

**SENIOR NEWSLETTER MAY 2022**  
**MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR**  
**EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137**  
**awitherbee@eastonct.gov**  
**HOURS Monday through Friday 8:30 to 3:30**

Dear Friends,

It is finally May and that means getting outside more, enjoying the longer days and the Garden Mart which is back after a two-year hiatus. It is also a time of graduations, and the kickoff of the official summer season. It is also the time to mark your calendars for May 20<sup>th</sup> (read below and more details on the other side) for a presentation on Balance & Fall Prevention. Also, read about an exciting program that is starting in June "Grow A Row" (look on the other side of the First Selectman's letter) and there will be a table at the Garden Mart if you have more questions.

Happy Mother's Day to all the wonderful moms out there!

Easton Garden Club Garden Mart Saturday May 7<sup>th</sup>  
9:00 am to 12:30 pm  
Easton Fireman's Carnival Green  
No Credit Cards Cash or Check

What Tips Your Balance?

Friday May 20<sup>th</sup> from 11 am to 12:30

***Loren Pace, RN from Aspetuck Health, will be presenting on Balance & Fall Risks***

Balance Assessments will be done by a certified Physical Therapist who is also an Aging in Place specialist

Safety Tips for around your home, and outside in the garden

Balance Exercises and Handouts (Diane T. will be there to incorporate some new exercises into the Balance & Core class)

Bring your walker and/or cane to be evaluated for the correct height and measurement

*Lunch will follow the presentation so please RSVP  
to Alison or at the front desk of the ESC*

*The Commission for the Aging will meet on Monday May 9th at 5pm at the ESC*

