THE GOLDEN TIMES

The Michigan City Senior Center 2 on the Lake * Michigan City, IN 46360 (240) 873 4504 * Hours Sen 4pm * Man Eri

(219) 873-1504 * Hours: 8am-4pm * Mon-Fri

Director: Tara Miller Assistants: Lauri Garbacik; Laura Steele



June

2025

ers on the Patio Thurs, June 26th 11:30am-1:00pm

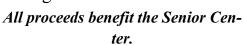


Hot dog (\$3) Hamburger (\$4)

Cheeseburger (\$5)

All include chips and lemonade.

We'll be having this event once per month throughout the summer!





CLOSED: Thurs, June 19th in honor of Juneteenth.



Mindful Movement

Tuesdays at 10:30am from June 3-July 8

Dance teaching artist, Melli Hoppe, will be offering movement for seniors at the Senior Center on Tuesdays from 10:30-11:30am, June 3-July 8. No previous dance experience is necessary to experience the joy of moving freely through dance improvisation. In this 6-week program, participants will learn how the elements of dance (body, space, action, time and energy) can be used as a tool for self-expression while improving focus, memory and balance. All degrees of mobility are welcome. Cost is \$20 pp for the 6 wk program. Must sign-up and pay by Mon, June 2.

Sunrise Yoga on the Beach

Presented by the YMCA

Thursday mornings at 7:30am from June 5 through August 28 (<u>NO class on June 19</u>). Rain or

Shine (we'll move inside Sr Ctr). It's FREE and there's no need to sign up, just show up! Mats provided or bring your own.

Color Street Nail MARK YOUR CALENDARS

Polish Strips Class Returns in July!

Presented by Senior Stylist Maggie Campbell

Wed, July 9th at 10:30am \$5/pp plus the cost of the nail strips you choose. Catalog of available colors is at front desk.

Get a brilliant, salon quality manicure in minutes with Color Street 100% real nail polish strips! They are super easy to apply with NO dry time. Just apply, file, and go! There will be giveaways throughout the session. Sign up & pay at front desk by Fri June 27th.

Ice Cream Social Thurs, July 24th

3:00-7:00pm

\$5 for 2 scoops served in bowl

We'll have vanilla, chocolate and strawberry ice cream with a variety of toppings for you to enjoy! Then be sure to stick around for the FREE music in the park at the Guy Foreman Amphitheater.

Music starts between 7-7:30pm which gives you time to set up your lawn chairs, blankets, or grab a seat. Come out to enjoy delicious ice cream, good friends & great music!

Coming in August!

Kabelin ACE Hardware sponsors

"Dollars for Dogs"

Sat, August 2nd from 10:30-2:30

ALL proceeds ben-

efit the MC Senior Center.

Hog dogs are \$1.00

Beverages & candy also available for purchase.

Come out and support us!

Held at Kabelin's in MC

JUNE ~ 2025 **TUES** MON WED **THURS** FRI 9:00am Stretch It Out! 9am: Billiards $8:30am \overline{SHIP}$ (by appt) 9:00am Billiards 9:30 Jokers & Marbles 9:00am Stretch It Out! 9:45am Exercise 9am: BYODComputers 9:00am-2pm Woodcary-9:45am Exercise (10:45am T'ai Chi)* 9:45am Exercise 9-1 Ceramics 10am Sing-along 9:30 Tai Chi (video) 12:00pm Duplicate 9:30am Mahjong 11:00am Pinochle 10am Chess Club 9:30am Samba Card Bridge 9:30am Tai Chi (video) 12:30pm Mexican 10:30-12:30 Italian Game 1:00pm Knitting & Train/Dominoes 10am 1-on-1 Comp Class (10:45amT'ai Chi) 11am 1-on-1 Comp Class 12:30 Rummikub 1:00pm BINGO *12:30pm Pinochle Crocheting Bee 12:30pm Rummikub 1:00pm BUNCO 12noon Five Crowns 1:00pm Euchre **NO Computer Clas-Special Events** BINGO ses on June 24. Mon, June 2nd: Hearing Evaluations (by appt) (see pg 5) Thank you to our May BINGO Spon-Tuesdays, June 3rd-July 8th: Mindful Movement 10:30-11:30am (see front pg) Wednesdays, June 4-July 2nd: Words in a Wink 1:00pm **Traditions** We appreciate Thurs, June 5th: SSS Investment Group 11am their support so Thurs, June 5th: Blood Pressure Checks by NorthShore Health Centers 12:30pm much.

Tues, June 10th: Advisory Board Meeting 9:30am Fri, June 13th: Poetry Club 12noon

Thursdays, June 5th-August 28th: Sunrise Yoga 7:30am (see front pg)

Sun, June 15th: Happy Father's Day

Wed, June 18th: French Club 1pm (NOTE NEW TIME)

Wed, June 18th: 1st Travel Trip/Ned & Nancy

Thurs, June 19th: CLOSED/Happy Juneteenth

Mon, June 23rd: Popcorn & A Movie/"Merle Miller Special Film" 1pm (see pg 3)

Tues, June 24th: Coffee with the Mayor 9:30am

Tues, June 24th: Card making with Jamie 1:00pm (see pg 3)

Thurs, June 26th: Newsletter Assembly 8:30am

Thurs, June 26th: Hot Dogs on the Patio 11:30am-1pm (see front pg)

REMINDER!

We still have all the equipment for **Ping Pong!** We bought the equipment several years ago, but no one has wanted to play since we reopened last summer. If you're interested in playing a round or two with your friends, please do!

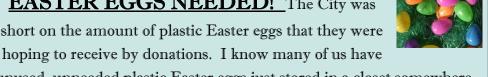
> The doors on the bathrooms are now fully automatic. We hope this is a big improvement for those who struggle with opening these doors.



Town Hall Meeting with the Mayor with various **City Council members & Department Heads** Wed, June 25 at 5:30pm **Zion Hill MBC** 123 Helen St., MC

EASTER EGGS NEEDED! The City was

short on the amount of plastic Easter eggs that they were



unused, unneeded plastic Easter eggs just stored in a closet somewhere, so here's your chance to not only clean out a closet, but also donate to a really good cause. The city will use them in the 2026 Easter Egg Hunt held in Fedder's Alley each year. It's a FREE event for the kids in our community. So go "hunt" down your spare eggs and bring them here to the Senior Center. We'll have a big box set up. Thanks so much!

NEWSLETTER by EMAIL



If you gave us

your email address, you should have received this newsletter by email. If not, it could have gone to your SPAM folder so be sure to check. And to make sure all future newsletters arrive in your Inbox, please add to your contacts list:

mcseniorcenter@myactivecenter.com

Card Making with Jamie Tues, June 24th at 1pm

We will make 3 cards at this session (which should take about a 1-2 hours or so.)
Theme TBD **Cost is \$15** and

includes ALL materials to create three cards. If you have attended this class previously, please notify Jamie you are signing up for this session and pay her directly at the session. If you're new, sign up & pay at front desk by Wed, 6/18.



WHEN: WEDNESDAY, JUNE 18TH, 2025

TIME: 10:00 A.M.- 2:00 P.M

THALE.

LAPORTE VFW POST 1130 181 MCCLUNG RD

- FREE Sandwiches, snacks, and drinks!
- FREE Blood pressure screenings!
- RAFFLE PRIZES TO WIN!
- Firefighters to give CPR demonstration
- Free Ice Cream from our ice cream truck!
- Over 30 Vendors

WHERE:



FREE!

Popcorn & A Movie DISCONTINUED

Thank you Merle Miller for sharing your own specially produced movies for us for the past few

months! And thank you Asercare for your sponsorship!



Firecracker Fillies Red Hatters

Wed, June 11th @12noon: "Lunch at Shoreline Brewery & Restaurant," 208 Wabash St, MC

Menu choices: 1) Hot Brown: sliced roast turkey, gruyere Mornay sauce, melted parmesan, Roma tomato, bacon, brioche toast 2) Bourbon Barrel Smoked Pork: dry-rubbed, caramelized onions, house-made apple bbq sauce, apple-cherry slaw, butter toasted pretzel roll 3) Philly Cheesesteak: shaved prime rib, roasted peppers, caramelized onion, beer cheese, crispy jalapenos, soft hoagie roll Beverage & gratuity included. Cost \$24 Deadline for sign-up May 30th

Wed, July 16th @12noon: "Birthday Party at the Sr Center" Party theme: "Favorite costumes from past parties" Some past themes: Lost in the 50s, Western Round-Up, Red/White & Blue, Circus, Crazy Hat, Mardi Gras, Hobo Theme, Pirates, Beach Party, 50s picnic in the Park, Jungle, Angels, Wizard of Oz, Roaring 20s, Hawaiian & more. Cost \$24 Deadline for sign-up Thurs, July 3rd.

Call Jeannie if you have to cancel, even last minute! Reserv/Pymt <u>CHECK ONLY</u> to: Firecracker Fillies and left at Sr Ctr in sealed envelope marked w/your name, phone #, & event. Add'l info: Jeannie at 874-7794.

Red Hat Society

Firecracker Fillies Chapter wants YOU!

YOU are invited to join the Firecracker Fillies Chapter of the Red Hat Society. Dues are only \$5 per year. What do the Red Hats do you ask? Nothing! Well.....nothing but have fun that is! They do breakfasts at local restaurants in their pajamas. They join each other for lunches at various regional restaurants. They take bus trips to see musicals/plays, museums and so much more! Sometimes girls just wanna have fun and that's exactly what they are all about. So if you'd like to become a member, please contact Jeannie at 219-874-7794 and she'd be happy to get you signed up. Come have some fun....what are you waiting for!!!!??!!

FIRST TRAVEL 2025 TRIPS



Wed, June 18: "Ned & Nancy" at Blue Gate Theatre, Shipshewana, IN Pkg includes transp, lunch of family style dinner, and show. Departs 8am, Returns 3:30pm. \$127pp (minimum dinner gratuity included). Reserv/pymt MUST be received by May 1.

Wed/Thurs, July 16/18: Ohio Island Hoppin' Tour (featuring Kelleys Island & Put-In-Bay) Pkg includes: 2 nights lodging, 2 breakfasts, 2 full course dinners, Island Hoppin' Cruise on Lake Erie, Visit to Kelleys Island, Tram Tour of Put-In-Bay, African Safari Wildlife Park Tour, Perry's Victory & International Peace Memorial, Merry-Go-Round Museum & Carousel Ride, Antique Car Museum, Butterfly House, Souvenir Gift, Luggage Handling, Taxes & Meal Gratuities, Motorcoach Transportation. \$599pp dbl occupancy. \$75 deposit due with reservation. Balance due by April 30. (Special form needed for this trip—available at the front desk.)

Wed, Oct 15: "The Rise and Fall of Miss Fannie's Biscuits" at Blue Gate Theatre, Shipshewana, IN. Mysteries have a way of following Fannie Miller, so when she makes it into the finals of the Tuscarawas County B.aking Contest and contestants start disappearing, she calls on her old friend Foster Bates, a retired cop and part-time private investigator. Could it be that other finalists are somehow responsible for these disappearances, thinning out the competition? Like the couple on the verge of divorce who needs the prize money, or the three Beiler sisters always in a huddle whispering. One thing is for certain—Foster and Fannie will stay on the case until the end, and everyone involved will have learned something important about baking contests, solving mysteries and life. Pkg includes transp, lunch of family style dinner, and show. Departs 8am, Returns 4:30pm. \$128pp (minimum dinner gratuity included). Reserv/pymt MUST be received by 9/1

Travel Policies:

Reservation & Payment Policy: Reservations are accepted and held via phone. Booking forms

(available at our front desk) are required for OVERNIGHT trips ONLY. Full payment is due in house by the due date noted. Any reservation made after the noted due date may be subject to an increased late booking fee. Payment must be mailed to:

First Travel Center, PO Box 472, LaPorte, IN 46352

(040)070 4000 -- (040)000 4000

(219)879-4633 or (219)326-1889

Check ONLY. No credit cards or cash. DO NOT send to the Senior Center.

<u>Physical Limitations</u>: If you have physical limitations that may make traveling more difficult please consult with First Travel beforehand. We can advise you of the level of activity as well as accommodations (or lack thereof). Some trips are more strenuous than others. Know your limits!

<u>Pricing Policy:</u> All trips are priced at current expected fuel rates & are subject to increases. Gratuity for motorcoach driver not included.

<u>Cancellation Policy</u>: All trips are non-refundable unless a replacement is secured.



Did anyone pick up the book "The Women" by

Kristin Hannahoff off of the FREE table. It has a red cover and it was left there by accident. The owner says it has special meaning to her. If you happened to have picked it up, she would be really grateful for its

return. Please drop it off to the Director.
Thank you.

C-PAP Machine

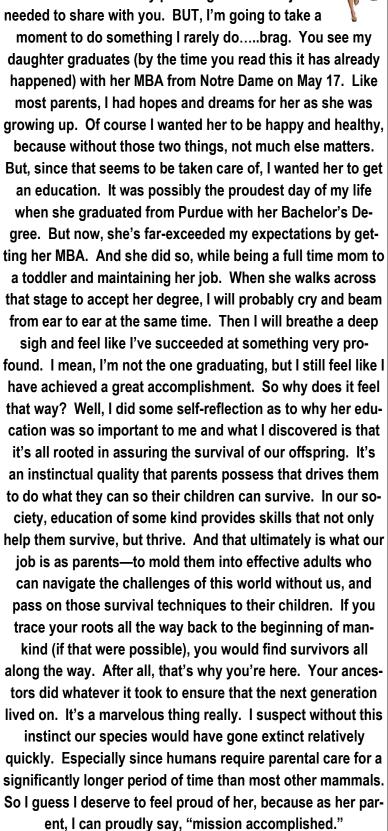
A very generous member has a C-PAP machine that she would like to donate to a member in need. This machine is brand new, never used. The recipient would still need to purchase/provide the necessary tubes & masks from a medical supply store. If you are interested, please contact the Director, Tara at 219-873-1504. Thank you.

NEW MEMBERS WELCOME!

Laura Ball Karen Bammer Scott Baumruck Sharon Baumruck **Carol Bernier** Elaine Bruemmer Fred Bruemmer Debbie Bye Elaine Caufield Gordon Caufield Dianne Debald Dawn Euler Candace Finney Sunny Gardner Orbovich Brian Guse Joann Harsha Fran Hyska Jerry Ingle ImoJeanne Johnson June Klaus Holiday Lammon Kevin Lewis **Daniel Mallon** Jillmarie McGrew Bill McReynolds **Barbie Miller** Paula Nieman **Tony Nieman** Charles O'Neal Sue Osborn Kathleen Pagnano Karen Peters Susan Phillips Darla Ream **Debbie Rogers Tammy Samuels** Cindy Smith Peter Staback Sharon Staback Robin Tharp **Beth Traub** Brian Trusha Dawn Trusha Aleda Waggoner James Waggoner Amelia Wilson

Director's Corner

I haven't written much in the last few months because I didn't have any pressing news that I just needed to share with you. BUT, I'm going to take a



Happy Juneteenth & Happy Father's Day!Tara

<u>Computer/Internet/</u> <u>FACEBOOK /BYOD Classes</u>



Bring Your Own Device

(BYOD) Tuesdays at 9am. Bring

your own laptop, Ipad, Smartphone,

Tablet etc. No sign up required.

One on One classes on Tuesdays at 10am & 11am and sign up IS required! Call 873-1504.

NO Computer classes June 24.

· NO Computer classes in July.

Hearing Evaluations

Held on the first Monday (unless it's a holiday) of each month. This month on June 2nd. Rob Burke from Acoustic Services in Mishawaka will be conducting the FREE evaluations by appointment from 9am-2pm. Please call 219-873-1504 to schedule your appointment with our front desk.

Annual Spring Game Night a success thanks to our generous donors AND YOU!



Al's Supermarket Scartozzi's
Bubbles Sophia's Ho
Dunkin' Donuts Sugar Bow
Hacienda Private Dor

Miller's Pizza

Sophia's House of Pancakes Sugar Bowl

Private Donations from Mary Schlunz, Loren & Ruth Adrian

Thank you to our board members who solicited the above donations. Thank you also to those members who donated raffle items

Please be sure to visit the businesses that so generously support us! And let them know you're from the Senior Ctr!

1 *Hosea Lynch 2 Linda Bennett Laura Henderson *Jacob Tarner *Janice White 3 *Mary Kellstrom *Michael Kennedy 4 *Jim Cronin 5 Keith Gonzalez 6 *Les Bell Barbara Stroud 7 *Pam Hooker *Carol Lindquist Vivian Zellers **8** *Catherine Burcham Evelyn Grieger *Larry Niegos *Lynn Schult *Sylvia Wilkins 9 *Karen Gutterman *Sharon Kienitz *Charlotte Loetz *Rose Olson *Haris Philis Pamela Wright 10 Keith Edwards *Daniel Reynolds Judith Feldhaus *Barbara Mason *Judy Stantz Janet Toyra-Smith 11 *Sue England Danny Morgan 12 *Corinne McGrail **13** Scott Archambault Donald Beese *Cindy Myrup *Nancy Whelan 14 *Ivye Benson *Bea Carr Marlene Haferkamp Maggie James *Jan Kruger Helen Molinaro *Aleda Waggoner Karen Wilhelm 15 *Robert Beckner Cora Cambridge *Patricia Hillyer 🥾 *James Keenan *Carol Lazarek Mary Ann Mook *Rita Watson

June

16 Jean Potts 17 *Karen Gaylord Shari Lind A. Carol Mitchell **18** Darlyne Burns Debra Piotrowski *James Scott **19** Mary Blank Tara Miller Linda Mrkva *Laverne Niksch *Patrick Ohms *Donald Pickard *Megan Schroeder 20 *Dean Conrad *Tracy Hartson *Jeanne Lee *Jerry Lee *Terri Werner **21** Ted Lyster *Jeanne Quaid *Chris Teglia 22 *Charles Hroma *Jerry Ingle Pam Kniola John (Jack) VanEtten **23** *Cristin Dombkowski *Kenneth Kendall *Judy Kush *John Nekvs 24 Ann Beese Debra Johnson Lee Malizia *Linda Ohlwine Elton Stephens Marie Stinchcomb 25 Anita Davis 26 *Linda Baker Catherine Garrabrant *Lynea Hinchman *Linda Starr 27 William James

*Vicki Kuzio

*Martha Maust

*David McColpin

*Glenn Scoville

*Valerie Vedron

28 *Kathleen Brennan Susan Kline Raymond Peterson *Arturo Pozos **29** Floyd Colosky Nancy Schoff 30 Dee Griffin Russell Klosinski *James Laughlin *Susan Thomas *Carolyn Tibbs

The Naughty List!

Continuing each month, you're on the naughty list if you haven't had your picture taken. How do you know? You have an asterisk next to your name in your birthday month. It's so easy, just stop at the front desk and let them know you need to get your picture taken for the database. They'll walk you through it! Thanks!

Salvation Army Food Donations

We continue to take donations of UNEXPIRED canned goods, boxed goods, dry cereals, ETC. here at the Senior Center. Dropoff at the crate at the front desk area.



Thank you to the Firecracker Fillies for their generous donation to the Senior Center in loving memory of Lorraine Ginthner

Thank you to the following for their generous donations to the Senior Center in loving memory of Betty Wilke: Luis & Rita Lopez Tom & Sue Rieckman Jane & Dave Stobb Bruce & Richelle Wilke Jim & Sherry Wilke Darrell & Laura Garbacik Mark Cichoracki & Tara Miller

Use it or Lose It

New research on the human brain shows that the brain responds well to the right kind of stimuli (both mental and physical activity). In each issue of the Golden Times (space permitting), I'm going to be sharing some exercises for your brain. I encourage you to incorporate them into your daily life and let's keep ourselves as active & healthy as we can! This month

"Story Problems"

Remember the story problems from your grade school days? These were found in an 1892 arithmetic book:

- ⇒ If a school of 42 pupils were divided in 6 equal classes, how many pupils would there be in each class?
- ⇒ What is the estimated number of words in a book containing 24 pages, each page averaging 350 words?
- ⇒ How many oranges at 3cents each should be given in exchange for 4 pounds of butter at 15cents per pound?
- How many more days are there in the months of March, April, May an June counted together, than in the months of September and October?
- \Rightarrow If you walked for 2 1/2 hours, how many minutes did you walk?

Now that you have whizzed through these, develop some of your own story problems that are more challenging and try them out on family or friends.



2025 Things to Come 2025



July

16th: Red Hat Anniversary Party

24th: Ice Cream Social

31st-Aug 3rd: Great Lakes Super

Boat Races

August

22nd: Chess Tourney

27th: Metamorphis Traveling
Theatre Production

r

September

1st: CLOSED/Labor Day 7th-13th: 1st Travel/New Orleans

Reins of Life

Therapeutic Horseback Riding
NEEDS Volunteers! Especially horse
feeders

Reins of Life is a therapeutic horseback riding facility for children and adults with disabilities. They are located at 9375 W 300 N in Michigan City. They have 13 equines on the

property, including a miniature Mediterranean donkey.

Since they are a not-for-profit organization, volunteers are a necessary and precious commodity. THEY ES-PECIALLY NEED PEOPLE TO VOLUNTEER DURING THE DAY when so many are at work or school. Volunteer opportunities include:

- ◆ Feeding—Horses need to be fed twice per day.
- ♦ Sidewalker—Assures that the rider is safe, supports and helps the rider stay focused, and assists with reigning, etc.
- ◆Leader—The horse leader concentrates on the horse, following the directions of the instructor and leading the horse if the rider is not able to "steer" the horse properly.

If you're interested in becoming part of the Reins of Life family, please contact Beth at 219-276-7849

- "As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient."
- "It's not my age that bothers me—it's the side effects."
 ~Unknown

(ANNIVERSARIES CONTINED FROM BACK PAGE)

David & Charlotte Strahm on their 52nd on June 16
James & Kathy Walker on their 46th on June 16
Tim & Lynn Delehanty on their 47th on June 17
Dell & Tamara Meyer on their 38th on June 17
Henry & Carol Lazarek on their 31st on June 18
Peter & Magdalene MacEntee on their 54th on June 19
James & Patricia Parsons on their 60th on June 19
James & Lois Timmons on their 28th on June 19

Harry, Jr. & Sara Cain on their 10th on June 20 John & Barbara Ormins on their 55th on June 20 Rich & Chris Frigon on their 56th on June 21 David & Johanna Miller on their 56th on June 21 Chuck & Megan Polarek on their 22nd on June 21 Marvin & Pat Guenther on their 46th on June 22 Luster & Vera Lewis on their 51st on June 22 Curt & LaVerle Bohnstadt on June 23

Jim & Alice Gayheart on their 62nd on June 24
Russell & Cathy Durham on their 48th on June 25
John & Beth Jannsen on their 37th on June 25
James & Aleda Waggoner on June 25

Ken & Vicki Kopitke on their 5th on June 26 Richard & Loretta Gill on their 60th on June 26 Robert & Rose Anna Mueller on their 54th on June 27

Larry & Susan Pozdol on June 28 John & Patricia Mackin on their 50th on June 29 Norman & Margaret Burns on their 13th on June 30 Jack & Debbie Henckel on their 46th on June 30

Michigan City Yearbooks!

<u>Elston Still needed</u>:: 1914 and before, 1917-1922, 1978, 1987.

<u>St. Mary's still needed</u>: 1942, 1956, 1962-1968 <u>Marquette</u>: 1969-1974, 1976-1979, 1981+

Rogers High School: 1973-1983, 1987-1989, 1991-1994

MCHSchool: 1995, 1998-2003, 2005+
Please be sure to check with the Director to be sure we still need any of these years. Sometimes they're already donated by the time you read this.

Michigan City Senior Center Two on the Lake Michigan City, IN 46360

Or Current Resident

NON-PROFIT ORGANIZATION US POSTAGE PAID MICHIGAN CITY, IN PERMIT NO. 51



Happy Anniversary

Tom & Kim Helmen on their June anniversary Edward & Michelle Emmons on June 1st Robert & Amanda Fischer on their 61st on June 1 Jeffrey & Ildiko Toyra on their 34th on June 1 Matthew & Donna Nieman on their 41st on June 2 Jerry & Kathleen Hays on their 59th on June 4 Jerry & Jan Orman on their 46th on June 4 Vachel & Mary Liggins on their 50th on June 5 Thomas & Jeannine Galloy on their 55th on June 6 James & Kathleen Irons on their 61st on June 6 James & Lvnn Kramer on their 51st on June 6 Charles & Eloise Ponder on their 66th on June 6 Walt & Janiece Barbknecht on their 50th on June 7 David & Esther "Jane" Hahn on their 23rd on June 7 Ryan & Valerie Vedron on their 50th on June 7 Robert & Betty Taylo, Jr. on their 62nd on June 8 Charles & Marcy Tomes on their 51st on June 8 Jerome & Barbara Eastman on June 10 Rodney & Kristine Krassow on their 47th on June 10 Mike & Kris Prohl on their 53rd on June 10 Ron & Marilyn Crosslin on their 6th on June 11 Brian & Kim Guse on June 11 Robert & Estela Kehoe on June 13 Patrick & Jackie Sullivan on their 38th on June 13 Paul & Kay Wilson on their 55th on June 13

Anniversaries (continued) (Anniversaries continued on Page 7)

Jeff & Anna Stewart on June 14

Thurston & Judith Jorgenson on their 34th on June 15

Kermit & RoseAnn Kelly on their 41st on June 15

Ray & Nancy Kominiarek on their 23rd on June 15

Carl & Judy Kush on their 62nd on June 15

Michael & Kimberly Patton on their 29th on June 15

Marty & Julie Proctor on their 39th on June 15

We Wish to Extend Sympathy to:

Kathy Pahs-Rhodes and Joan Shortall on the loss of their brother Robert H. Pahs;

Marge Skwiat Gloy on the loss of her brother William Hostetler; and to the family of Jane Loeffler.

J.

Get Well Soon

Judy Barsic, Dorothy Biller, Delores Evans, Carol Hemczak, Lynne Jacobs, Mary Lou McFadden and anyone else feeling a bit under the weather.