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!

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**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.

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**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*

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