

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.*