



Senior Space live, learn, grow

**200 Bristol Glen Drive
Newton, NJ 07860**

United Methodist Communities at Bristol Glen, a continuing care retirement community, hosts **Senior Space**, a resource hub opened to the area's older adults, with little or no cost and no commitment. **Senior Space** is a dedicated place to learn, socialize, find wellness information, engage in programs, and have meaningful, abundant experiences!

March 2020 Calendar (Subject to Change)

Thursday March 5th 2pm "Creating Better Days" the benefits of CBD Oil

presented by CBD of Newton an education and pop up shop

Thursday March 5th 3pm American Chronic Pain Association meeting self-help & peer support for people with chronic pain. Call Lester for more info 973-383-5189

Saturday March 7th 2pm Music and Memories by Sy and Shelia Mendel

Wednesday March 11th 10am Art with Amy painting with watercolors

Friday March 13th 3pm Film on Fridays presented by SCCC **"The Quiet Man"** starring John Wayne & Maureen O'Hara. Refreshments and discussion to follow

Tuesday March 17th 7:30 pm Colonel Henry Ryerson Civil War Round Table "History and Layout of Picatinny Arsenal prior to its start in 1880", by Jason Huggan.

Wednesday March 18th 10am "Found Fragrances: How to Make your Own Fragrant & Free Potpourri" make 'n take workshop, presented by Jenny Rottinger, Master Gardener

Thursday March 19th 2pm "March into Health" presented by Shoprite Dieticians. How to effectively build your plate, components of different food groups, hydration & physical activities. Refreshments served.

Tuesday March 24th 7pm Orchid Society meeting and presentation

Thursday March 26th 6pm-8pm Knitting for a Cause presented by Pass It Along. Come learn to knit or crochet. Supplies & instructions are available. Items made will be donated to those in need in the county.

Weekly Occurring Events

Mondays 7pm Harmony in Motion women's a cappella group rehearsal concert

Thursdays 9:30am Move Today with David Cross low impact, high energy, fun!

Thursdays 10:30am Line Dancing with David Cross beginners class easy to follow

Fridays 3:30 Tai Chi with Chris build your strength, coordination, flexibility, balance & brain! ***no class on March 13th**

Questions or for more information contact Melissa Teitsma at 973-300-5788 x1409 or mteitsma@umcommunities.org