

SENIOR NEWSLETTER APRIL 2022
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
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HOURS Monday through Friday 8:30 to 3:30

Dear Friends,

Spring has sprung around here, the daffodils are ready to bloom, and I think the worst of winter is over! Masks are not required, but we are still promoting safety when indoors. Each year when Daylight Savings happens it reminds me that this is a good time to check the batteries in your smoke detectors, and this is just one of the safety tips that I would like to share with all of you! As we start to go outdoors and poke around the garden we need to practice safety. Sunscreen, tick checks, staying hydrated are just some of the ways to be safe and come learn about other ways to stay safe this spring! Read below for more details.

Be safe,

Safety in the Spring
Friday April 8th at 11 am

Come learn about ways to protect yourself from hazards around your house! Whether you are puttering around in your garden, or doing a deep spring cleaning inside of your home, there are things that are dangerous and I will give you tips, or reminders, about ways to keep yourself safe! So come to a brief talk about ways to stay safe in the spring (and summer) after Chair/Ball exercise class and before West Side Story.

Goodie Bags for the first 10 people that sign up!

The Commission for the Aging will meet on Monday April 4th at 5pm at the ESC

Happy Easter
Happy Earth Day

