



"Bringing seniors, their families and caregivers in our communities together for physical activity, mental stimulation, camaraderie, and fun, while providing timely and important information related to issues surrounding aging"

Description of Classes at SRC

What are the benefits of taking exercise, music classes & special workshops for Seniors?

Chair Yoga for Seniors

Chair yoga is a promising form of exercise for older adults. It may help people with certain health conditions, such as arthritis, to exercise without putting pressure on joints. It may also reduce the fear of falling and help people who are not used to exercise to begin improving their strength and balance.



**Chair Yoga on Mondays
@9:30 am
with Karin German**



**Chair Yoga on Tuesdays
@ 9:30 am
with Lisa Franey**

Piano Classes at SRC

It's never too late to begin! Playing the piano can be a great way to keep the mind active. In fact, research indicates that engaging in musical activities can delay cognitive aging and reduce the risk of dementia.



Piano 1 takes place every Monday at 11:00 with Jen Tillson, the instructor for the introductory class. Students learn beginning piano skills, hand positioning, sight reading and fundamentals of music. No experience is necessary.



Piano 2 takes place every Monday at 1:00 with Jen Tillson. This class is for those who have a basic foundation in piano and are looking to add fine details into their piano playing.

Core Centrics & Qigong/Tai Chi

Core Centrics exercises train the muscles in your core to work in harmony. This leads to better balance and steadiness, also called stability. Stability is important whether you're on the playing field or doing regular activities. In fact, most sports and other physical activities depend on stable core muscles

Qigong involves lateral movements that help strengthen our core, which can help promote better balance. Improvements were also seen in strength and flexibility. Reduced stress — Since qigong focuses on relaxing the body and mind, it helps seniors to manage stress more effectively.



Core Centrics takes place every Monday morning at 10:45 with instructor Lisa Van Saders



Qigong takes place every Tuesday morning at 10:30 with instructor Carl Klemme

Balance & Bones
led by Peer Leaders:
Claire, Pat, Julia, Dolores,
Barbara, Cathy, Julie & Marlene

This program has demonstrated improved balance, increased strength, improved nutrition, home falls prevention and increased socialization among participants. In a study of 271 participants, 90% of participants completing the class increased the average amount of weight lifted by $\frac{3}{4}$ to 1 pound, and 68% increased their calcium intake by an average of 500 mg.



Balance & Bones takes place every Wednesday morning at 9:15 with Julie, Marlene, Barbara & Cathy



Balance & Bones takes place every Wednesday morning at 11:00 with Claire, Pat, Julie, Julia & Dolores

Pilates

Line Dancing, Stretch Bands

Pilates 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 fits in so well for promoting all areas of health. You get your body moving, you increase your brain fitness by learning new dance steps and you have fun with other people. Dancing helps to maintain coordination with all parts of the body, as well as learning a sequence of steps.

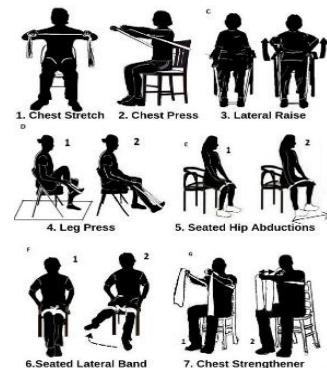
With resistance band exercises, seniors can effectively target and strengthen muscles needed to support daily activities. These exercises also prevent muscle loss associated with aging



**Pilates takes place
Thursday morning
at 9:30 with
Lisa Franey**



**Line Dancing takes
place Thursday
afternoon 1:00 with
David Cross**



**Resistance Bands
takes place
Thursday at 2:00
with David Cross**

SRC String Jammers and Quilting Workshop

- Research from several fields suggests that active music participation can benefit senior citizens by contributing positively to their psychological well-being or mental health during the transitional years of retirement and beyond
- Quilting might be considered a passive experience by those who've never tried it. But this task requires measuring and calculating, great exercises for the brain. Quilting is creative in a way that could help prevent dementia, and can also be a great source of joy as you give your quilts to others.



**SRC String Jammers
takes place every 1st &
3rd Tuesday at 11:00 led
by Andy Meissner and
Dr. Sean O'Connell**



**The SRC Quilting Club
takes place every 1st
and 3rd Wednesday
led by Dr. Andy
Wiginton**

SRC Walking Group

Walking will increase your confidence and mood, and help you feel better all around. Walking improves your energy levels and increases your stamina. Walking will reduce anxiety or depression and it improves your social life – walking is a great way to get out and meet people or socialize with your friends. The SRC Walking Club meets on Fridays at 11:00 at a different location every week and is led by Lisa Sibelman. Check the SRC website for where we will be walking next.



If you are interested in any of these programs, please either call Lisa Sibelman at 908-879-2202 or email her at programdirector@srcnj.org