair Yoga 9:30am Walking Club 1:00 pm	2 Healthy Bones 9:30 am Healthy Bones 11:00 am	3 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	4 Walking Club 11:00 am	5 NEW Yoga 10:00 am (BYO-Mat)
6	7 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	8 Chair Yoga 9:30am Walking Club 1:00 pm	9 Healthy Bones 9:30 am Healthy Bones 11:00 am	10 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	11 Walking Club 11:00 am	12 NEW Yoga 10:00 am (BYO-Mat) CONCERT @ 2:00 pm
13	14 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	15 Chair Yoga 9:30am NEW Mindful Meditation Techniques 11:00 am Walking Club 1:00 pm NEW Qigong 2:30 pm	16 Healthy Bones 9:30 am Healthy Bones 11:00 am	17 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	18 Walking Club 11:00 am	19 NEW Yoga 10:00 am (BYO-Mat)
20	21 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	22 Chair Yoga 9:30am Walking Club 1:00 pm NEW Qigong 2:30 pm	23 Healthy Bones 9:30 am Healthy Bones 11:00 am NEW Exploring Music 12:30 pm	24 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	25 Walking Club 11:00 am	26 NEW Yoga 10:00 am (BYO-Mat)
27	28 Chair Yoga 9:30 am Piano Level I 11:00 am Piano Level II 1:00 pm	29 Chair Yoga 9:30am Walking Club 1:00 pm NEW Qigong 2:30 pm	30 Healthy Bones 9:30 am Healthy Bones 11:00 am NEW Exploring Music 12:30 pm	31 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm		