

Join the Frenchtown Community Service & Outreach Group's

Super Senior Group!

COMMUNITY
SERVICE +
OUTREACH



HARVEST
FAMILY
SUCCESS CENTER

When? Every Tuesday from 11:15-1:15pm

Where? Frenchtown Presbyterian Church

20 Fourth Street, Frenchtown 08825

What? This FREE program starts with a 45-minute Chair Yoga Class from 11:15-12pm, then enjoy your brown bag lunch from 12pm, and our guest speaker/craft is 12:15-1:15pm!

All programs are FREE! Questions? Call 908-237-0465

May 23rd- Kim Seppelt- Healthy Eating!

May 30th- Amanda-Healthy Nail Care

June 6th- Toni Ann Beyer- Stroke Prevention and Cardiovascular Risk

June 13th-Joe Gerko With Northfield Bank-Topic TBD

June 20th-Shauna Alvarez -Grow a Row -with Healthy Eating!

June 27th- Kim Seppelt- Healthy Eating!

July 19th- Kim Seppelt- Healthy Eating!

August 2nd- Kim Seppelt- Healthy Eating!

August 9th- Kim Seppelt- Healthy Eating!

August 23rd- Kim Seppelt- Healthy Eating!

September 13th- Kim Seppelt- Healthy Eating!