

Easton
Recreation
Department

Adult Newsletter

January
2018



Daily Events

Thursday, January 4 - New Year's Brunch...We will be starting the year off right, with refreshments and social time together. 11AM; \$3

Friday, January 5 - Bone Builders Class at 9:45.

Monday, January 8 - Bone Builders Open House held in the Recreation Room from 9:45-11. Refreshments will be served. (please note no nutrition class this day).

Thursday, January 11 - Happy Days Club @ 11:30

Friday, January 12 - Bone Builders Class at 9:45.

Monday, January 15 - Bone Builders Class from 9:45-10:45; *no nutrition-holiday.*

Friday, January 19 - Bone Builders Class at 9:45.

Monday, January 22 - Bone Builders Class at 9:45.

Monday, January 22 - Nutrition class

at 11, Recipe will be announced. (\$3)

Thursday, January 25 - Happy Days Club @ 11:30

Friday, January 26 - Bone Builders Class at 9:45.

Friday, January 26 - Please mark your calendar for this special presentation! **Remembering When** is a fire and fall prevention program for older adults. Centered around 16 key safety messages, the program was designed to be implemented by a coalition comprising the local fire department, service clubs, social and religious organizations. Lunch will be served first with a program to follow. Please support this worth while event, Mr. John Cote will be volunteering his time to be with us. 11:15 (\$3)

Monday, January 29 - Bone Builders Class at 9:45.

Monday, January 29 - Nutrition class at 11, Recipe will be announced. (\$3)

Programs take place in Manor Rec. Room.