

SANDOWN RECREATION

NEWSLETTER

WHAT IS HAPPENING IN FEBUARY?

**STRETCHING YOUR
GROCERY DOLLAR
FEBRUARY 9TH,
11AM**

**LADIES CRAFT NIGHT
FEBRUARY 24TH
6:30 PM-8 PM**

**GRANDPARENTS DAY
OUT
FEBRUARY 28TH, 1 PM**

Lots of courses available

Just because it is getting cold, doesn't mean the recreation stops offering classes! We have lots going on here at the rec, including a middle school karate course, an active senior class, yoga every Monday, and so much more! Take a second and check out everything we have happening this month on our RecDesk Website



WE ARE LOOKING FOR SUMMER HELP

SUMMER CAMP WILL BE HERE BEFORE YOU KNOW IT, AND WE NEED YOUR HELP! WE ARE LOOKING FOR SOME AMAZING YOUNG LEADERS TO JOIN OUR TEAM! ANYONE INTERESTED SHOULD SEND AN APPLICATION TO OUR EMAIL ADDRESS. AS WELL, PLEASE HELP US SPREAD THE WORD BY SHARING OUR FACEBOOK POST. THE MORE STAFF WE GET, THE MORE KIDS CAN JOIN CAMP!

CHECK OUT OUR PROGRAMS!



GRANDPARENTS DAY OUT

We are hosting our first-ever grandparents day out! Join us for snacks as we watch a presentation by Wild Life Encounters!

Everyone is welcome to join. This event is free, however, donations are appreciated.




FEBRUARY 28
1PM-12PM

ESSENTIAL OIL CLASS

Ever wonder about how essential oils can help improve your health?

Join us for our free essential oil class run by Dr. Marie. The next class we will talk about how to use essential oils in cooking.



MARCH 7
6:30PM-
7:30PM

SCAN ME



BINGO FOR BOOKS

We are partnering with Sandown Library to host Bingo for books! Come play some bingo and walk away with an amazing book! Please sign up with the library if interested.


MARCH 1
11AM



ADULT YOGA CLASS

Join our adult yoga course starting on January 9 6:15pm to 7:15pm. This course runs for 6 weeks and starts at \$100 for residents and \$110 for non-residents. You can sign up online

MARCH 13
6:15PM-7:15PM



TODDLER TIME

There is still room to join us for our toddler play group! We meet every other Wednesday for free play, snacks, and a craft!

FEBRUARY 15, 10AM - 11:30AM

ACTIVE SENIOR STRENGTHENING CLASS

Join Sandown Recreation as we host a senior strengthening class. work gently to tone muscles and gain strength this winter season.

This 8-week course costs \$80 per person.

MARCH 9, 11AM-12PM