

FEBRUARY PROGRAMS AND NEWS

LADIES LUNCH BUNCH: Will return in March.

CALAMITY COOKING with Hobie Summers. Learn how to make homemade pasta! Served with marinara sauce or garlic & butter; banana pudding for dessert! \$10. per person. Must sign up. Tuesday, Feb. 20th at 10am.

TRIVIA: Wednesday, February 7 & 21 at 1pm with Randy. Must sign up!! Prizes awarded.

MEDICARE David Katz, 30 year Easton Resident and Medicare agent with United Health Care will give an educational & informational personal one on one **Medicare Basics.** Turning 65, retiring or losing your health insurance. Weds, Feb. 21 at 10am. Call for appointment.

VEGETARIAN/VEGAN COOKING with Prabha. Mixed vegetables with a gravy served over rice. Thursday, Feb. 22 at 11am. Please sign up!!

PHONES, COMPUTERS LAPTOPS and TABLETS. Bring your phone, laptop, etc. Randy or Tim will help you. Monday, Feb. 5, 12 & 26, 12-3pm. Call for appt.

MEXICAN DOMINOES: Looking for new players. Every Weds., Feb., 7, 14, 21 & 28, 9am-11:45am. Beginners welcome! Lots of fun & you can learn very quickly! Sign up!

CLOTHES WANTED: for our upcoming May clothing sale. Please make sure everything is nicely laundered, no spots or rips please.

SNACKS for the kitchen! Any kind!

SPECIAL DONATIONS: Jewelry! Any condition.

SELF-CARE IS HEALTHCARE: How to love yourself just a little more. Classes will include practical tips anyone can use regardless of your age to improve your mental, emotional, physical and spiritual wellbeing. Weds., Feb. 14, 11am-12noon join this great lecture series each month. Dr. Vivian Hardison. Sign up!

LOVE YOUR AGING BONES: Dr. Bindelglass will be in for a special talk. Thurs., Feb. 15, 10am. Valentine treats.

FLU CLINIC: Will be back on Tues., February 13th from 8:30am-1pm. Sponsored by Valley Pharmacy in Derby. Flu, pneumonia, RSV, Covid.

ROCK PAINTING: Come in anyday you want to paint a rock for yourself or our upcoming rock garden. Everything provided! We will find a space for you.

KNITTING Needed: Scarves, hats & gloves for our upcoming sales. Yarn & needles avail.

PAINTING & CHOCOLATE: Sponsored by Cambridge & Ludlow. In honor of Valentine's Day join Danielle for painting & chocolate pairing. Paint your own valentine's themed wine glass while learning about the health benefits of chocolate, and proper pairings of chocolate & wine. Fri., Feb. 16 at 2:00pm.

VALENTINE WREATHS: with Cindi Decorate your home or give it to someone special. Please bring scissors and make sure to sign up! Friday, Feb. 9th at 2pm.

MOSAIC JAR: Come and make a mosaic jar with Cindi Bring your scissors and sign up! Tues., Feb. 20, 2pm.

COOKING WITH PIKU: Chicken tagine with bulgur wheat salad. Friday, February 23 at 11am. Sign up!

FLOWER ARRANGEMENT: Join Maryellen to create a fresh floral arrangement for Valentine's Day!. Thurs., Feb. 8 at 10:30am. Please bring sharp scissors or pruning shears. Sign up is a must as space is limited.

OJO DE DIOS (Spanish for Eye of God). Borrowed from ancient traditions of the Pueblo & Mexican Indians the Ojo de Dios (God's eye) is said to bring good fortune, good health & long life!. Learn how to make this easy craft. Mon., Feb. 12 at 2pm with Duncan! Please sign up.

TRAVEL SPECIAL TALK: TIBET: with Don Lamberty. Come visit the ancient kingdom of Tibet. This remote area of China has a long & varied history of Buddhist culture. We will visit sacred sites including Potala Palace & many other wonders. See how ancient traditions play out in modern society. Monday, Feb. 26 at 2pm.

AARP: Does your license need to be renewed? Great class! Friday, February 16, 11am-3pm. \$20/member; \$25/non-member. Call to sign up.

WANTED: JEWELRY in any condition, incl. earrings, pins, bracelets, necklaces, etc. for our next sale.