

Easton
Recreation
Department

Senior Happenings

April
2019

Daily Events & Field Trips

Upcoming Activities

- Next month we'll enjoy our annual Pamper Day
- Memorial Day Picnic coming soon ~ yum

Monday, April 1 - Healthy Aging at Northern Maine Community College starting at 10AM. Please note change in location. Discussion will be how to access your patient portal & how to keep your medical information safe! \$5

Friday, April 5 - Meal & friends starting at 11AM. We'll be making Cobb Salads. \$3

Monday, April 8 - Meal and fellowship starting 11AM. We'll be making Broccoli Salad. \$3

Friday, April 12 - Easter Brunch will be served at 11AM. \$3

Monday, April 15 - Meal & friends

starting at 11AM. We'll be making Chicken Caesar Salad. \$3

Wednesday, April 24 - We will be making a bus excursion for a maple syrup breakfast in Florenceville, NB to the Sugar Moon Cookhouse. It will include an all-you-can-eat breakfast (for lunch) including pancakes, eggs, bacon, sausage, baked beans, coffee, juice & tea. . You must have either your passport/passport card or a drivers license **and** birth certificate to cross the border. Bus leaves at 9:30.

Monday, April 29 - Meal and fellowship starting 11AM. We'll be making Waldorf Salad. \$3



Bone Builders Program



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 4/1).