

SEPTEMBER PROGRAMS AND NEWS

LADIES LUNCH BUNCH: Rio Bravo, 770 Commerce Dr., Fairfield. Order off the menu! Great lunch specials! Thursday, September 21, 11:30am.

CALAMITY COOKING with Hobie and a special guest Joe Debiase as they will teach you to make mozzarella, then enjoy lunch with fresh tomato, lettuce & balsamic vinegarrette. Monday, Sept. 25. Max 18. \$12/per person.

TRIVIA: Wednesday, Sept. 6 & 13 with Randy at 1pm. 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 and losing your health insurance. Join us for an educational meeting Weds, Sept. 13, 10am. Please sign up.

VEGETARIAN/VEGAN COOKING with Prabha.
16 bean soup with a bread roll. Thurs., Sept. 21, 11am.

WORD PLAY: Variety of activities using the **Joggin Your Noggin Series** written by Easton's own Mary Randolph. Fun and Challenging word games. Great for your memory. Thursday, Sept. 21, 10:30—11:30. Please call

PHONES, COMPUTERS LAPTOPS and TABLETS.
Bring your phone, laptop, etc. Randy or Tim will help you. Every Monday, Sept., 11, 18, 25, 12-3pm. Please call for an appointment.

MEXICAN DOMINOES: Looking for new players. Every Weds., Sept., 6, 13, 20, 27, 9am-11:45am. Beginners welcome! Lots of fun, and you can learn very quickly! Call for more info.

COOKING CLASS: Join Piku in the kitchen as she makes a delicious lunch of Okra & mango curry and Madras lentils with rice. Friday Sept. 22, 11am.

DONATIONS WANTED: Artificial Flowers, snacks for our kitchen, cans of wild caught yellowfin tuna and can chicken, napkins. We are also looking for new items for our upcoming boutique sale, new unused jar candles, knitted goods, and clean used and new clothing.

ROCK PAINTING: Now a monthly class. Paint and decorate a rock for our new rock garden! Weds. September 6 and 20 at 2pm. All materials provided. FREE! Call to sign up! You don't need to be an artist! This is an informal get together, not an instructional class.

KNITTING get together: Every Friday at 10am-11:30am. Yarn and needles available at no cost.

HAND, FOOT & ELBOW NEW CHALLENGING CARD GAME: Every Friday! at 11am. All Welcome!

DECORATIVE HANGING WOOD/FLORAL FLAG with Danielle Ramos. Friday, September 15th at 2pm.

SICILY by The Armchair Travelers Don Lamberty and Elsa Cantor. Sicily, an Italian island with 3000 years of history, was once home to a Greek colony. Experience Sicily's full enchantment from the bustling markets to the beauty of Ragusa & Catania. Our presentation through pictures & stories. Friday Sept. 29th 2pm.

AMERICAN HISTORY BOOKS: Last book in the series. This is an interactive activity on Latino American's. Weds., September 20th at 2pm. Test your knowledge on Latino Americans PLUS "build your own history book" that you keep. Sign up required.

COOKING WITH PENNEY PARKES: Will come in with a fun cooking demonstration. Menu: Harvest chicken salad with pumpkin spice mini cakes. Penney holds a master degree in food science and nutrition. Friday, September 29 at 11am. Must sign in as class is limited to 14. \$5. per person.

SLOW THE OSTEO: with Dr. Pohl. A basic understanding of bone structure & how it naturally renews itself. What lifestyle & dietary practices can undermine natural bone rejuvenation. What you can do to reduce the rate of bone loss thru food choices & supplements. Thursday, September 28th at 2pm. Sign up for this very informative class