

**Easton  
Recreation  
Department**

# Senior Happenings

**February  
2019**

## 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 2/11).

### Monday, February 11 - Healthy Aging

Join AR Gould's John Raymond as we celebrate February as heart health month. We will meet this month at the Stone Ridge Event Center in Presque Isle, across from Lowe's. Doors open at 10:00, John will speak at 10:30 followed by lunch at 11:00. This month we will be enjoying Chicken Noodle Soup,



Beef and Barley, Rolls and Pastries. \$5 for members.

### Friday, February 8 - Valentine's Day Luncheon/Wear Red Day

We'll celebrate Valentines by "Wearing Red for Heart Health". Wearing Red has become a popular program around the country. Did you know that heart disease and stroke effect 1 in 3 women every year? Please wear red & of course we'll be eating red too! 11:00 AM in Recreation Room at Manor (\$3)

## Nutrition Classes Continue

We will be continuing our Meal and social time on Mondays. This coming month we'll continue with breakfast theme. February 4 - "World's Best Breakfast Casserole"

February 25 - Pancakes and fresh fruit.

Please bring \$3 towards the cost of groceries. No class on 11th due to Healthy Aging & 18th due to the holiday.