

JANUARY PROGRAMS AND NEWS

LADIES LUNCH BUNCH: Will return in February.

CALAMITY COOKING with Hobie Summers. Seafood bisque with Caesar salad and a surprise dessert. \$10. per person. Tues. Jan 16th 10 am. Must sign up

TRIVIA: Wednesday, Jan., 10 & Jan. 24 at 1pm with Randy. Must sign up!! Prizes awarded.

MEDICARE David Katz, a 30 year Easton Resident and Medicare agent with United Health Care will give an educational and informational presentation on **Medicare Basics.** Are you turning 65 within the next few months, retiring & losing your health insurance. An educational meeting or talk to David one on one Weds, Jan. 24, 10am.

VEGETARIAN/VEGAN COOKING with Prabha. Personal pizza's. Vegetable & cheese toppings. Thursday, Jan., 25 at 11am. Please sign up!!

PHONES, COMPUTERS LAPTOPS and TABLETS. Bring your phone, laptop, etc. Randy or Tim will help you. Monday, Jan., 8, 22, 29, 12-3pm. Call for appt.

MEXICAN DOMINOES: Looking for new players. Every Weds., Jan., 3, 10, 17, 24, 31 9am-11:45am. Beginners welcome! Lots of fun & you can learn very quickly! Sign up!

DONATIONS WANTED: Jewelry, pocketbooks, Boutique items, snacks for our kitchen, yellowfin tuna in water, can chicken, boxed pasta and pasta sauce, black olives, mayo (any brand), juice, soda, K-cups (regular & decaf). Please check expiration dates!

ICELAND: The land of many wonders. It is an island filled with large waterfalls, volcanoes, geysers, bubbling hot water vents & more. We will review over 1,000 years of history: mostly Viking history & meet some of the heroes of their many Sagas like Leif Erickson and Snorri Stuluson. Friday, Jan. 26 at 2pm. Don Lamberty.

SELF-CARE IS HEALTHCARE: One day at a time. Classes will cover practical tips anyone can use regardless of your age to improve your mental, emotional, physical and spiritual wellbeing. Weds., Jan. 10th, 11am-12noon with Dr. Vivian Hardison. Call to sign up!

ROCK PAINTING: Now a monthly class. Paint & decorate a rock for our new rock garden or bring it home. Weds. Jan., 3, 10, 17, 24 & 31 at 2pm. All provided!

KNITTING Needed: Scarves, hats & gloves sell in our boutique. Every Fri at 10am Yarn avail.

WOODBLOCK SNOWMAN: with Danielle. Sponsored by Cambridge & Ludlow . Join me to create an adorable snowman out of wood blocks, He will be a cute addition to your homes winter décor. Fri., Jan. 11, at 2:00pm.

SNOWFLAKE GARLAND: With Cindi. Great décor for January! Decorate your home with snowflake garland. Please bring scissors and make sure to sign up! Friday, Jan. 11 at 2pm.

VALENTINE COASTERS: With Cindi. Decoupage Valentine coasters! Makes a great gift too! Bring your scissors and sign up! Monday, Jan. 29, 2pm.

ROUNDTABLE DISCUSSION WITH DAN & VAL: Friday, Jan. 19th 11:30-1pm. Have some questions? We may have some answers! Come in and ask questions & discuss your concerns with navigating programs that may be avail. to you as a senior. We will try to provide guidance & information on what is avail. Lunch will be served. Please make sure to sign up! Please let desk know if you live in Easton or out of town.

COOKING WITH PIKU: Sausage chili con carne with Semolina pudding (Vegetarian will be offered, please let Piku know if you want vegetarian). Thursday, Jan. 11 at 11am. Make sure to sign up!

SPECIAL YOGA CLASS: Go deeper than the muscles to stretch and release joints and fascia. In this slow, mindful, meditative yoga practice you will be in supported, floor poses for 3-4 mins each while you are guided into deep relaxation and release through pranayama (breath work/control) guided meditation or meditative readings Weds., Jan. 17, 24 & 31 at 9am. See inside for more info.

WILD BIRDS UNLIMITED: OWLS are among birders & non-birders alike. Learn all about owls & their activities where they live, best times of hearing & seeing them and how they nest. Tues., Jan. 9th at 11am. Sign up!