

# Waterford Community Events for January-February

Hosted by Waterford Sports & Recreation. Please contact Jasmine Merrill at 583-5261 to sign up or email at [recreation@waterfordme.org](mailto:recreation@waterfordme.org) for all events to reserve a spot. These events are open to anyone who would like to participate. There are no field trips planned for January and February because of the unpredictable weather.

## January Events:

Waterford Senior Luncheon Tuesday January 16<sup>th</sup> 11 a.m. to noon at the **Town Office** with guest speaker Valerie Cole from Seniors Plus. Lunch will be from noon to 1 a.m. with bingo after that. We will enjoy a meal of soups, rolls and dessert.



Monday January 22<sup>nd</sup>- yoga with Rose cost is \$5 per person at the Waterford Town Office from 9:30 to 10:30 a.m.

Wednesday January 24<sup>th</sup>- Tai Chi with Gail Nixon at the Waterford Town Office from 9:30 to 10:30 a.m. No charge.

Wednesday January 31<sup>st</sup> with Paula Easton Exploring Strength, Stretching, Balance, Mindfulness, Relaxation, Meditation, Breathing, Writing, Singing and more. Each session is diverse and experiential as you learn every day tools to increase your Health, Well Being and Enjoyment of Life. Class will be from 9:30 to 10:30 a.m. cost is \$5 per person.

## February Events:

Wednesday February 7<sup>th</sup>- Tai Chi with Gail Nixon at the Waterford Town Office from 9:30 to 10:30. No charge.

Monday February 12<sup>th</sup>- yoga with Rose cost is \$5 per person at the Waterford Town Office from 9:30 to 10:30 a.m.



Tuesday February 20<sup>th</sup> 11 a.m. to Noon - Waterford Senior Luncheon at the Wilkins House with guest speaker. Lunch will be from noon to 1 p.m. with bingo after that. Lunch will be lasagna, garlic bread, salad and a dessert.

Wednesday February 21<sup>st</sup>- Tai Chi with Gail Nixon at the Waterford Town Office from 9:30 to 10:30 a.m. No cost for this event.

Monday February 26<sup>th</sup>- yoga with Rose cost is \$5 per person at the Waterford Town Office from 9:30 to 10:30 a.m.

Wednesday February 28<sup>th</sup> - with Paula Easton Exploring Strength, Stretching, Balance, Mindfulness, Relaxation, Meditation, Breathing, Writing, Singing and more. Each session is diverse and experiential as you learn every day tools to increase your Health, Well Being and Enjoyment of Life. Class will be from 9:30 to 10:30 a.m. Cost is \$5 per person.



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\*\*\*\*\*Save Thursday March 22<sup>nd</sup> for a field trip to the Portland Flower Show featuring 115 exhibits of plants, hardscape, garden supplies and all things related to outdoor yard landscaping and living. Cost will be \$30 per person includes ticket to show and van transportation. Lunch will be in Portland place still to be determined. Bus will leave Waterford Town Office at 8:30 a.m.