



NEW EXCITING SEPTEMBER PROGRAMS



SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM

THE EASTON SENIOR CENTER IS OPEN MONDAY THROUGH FRIDAY 8:00AM-3:00PM. CLOSED ON MONDAY, SEPTEMBER 4

<u>STAYING IN SHAPE</u> YOGA TAI CHI BALANCE AND STRETCH ZUMBA GOLD WEIGHT LIFTING	<u>SERVICES</u> SEAMSTRESS MANICURES/PEDICURES HEARING TESTING BLOOD PRESSURE WELLNESS CHECK	MASSAGE HAIRCUTS	<u>WEEKLY CLASSES FOR FUN, LEARNING, AND SOCIALBILITY</u> MAHJONG DUPLICATE BRIDGE MEXICAN DOMINOES WATER COLORS INTERMEDIATE BRIDGE PINOCLE/CARD GAMES	CANASTA WALL STREET DISCUSSION KNITTING/ SCRABBLE CHARITY QUILTING CARD MAKING (MONTHLY) PAPER CUTTING
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ROMANTICISM IN OPERA

Wednesday, September 13, 10:30am-12:00pm. Romanticism is the movement in art, music, and literature that started around 1775 and featuring distinctive individuals larger than life. Excerpts from Massenet's Werther with tenor Jonas Kaufmann. Dave Shafer. No charge. Please RSVP

COMPUTER CLASSES BEGINS (SEE FLYER)

Tuesdays, September 12 and 26. There will be 2 different sessions SESSION 1 (2 WEEKS) 10:15-11:15 September 12 and 26 Learning to use your mobile devices (mobile phones, tablets and laptops). COST \$30 SESSION 2 (4 WEEKS) 11:30-12:30 September 12, 26 and October 10 and 24. BEGINNER COMPUTERS. Cost \$60 Please call for interest. Cost \$15

2 ROUND TABLE DISCUSSIONS ON AGING CONCERNS

with Attorney Christine Tenore.

- 1) Sept. 12 at 10:00am. Long Term Care. Round table discussion A review of basic Medicare/Medicaid regulations and planning, long term care.
- 2) Tuesday, Sept. 26 at 10:00am. ESTATE PLANNING. Round table discussion. A review of the many documents needed for Life Planning-not only Estate Planning. See Flyer

LADIES LUNCH BUNCH

Friday, September 15 at 11:30am. "Wild Kanji" 514 Bridgeport Ave. All inclusive \$25. *We had such a good time here a couple of years ago.* Ladies Lunch Bunch gives you the opportunity to visit a different restaurant in the area. Great opportunity to socialize with new and old friends. Van transportation is available but limited. RSVP and \$25 on Wednesday prior to lunch day



CALAMITY COOKING

Tuesday, September 26 at 10:00am-12:00pm Calamity Cooking is once a month cooking class. Come and join in by helping prepare and enjoy lunch. Cost \$6 Limit 12. Hobie returns RSVP



FACIALS

Mondays, from 10:00am-3:00pm by appointment. 1/2 hour

HEARING TESTING

September 12. Appointments begin at 10:15am. Testing and Cleaning performed free of charge. Park City Hearing. RSVP

SPECIAL FILM PRESENTATION AND DISCUSSION WITH VAL

Wednesdays, Sept. 6 and 13th at 12:30. Details on Back Page.

WELLNESS CHECK

Friday, September 15, 9am-12pm by appointment only. Cholesterol, Blood Pressure and Sugar Testing. There is a \$15 cost for the Cholesterol Screening (must fast)

MASSAGE

Massages are on Tuesdays and Thursdays by appointment

TUESDAY TRUMPERS

Tuesday, September 19 at 10:00am. Ladies card group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

ZUMBA GOLD

Fridays in September. This dance workout incorporates many of the fitness routines set to international rhythms but performed at a lower intensity. Cost \$8. Diane Tatnall

WEIGHT TRAINING

Wednesdays in September, 8:45-9:45am. Geared toward individuals 50 years and older to prevent the weakening muscles. You will be using small weights and bands. Cost \$8. Diane Tatnall

MANICURES AND PEDICURES-SPECIAL PRICES

Wednesdays from 10am-3pm by appointment. Mani/\$10, Pedi/\$15



BLOOD PRESSURE TESTING

Tuesday, September 19, 12:00-1:00pm. Once a month on the third Tuesday.

YOGA

Tuesdays, 8:45-9:45 am. Yoga is aimed to unite the mind, the body, and the spirit. Cost \$8. Charlie Sikorski

ESSEINTRICS

Wednesdays, beginning in October at 10:30am. Sign up now for interest. Essentrics is based on essentric strengthening which stretches the muscles then strengthens them in the elongated position creating a lean toned body. Cost \$8

FUNDAMENTALS OF INVESTING

Tuesdays bi-monthly beginning in September 5th and 19th from 10-11:00am. Find out what is new in the Stock Market

PAPER CUTTING

Thursday, September 7 at 9:30am. On the first Thursday of the month you will design mobiles and works of art using just a scissors and paper. Stop by and see examples of these interesting creations. Cost \$8

CARD MAKING

Thursday, September 21 9:30am. You will make 8 cards including; all occasion (thinking of you, happy birthday, and timely holidays). You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. Cost \$8. Stop by and see some examples of these beautiful cards.

TAI CHI

Thursdays in September at 9:30am. Learn step by step using gentle flowing movements. Beneficial to overall health. Cost \$8 Deby Goldenberg

BALANCE AND STRETCH

Mondays in September at 9:30am EXCEPT Sept. 4. These classes help you with balance and overall upper and lower strength improvements. Great for those coming out of Physical Therapy or with limitations using canes or walkers. Cost \$8 Richard Marcello, M.S. in Life and Sport Analysis. RSVP

FALL FESTIVAL LUNCHEON ON FRIDAY, OCTOBER 16. SEE FLYER