

ADULT NEWSLETTER

Easton Recreation Department

November 2017



Upcoming Events

- ◆ Christmas Brunch
- ◆ Holiday Movie
- ◆ Center Piece Making
- ◆ Christmas Dinner @ School
- ◆ "Remembering When" Fire Safety Instruction

We're on the Web!
eastonme.com

New Exercise Program Announced

The Basics:

One in two women and one in five men will suffer a debilitating fracture due to osteoporosis, a disease that causes bones to become weak, brittle and more likely to fracture. RSVP Bone Builders is an evidenced-based program developed by Tufts University as an osteoporosis prevention program. Bone Builders relies upon low-impact weight training exercises to protect against fractures through increased muscular strength, bone density, and balance. This program is free, and open to all. When followed diligently, the Bone Builders program exercises can help the body to increase bone density and reverse the effects of osteoporosis.

Program Consists of:

- ✓ Training with light free-weights (don't let this scare you)
- ✓ Equipment is provided to

improve balance, education & support.

- ✓ Requires participants to get up and down from a chair
- ✓ Standing leg exercises; may hold onto back of chair for support
- ✓ Exercise & stretches with upward & overhead arm movements with or without hand weights.

Classes will be offered on the following dates:

- ✓ November 17th, 20th & 27th
- ✓ December 1st, 4th, 8th, 11th, 15th, 18th & 22nd
- ✓ From 9:45 -10:45AM
- ✓ Located in the Manor Recreation Room

Continuing Activities

Thursday, November 2nd - Hayden Family Meal; join the Hayden Family for a scrumptious holiday dinner at noon at the Hall on Station Road. FREE

Monday, November 6th - Hillary will have a special meal prepared at 11AM in Recreation Room at the Manor. The cost is \$3 for the meal.

Thursday, November 9th - Thanksgiving Meal at the School; a complete meal will be served starting at 12:40 in the Elementary School Cafeteria. FREE

Monday, November 13th - Healthy Aging at PICC. Carpool from the Manor at 10AM. A table will be reserved and ready for you. The cost is \$5 for buffet meal.

Monday, November 20th - Lunch will be served at 11AM in the Recreation Room at the Manor. Come enjoy a warm meal and time with friends The cost is \$3 for the meal.

Monday, November 27th - We'll continue to have lunch & fellowship at 11AM in Recreation Room at the Manor. PLEASE BRING a BAG LUNCH!

