

# Recreation News

Easton Recreation Department

November 2018

## Senior Programs

**Thursday, November 1 - Meal at the Wesleyan Church in PI** Dinner is served at noon and you may arrive between 11-12. Please make carpool arrangements. Free, donations accepted.

**Monday, November 5 - Nutrition class** 11 AM in Rec. Room. Melissa Corbin will be your guest in the kitchen.(\$3)

**Thursday, November 8 - Thanksgiving Dinner** The School Department will be offering a Thanksgiving holiday meal at 12:45. No fee.

**Friday, November 9 - Veteran's Program @ EHS**

The EHS's 21st Century Class will be putting on an assembly to honor our local Veteran's starting at 9AM in the High School Gym. Everyone

is welcome to attend. Veterans will be treated to breakfast starting at 8:30.

**Tuesday, November 13 - Healthy Aging at PICC**

Carpooling from the Manor at 9:45 for music, lunch and the speaker will be Chloe Wheeler on diabetes. (\$5)

**Thursday, November 15 - Hayden Family & Friends Meal** A dinner with all the trimmings will be served at the Rec. Center (Odd Fellows Hall on Station Road) starting at 11:30.

**Friday, November 15 - Game Day;** bring your bag lunch & a competitive spirit!



**Recreation Dept  
Contact Info:**

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## Bone Builders Classes Continue

Bone Builders class continues to meet Mondays and Fridays starting at 9:45 in the Recreation Room at the Manor. Bone Builders is a free strength training, balance and exercise program. To be successful, one should commit to attending twice a week for six months. Each



one-hour class, held twice a week, will increase muscle strength, balance and bone density. This program is offered through Area on Aging, Cary Medical Center & Easton Recreation Department. FMI contact Julia Allen. Please see calendar for exact dates this month!