

Chess Workshop



**Did you know that chess helps to stimulate
the mind and improves memory function?**

This is much needed in the prevention of Alzheimer's or in slowing down its progression by keeping the brain active and well-stimulated.

Jason Lu, founder of "Chess for Seniors", is holder of the highest title, National Master of the United States Chess Federation.

Jason will show us chess basics and some tips and tricks of this intricate game!

This is a one-day workshop and if we have enough interest, we can offer chess as a regular program.

Monday, July 10th, 2023

1:00PM – 3:00PM

To register please call 908-788-1359.

*Open to Hunterdon County residents age 60
and over who are enrolled members of the Senior Center.*

*The program is brought to you, at no cost, through funds from
Title III, Older Americans Act.
Donations are appreciated.*