

**Easton
Recreation
Department**

Senior Happenings

**March
2019**

Daily Events & Field Trips

Friday, March 1 - Baked Potato Bar at 11AM. \$3 8PM; donations accepted.

Monday, March 4 - Meal and fellowship starting 11AM. We'll be making Pesto Pizza. \$3

Friday, March 8 - We will have a St. Patty's Day luncheon at 11AM. \$3

Monday, March 11 - Healthy Aging at PICC. Please meet at the hotel at 10AM. The cost is \$5.

Friday, March 15 - Family Fun Night/Pizza Party at Easton Elementary School Café and Gym. 5-

Monday, March 25 - "Know Your Numbers" ACAP will be joining us for free blood pressure, cholesterol, glucose, height, weight, BMI and risk assessments. We will have Spinach & Strawberry Salad and they'll bring dessert :)



Friday, March 29 - It's time for our annual event to visit Maple Moose & lunch at Winnies! The Kings always treat as royalty have a sweet treat for us. Participants are responsible for their own lunch. Carpooling from Manor at 11.

Upcoming Activities

- Stay tuned for details on our **Easter Breakfast** in April :)
- Next month we'll visit the **Sugar Moon Cook House** in New Brunswick!

Bone Builders Continues



Bone Builders class meets most Mondays and Fridays starting at 9:45 in the Rec. 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. 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 3/11).