

**Easton
Recreation
Department**

Senior Happenings

**February
2018**

Daily Events & Healthy Aging

Bone Builders Continues

Bone Builders class meets most Mondays and Fridays starting at 9:45 in the Recreation Room at the Manor. This is a free strength training, balance and exercise program. The program's goal is to prevent and reverse the effects of osteoporosis. This class is for women and men who want to stay healthy. You must have a doctor's permission to join the class. To be successful, you should commit to attending twice a week for six months. You're never too old...Studies have shown that strength and fitness can improve at any age. This program relies on weight training and balance exercises to protect against fractures caused by osteoporosis. Each one-hour classes, held twice a week will increase muscle strength, balance and bone density. (No class 2/12).

Friday, February 2 - Wear Red Day This has become a popular program around the country. Did you know that heart disease and stroke kills 1 in 3 women every year? Please wear red as a reminder of this heart healthy day. Of course we'll be eating red too! 11:15 (\$3)



Monday, February 12 - Healthy Aging

Join TAMC for another delicious meal and musical enter-

tainment at PICC. This month's discussion will be on Heart Health in honor of heart health month. Amanda Rotenberg will be the speaker, she works in Heart and Lung. Format has changed this year. Music starts at 10AM, Speaker at 10:30 and lunch at 11AM. Cost is \$5.

Friday, February 16 - Valentine's Day Luncheon

We'll celebrate a day of love with a holiday luncheon & possibly some special guests from the School. 11:15 (\$3)

Nutrition Classes Continue

We will be continuing our nutrition classes on Mondays. This coming month we'll continue with soups

February 5 – "World's Best Breakfast Casserole"

February 26 - Home-made waffles and fresh fruit.

Please bring \$3 towards the cost of groceries. No class on 12th due to Healthy Aging & 19th due to the holiday.