NORTHAMPTON TOWNSHIP

JAMES E. KINNEY

SENIOR CENTER



A LOOK INSIDE

Center Snapshots...3
Fundraising.....8

Address: 165 Township Road Richboro, PA 18954 Center/Community....5 Membership......9

Phone: (215) 357-8199

Health......6, 7 Lottery.....10

Email: nhsc@nhtwp.org

This project is funded in part by the Bucks County Commissioners, the Bucks County Area Agency on Aging and the Pennsylvania Department of Aging.



Your Home Health

Ambassador Home Care Agency is a home care provider that is currently serving Philadelphia, Montgomery, Chester, Delaware, Bucks, Lehigh and Northampton counties through a network of highly experienced professionals, who coordinate and provide premium non-skilled services (pas & respite services) to clients who qualify for CHC (COMMUNITY HEALTH CHOICES) & OBRA WAIVER PROGRAM.

Our staff will guide you through enrollment process to receive and help you achieve the goal of receiving In Home care services in the comfort of your own home.

Our specially trained staff are qualified, equipped & trained to provide care to clients with dementia and severe physical disabilities.

FOR OUR CAREGIVERS

- WE PROVIDE THE HIGHEST PAY RATE
- WE PAY OVERTIME AND BONUSES
- WE PROVIDE MEDICAL INSURANCE FOR THOSE WHO QUALIFY

Get paid to care for loved ones in the comfort of their own home

Working for Ambassador Home Care Agency allows you to spend more time with your loved one while being compensated for your care.

If you are already caring for your loved one and want to switch agency - join our team and receive up to \$500.00 sign on bonus.

CALL 215-486-1080 11880 Bustleton Ave., Ste. 301, Philadelphia, PA 19116

info@ambassadorhomeagency.com www.ambassadorhomeagency.com



UPGRADE TO A



Contact us for details · 800-477-4574

ANNUAL ENROLLMENT October 15th to December 7th



Are you Turing 65, or Older? Do you have questions regarding Medicare? We can help. We provide Medicare solutions for seniors.

Magnolia Senior Benefits is a local independently owned insurance Bucks County insurance agency that specializes in Medicare insurance for seniors turning 65 and over.

We offer the following Medicare insurance plans:

Medicare Advantage • Medicare Supplement • Prescription Drug Plans • Hospital Indemnity

We provide:

Free consultation by phone or video. • Fast, professional and courteous customer service. Choice of plans from many of the top insurance companies. Ability to shop and select a plan from the comfort and privacy of your own home. Weekend and evening appointments.

Contact us to schedule your Free Medicare consultation to see how we can help you find a plan that fits your needs and one within your budget.

Phone **267-229-4790**

Email info@magnoliaseniorbenefits.com Visit us online at www.magnoliaseniorbenefits.com

FREE MEDICARE EDUCATIONAL EVENT

Northampton Senior Center, 165 Township Road, Richboro, PA 1895 Tuesday, November 10th & December 1st at 5:30pm **RSVP IS REQUIRED IN ADVANCE**

email info@magnoliaseniorbenefit.com or sign up on our website

plumbing doesn't need to be complicated



...since 1978

- Bathroom Remodeling
- Sewage Pumps
- Water Purification
- Water Heaters
- Garbage Disposals
- Drain Cleanings
- Sump Pumps • Public Water & Sewer

Well Pumps

- Gas Lines
- Frozen Pipes
- · And More!

250 S Lincoln Ave. • Newtown, PA 18940

www.LucasLtd.com • 215-968-3901 24 Hour Emergency Service Available



#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711 ExploreUHCMedicare.com



Y0066 200813 013109 M

SPRJ58101

Drive home the savings

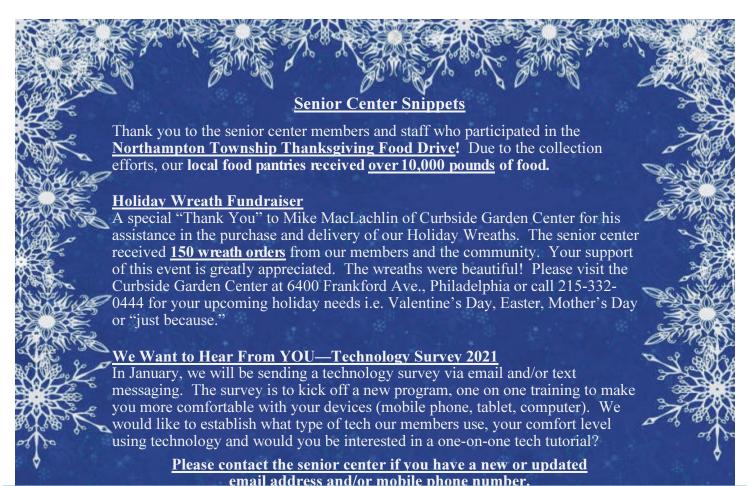
Car and home combo

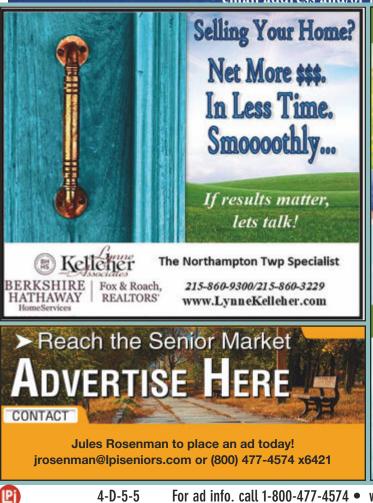
Combine your insurance and save big-time Like a good neighbor, State Farm is there™ CALL ME TODAY

Joe Saracino



130 Almshouse Rd Ste 104 • Richboro, PA 18954 Bus: 215-357-8388 • joe@joesaracino.com • www.joesaracino.com







LOTTERY WINNERS



Marsha Cane #186 Eleanor Shaw #176

Sharon Silva #150 Beverly Hagan #035

November 24

Donna Young #246 Theresa Beveridge #277 Dorris Burns #174 Bonnie Emilius #130...

December 8

Cecilia Dombrowski #004 Debbie Schafer #010 Tom Erwin #286

Bonnie Emilius #130

We extend a special **THANK YOU** to the members who supported the James E. Kinney Senior Center with membership renewals,

Ronald Beaver

Ruth Anne Moore

NEW WELCOME

MEMBERS

lottery and various fundraising efforts.

2/16 Erika Huber

2/16 Dina Lande

2/16 Joan Martindale

BIG PRIZE Mystery! December 22

This newsletter will be printed before the BIG LOTTERY! The answer to this and perhaps other mysteries must wait until the March/April Newsletter. Pins and needles...

HAPPY BIRTHDAY TO YOU! Have a wonderful year!

January February

1/1 Flo Palazzolo 1/19 Carol Goral 1/1 Carole Williams 1/19 Karen Graham 1/1 Rama Marda 1/19 Pat Verona 1/2 Marilyn Bartikowsky 1/20 Madeline Huffnazle 1/2 Linda Merkl-Mueller 1/3 Larry Willinger 1/20 Kathleen O'Neill 1/4 Joan Hellwarth 1/20 Christine Szymczak 1/21 Kathy Rymsa 1/4 Arjun Prasad 1/21 Patricia Schaefer 1/4 Elaine Schmid 1/21 Barbara Slavin 1/5 Doris Cramer 1/21 Eric Wiener 1/5 Barbara Repitsky 1/6 Shelly Quigley 1/22 Arlene Kushwara 1/6 Edith Smith 1/22 Linda McHale 1/7 Jackie James 1/22 Luz Seda 1/22 Robert Forant 1/8 Anthony Durante 1/23 Marilyn Fisher 1/9 Sharon Silva 1/10 Christine Gatter 1/23 Pat Witlicki 1/24 Phyllis Kane 1/10 Susan Sheehan 1/24 Ethel Nutkowitz 1/14 Geri Prendergast 1/15 Dolores Herwig 1/24 Raymond Valori 1/15 Mary Rentz 1/25 Ann Wayburn 1/25 Howard Eisenberg 1/15 Thomas Loughlin 1/16 Merle Salkin 1/25 Richard Enwright 1/25 Daniel Mowday 1/16 Alfred Karalus 1/17 Joanne Cavallaro 1/25 Gerald Royal 1/26 Elizabeth Marshall 1/17 Antonia Peralta 1/26 Jack Mulliniks 1/17 Marian Yutkowitz 1/18 Cindy Lafferty 1/27 Marie Feurig 1/18 Bonnie Zuckerman 1/27 Mary Hyduk

1/18 Ronald Goppold

1/19 Deanna Finch-Cohen

1/19 Peg Bauman 1/19 Carole Brotherton

1/19 Nancy Gaynor

1/27 Phyllis Sander

1/27 Eleanor Sands

1/27 Ron Dungan 1/28 Denise Titus

1/31 Esther Frame

2/1 Sonia Goldstein 2/1 James Diviny 2/2 Mona Buchanan 2/2 Diane Jones 1/20 Carol Ann MacAdams 2/2 Peggy Rothermel 2/3 Patricia Mulhall 2/3 Susan Smith 2/3 Edward Schiffer 2/4 Elizabeth Leo 2/4 Eleanor Shaw 2/5 John Fowler 2/6 Denise Hough 2/6 Helen McCoach 2/6 Louis Natale 2/7 Janice Kruopas 2/7 Jim Luttrell 2/8 Fran Chiodo-Gross 2/8 Darla Lux 2/10 Ruth Hauler 2/10 Barbara Temkin 2/11 Peg Buggey 2/12 Elaine Stuart 2/13 Marty Reihley 2/13 Eugene Bender 2/14 Hope Wolk 2/15 Carol Coe 2/15 Susan Crop 2/15 Dolores McErlain

2/15 Audrey Perna

2/16 Terry Werden 2/17 Anita Grzybowski 2/18 Mary Ann Johnston 2/18 Charles Hagan 2/18 Vincent Judith 2/19 Nancy O'Neal 2/19 Alan Levine 2/20 Karole Walker 2/21 Sharon Blyskun 2/22 Cecelia Mowday 2/22 Robert Blattner 2/22 William O'Connell 2/24 Lynda Milburne 2/24 Jim Tomasetti 2/25 Kathie Chaikin 2/25 Alice Curran 2/25 Rose Michalski 2/25 Edward Shapiro 2/26 Ruth Desch 2/26 Cecilia Franks 2/27 Dee Brown 2/27 Ellen Fischer 2/27 Ray O'Brien 2/28 Sarla Handa 2/28 Nancy Szamborski



SENIOR CENTER VIRTUAL ACTIVITIES

AEROBICS

What a year 2020 has been. Hope you enjoyed the holidays in this crazy world. I was so happy to see so many of you trying to stay fit. My 6 YouTube videos have been played about 2000 times! There will be more videos to come. Specific requests, feedback, and suggestions are always welcome. It is never too late to begin a fitness program. We have workouts for many levels. Let me know if you need the pointers. You can reach me at nancyox5@gmail.com. Happy New Year to all!

COLORING CLUB

You are invited to join a virtual ZOOM meeting with the Coloring Club for 40-minutes each Wednesday at 1:30 PM. This invitation is open to anyone who likes to color inside the lines, outside or design their own lines! To join this colorful group, please send an email to Arlene at robbi654@msn.com. The next step is to gather your colored pencils, gel pens, markers and then download the free ZOOM app to your PC, tablet, or cell phone.

SENIORCISE

Dr. Kimberly Rose, our Seniorcise instructor, has been offering weekly exercise videos to get your weekly routine back on track. If you would like to be added to the class list, please send Dr. Rose an email at drkimrose@gmail.com. Happy New Year!

TECH TALK—TECH TRAINING—LET'S LEARN TOGETHER!!

The senior center staff would like you to feel more comfortable with technology (mobile phone, computer, tablet). In order to build a new "*Tech Training Program*" at the senior center, we will need your help.

The first step is to gather information from our members to determine which device you have and determine your comfort level using your device. We will create a program that fits your specific needs, answer your questions and show you how to get more out of the devices you already have.

Thanks to those who shared their mobile number and email address, for those that have not, please contact the senior center by phone 215-357-8199 or email nhsc@nhtwp.org to provide your mobile/email details.

Quirky Quote: "A computer once beat me at chess but it was no match for my kick boxing!" -Emo Philips

COMMUNITY ACTIVITIES

BUCKS COUNTY AREA AGENCY ON AGING

The Bucks County Area Agency on Aging (AAA) has moved to 55 E. Court Street on the 3rd Floor in Doylestown. The AAA has a list of health programs that you may be unaware of, such as Healthy Steps, Immunization Programs, Project Meds, Virtual Chair Yoga, Resources for Caregivers and a Telephone Assurance Service (TAS). The TAS is open to Bucks County seniors (60+) who feel isolated and want to connect with a phone support volunteer. For more information, please contact AAA by phone at 267-880-5700, email aging@buckscounty.org or on the web www.buckscounty.org/government/HumanServices/AAA.

DOYLESTOWN HEALTH AND WELLNESS

Doylestown Health offers monthly lectures and wellness classes online. Classes are FREE, but registration is required. To view the 2021 class schedule, visit www.doylestownhealth.org/events or call 215-345-2121.

NORTHAMPTON TOWNSHIP PARKS AND RECREATION

Please visit the Northampton Township (or your local community) Parks and Recreation Department for upcoming classes, programs and special interest activities. Please visit www.northamptonpa.myrec.com or call 215-357-6800.

<u>Disclaimer of Endorsement</u>: The Council Rock Senior Citizens Association, Northampton Township James E. Kinney Senior Center, does not endorse or recommend any commercial products or services in this publication and therefore, cannot be construed as an endorsement or recommendation by the Association.

STAY HEALTHY, STAY HAPPY A Guide to Helping Yourself Through a Crisis

Self-care is a necessary tool in helping yourself cope with all of the emotions and situations which we are faced with during this time of uncertainty. Developing a "game plan" can help you to be better prepared for dealing with the fear, anxiety and stress associated with <u>any</u> kind of a negative situation.

A secret to happiness is letting every situation be what it is, not what you think it should be.

It's important to remember you are not alone. Anxiety is an emotion most of us are experiencing every day. There are many situations that we have no control over. However, we do have the ability to control how we cope with these situations. Dealing with stress in a healthy way will make you stronger. Here are some suggestions for things that you can starting doing now. This can help you to develop a "Self-Care Guide."

- ♦ Remember to be kind to yourself.
- Get yourself a notebook, tablet, index cards or anything you can jot notes on so that it is readily available to use as a reminder to help you stay on track. There are no rules about what you write. It's your journal.
- Find your focus. Concentrate on the things you can do to affect your everyday life in a positive way. Look for activities that will make you feel happy and empowered. Brain storm, write down things that you have tried in the past that have helped you cope. Make sure to add something new to that list that you have wanted to try. Here are some ideas to help: Listen to music, dance, sing (whistling and humming are great too), play an instrument, read, exercise, meditate, practice deep breathing, aromatherapy, write a letter, create a poem, draw a picture, paint a portrait, knit/crochet, make a craft, try out a new recipe, organize your drawers and closets (it's a great feeling of accomplishment), call a friend, laugh, pray. Feel free to break out of the box, and try some things which you think will work for you.
- ♦ Maintain your social connections with your friends, family and neighbors. No matter how you choose to communicate the phone, electronic devices or even the postal service are great ways to stay in touch.
- A Remember to take one day at a time and try not to get too overwhelmed with watching the news. It's important to stay informed, but it shouldn't be your entire focus.

Most importantly, if you feel like you're struggling to stay positive, reach out for help. There are many great resources out there for you.

A Helpful Highlight

We are fortunate to have many wellness centers in our area. In this issue, we will highlight **Airmid Wellness and Counseling Center**, a business located in the Hartsville Professional Village, 1260 Old York Road, Warminster, PA.

Airmid is a wonderful community resource that offers a wide variety of virtual health and wellness programs for anyone to participate in. Here's just a sampling of some of the classes that are available: Mindfulness for Emotional Support, Food and Healing, Guided Meditation for Deep Relaxation, Empowerment Class for Women, Simple Exercise for People Who Hate to Workout, Self Esteem for Women, 5 Elements of Wellness for a Balanced Life.

Website: airmidwellness.com
Phone/Wellness Programs 609-220-9982
Phone/Counseling Services 215-293-0744



STAY HEALTHY, STAY HAPPY A Guide to Wellness, Mindfulness and Games for the Brain

There are so many ways and so many (virtual) places to stay active, challenged, informed and emotionally and physically fit! We put a sample list together under a few categories. This is not an exhaustive list, if you need help, please contact Nicole at the senior center OR contact us if you want to share your favorite app/websites. There is a big bright world of new hobbies, self-care, challenging games/activities/educational resources and if daring, "Do it Yourself" (DIY).

For those who do not have a mobile phone or computer, you have several options "to connect," ask a friend or family member to print information/activity pages for you, visit and use the apps/websites with family/friends, visit the Northampton Free Library for wellness and brain teaser books (most virtual information is in print form), contact the Northampton Parks and Recreation Department and/or local yoga/wellness studios for information and pricing.

Wellness and Mindfulness ~ Apps and Websites

The basic level for most apps is free, a few sites have a monthly fee.

*10% Happier *BUDDHiFY *Calm

*Coursera.org (meditation) *Headspace: Meditation and Sleep

*Soothing Sleep Sounds *YouTube.com (mindfulness, sleep)

Do something for yourself, your well being, your mind and your heart.



Telephone Connections

Covia Social Call: A weekly telephone program to connect volunteers with older adults who share similar interests. Email coviaconnections@covia.org, call 877-797-7299 or visit covia.org/services/social-call.

The Friendship Line: A national 24-hour support system for lonely, isolated or depressed seniors.

Phone Number: 800-971-0016

Relax—nothing is under control

And that's okay

Activity and Educational Websites

Puzzles and "Brain Games"

Visit your mobile phone App Store or use your computer browser to search for your favorite Word Searches, Crossword Puzzles, Memory/Matching, Word Games, Sudoku, Jigsaw, Scrabble or search "brain games for seniors:" A few I found:

Boy Howdy Logic Games Dominoes, Board Game Gem Blast Match – 3 Mah Jongg Relaxing Coloring Totally Fun Solitaire! Treasure Jewels! Brain Games!
Find the Difference
Jigsaw Puzzle Quest
Math Training
Search Word Puzzles
Train Your Brain
Word Swipe Connect

Coursera.org: Visit for a lengthy list of free classes and certificate programs.

Covia Well Connected: Covia has online activities such as Charades, Board Games, Trivial Pursuit, Book/Movie Discussions, Poetry, Sports, Birding and much more. For more information and their 2021 Covia Class Calendar, please call 877-797-7299 or visit their website covia.org/services/well-connected.

The **Free Library** has *ENDLESS* options! If you do not want to visit the library, use their online catalog of books, articles, newspapers, etc. Website: buckslib.org/e-library Phone: 215-357-3050

Hadley Institute for the Blind and Visually Impaired: The Hadley Institute promotes independent living through online education programs for individuals who are blind or visually impaired. Contact Hadley by phone at 800-323-4238 or visit their website at www.hadley.edu

Howcast.com: A "how to" guide for Home Repairs, Arts/Crafts, Cooking/Baking/Cocktails and more.

Did you Receive an AMAZON GIFT CARD during the Holiday Season? SHOP AND DONATE with AmazonSmile

Before you use your igifted igift cards, remember to sign into your Amazon account through AmazonSmile. If you already have an Amazon account, simply register with **AmazonSmile** to have a percentage of your purchase donated *FROM* Amazon *TO* the senior center! Your Amazon details i.e. shopping cart, wish list, order history and payment options are automatically transferred to AmazonSmile. The program is free and steps are simple:

- 1. Type **smile.amazon.com** in your browser
- 2. Type your Amazon username and password for the home screen and AmazonSmile logo.
- 3. Designate *Council Rock Senior Citizen Association* (our official name) as your charity.

How to add/change a charity on **smile.amazon.com**:

- 1. Go to Your Account
- 2. Choose Change your Charity, find/select Council Rock Senior Citizen Association.

Current or new shoppers can bookmark AmazonSmile, https://smile.amazon.com, for direct access to the site and download the free AmazonSmile app to your mobile device. Tell one and tell all, it's helping while you shop!!

Like many other businesses & nonprofits, the senior center has been impacted financially by having to cancel all fundraising events. Fortunately, we were able to hold our holiday wreath sale, the one single event this year. We are convinced that we will get through this thanks to the continued support of all of you, our senior center family!

An Everlasting Sentiment, Brick by Brick

When you visit the senior center, stroll to the flag pole in front of the building to admire the **Senior Center Memorial Bricks**. This is a permanent way to express your love and admiration for family or friends, a hobby, club or organization and honor a loved one with a memorial brick. If you need a "special gift" for an anniversary, birthday or Valentine's Day (bricks last longer than flowers), present a gift that can be set in stone.

James E. Kinney Senior Center ~ Memorial Brick Program Order Form

The Council Rock Senior Citizen Association invites you to become part of the Northampton James E. Kinney Senior Center Memorial Brick Campaign. Your engraved brick will become a permanent part of the senior center. Please complete one order form for each brick, if needed, please call for additional forms.

_	fread <u>and</u> nal brick o		my inscri				·						_	est
PhoneEmail														
Addres	SS													_
Name:														-
14 cha spaces If you photo sharp a whit	nscription aracters to and punc- want a log must be cl and in blace backgroup eproduction	include tuation. go, the ear, ek with und for												
	4"x8" 8"x8" 8"x8" 12"x12" 12"x12"	\$150 \$165* \$225	4 lines 4 lines <u>and</u> add a logo			H (We cannot guarantee the exact brick placement. Please make your tax-deductible check payable to: Council Rock Senior Citizens Association 165 Township Road, Richboro, PA 18954							
			Lines of Inscription				The number of engraved bricks is limited and will be submitted in the order received.							

2020/2021 ANNUAL MEMBERSHIP PLEASE COMPLETE THE MEMBERSHIP FORM BELOW AND ENCLOSE A \$25.00 CHECK (per member) PAYABLE TO:

James E. Kinney Senior Center 165 Township Road Richboro, PA 18954

HOW TO RENEW YOUR MEMBERSHIP

At this time, new and renewal memberships must be sent through the mail <u>or</u> hand delivered to our secure mailbox located on the right side of the front door.

Please complete the form below, enclose a check for each member <u>and</u> a business-size self-addressed stamped envelope to receive your membership card and the *Awesome Members Perks Packet*.

MEMBERSHIP BENEFITS

- ⇒ A bi-monthly newsletter delivered to your home WITH online access via "Our Senior Center"
- ⇒ "In the Loop" virtual news alerts about the senior center and your local community
- ⇒ The Members-Only Exclusive *Awesome Members Perks Packet* with <u>14 discount offers</u> from local businesses. Use the coupons (that practically pay for your membership!) and support the businesses that support YOUR senior center. Happy shopping and dining!
- ⇒ Discounted class fees and bus trips
- ⇒ Members-Only Events

Full Name: (Please print the <u>first AND last</u> name for <u>each</u>	<u>h</u> member)
Address:	
City:	State: Zip:
Email Address:	
Home Phone:	Mobile Phone:
Emergency Contact Name:	
Relationship:	Contact Phone:

Did you enclose a \$25 check for each member?

Complete the membership form in its entirety?

Enclose a self-addressed stamped business size envelope?

THE 2021 COUNCIL ROCK SENIOR CITIZENS ASSOCIATION LOTTERY EACH TICKET IS \$10.00 — 400 TICKETS AVAILABLE



2021 Lottery Announcement A NEW drawing schedule for the NEW year!

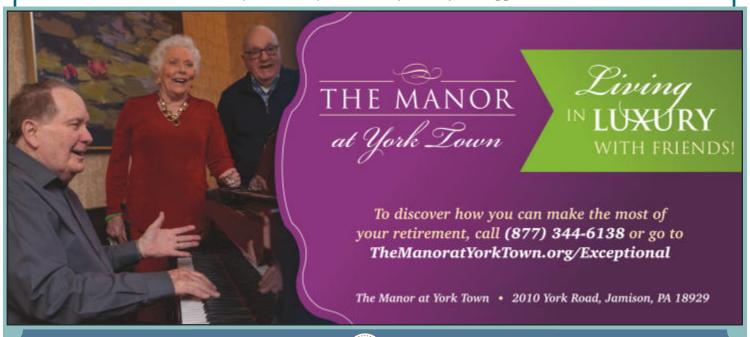


The first lottery drawing will be on Tuesday, June 8 at 12:00 PM, from June until December, FOUR (4) \$25 winners will be picked on the second Tuesday of each month. For the BIG drawing in December, it will be BIGGER and BETTER than ever with one (1) \$250 winner, one (1) \$200 winner and FOUR (4) \$100 winners.

> Our lottery is open to members AND non-members so see if you are lucky enough to win MORE than one time!

NAME:		
ADDRESS:		
EMAIL:	_PHONE #:	

Please mail your check payable to the James E. Kinney Senior Center to 165 Township Road, Richboro, PA 18954. Please enclose this form and a SELF-ADDRESSED STAMPED ENVELOPE so we can mail the lottery tickets to you. Thank you for your support!!



www.CAMPBELLFH.com



1922 James M. Campbell, F.D. 2010

Celebrating Lives and Healing Grieving Hearts Dianne Campbell Thomas, F.D.

Danielle Adrienne Thomas, F.D. • James Patrick Brady, F.D.

FAMILY OWNED FOR THREE GENERATIONS

CAMPBELL and THOMAS FUNERAL HOME 905 Second Street Pike, Richboro 215-322-5545

Dianne Campbell Thomas, F.D., Supervisor

JAMES M. CAMPBELL FUNERAL HOME Inc. 500 E. Benner St., Lawndale 215-745-9009

Danielle Adrienne Thomas, F.D., Supervisor



Five Star Medicare & Medicaid Facility Specializing in Long & Short Term Comprehensive Nursing & Rehabilitation Service.

- Physical Therapy
- Joint Replacement • Occupational Therapy • Deconditioning
- Speech Therapy
- Spinal Injury
- Fractures
- Cardiac Care

to schedule a tour. • Wound Care • Stroke Recovery

www.rbrehab.com 215-357-2032

Visit our website or call

253 TWINING FORD ROAD • RICHBORO, PA 18954

Looking for a new Pharmacy?

We make transfers easy.







Just drop off your new prescription or your prescription bottles and we will do the rest. Can't stop by? Download the App.

Walmart : Pharmacy

Walmart Warminster- 215-442-5608 Walmart Willow Grove- 215-830-9760 Walmart Bensalem- 215-942-7483

We accept most major insurance plans, Medicare and Medicaid.





PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM





CALL NOW! 1.877.801.5055 WWW.24-7MED.COM

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



Northampton James E. Kinney Senior Center 165 Township Road Richboro, PA 18954

Non-Profit Org U.S. Postage PAID Southampton, PA Permit No. 153

RETURN SERVICE REQUESTED

POSTAL CUSTOMER

ſ

NORTHAMPTON TOWNSHIP JAMES E. KINNEY SENIOR CENTER A LOOK INSIDE **CENTER ~ COMMUNITY NEWS ~ WELLNESS** ~ STAY HEALTHY **NEW TECHNOLOGY PROGRAM PAGE 6, 7** PAGES 3, 5 BIRTHDAY/NEW MEMBERS **FUNDRAISING** PAGE 4 PAGE 8 VIRTUAL CLASS NEWS **MEMBERSHIP** ~ LOT PAGE 5 **PAGE 9, 10 UNTIL WE CAN** BE TOGETHER AGAIN, STAY SAFE, STAY WELL