# THE GOLDEN TIM

The Michigan City Senior Center 2 on the Lake \* Michigan City, IN 46360 (219) 873-1504 \* Hours: 8am-4pm \* Mon-Fri Director: Tara Miller/ Assistants: Lauri Garbacik; Laura Steele



**CLOSED**: Fri, March 28 for Set-Up.

> **VENDORS:** Set up is 12noon-3pm.

Trach 'n Treasure Sale At the Sr Ctr/Washington Park Sat. Mar 29th 8:00am-12noon

#### Sponsored by Aperion Care/The Arbors Of MC

Come shop over 40 tables of gently used items, crafts & more. Pick up hot coffee and a doughnut for a bargain. And we'll serve barbeque sandwiches & hot dogs around lunch time for a reasonable price. We are having a bake sale to help raise additional funds. Be sure to stop by and pick up a delectable baked good for a good cause! This sale is **OPEN TO THE PUBLIC!** Bring the whole family & get great deals at one of the first "yard sales" of the season! No admission charge, no parking fees, NO Early birds. Doors open at 8am. WEFM, sponsored by Aperion Care/The Arbors of MC, broadcasts live! (Vendors: Set up is Fri from 12noon-3pm. Doors open for you at 7am on Sat)

### **REAL Services presents BINGOCIZE!**

An evidence based program that combines exercise and health info into the game of bingo. It's a fun way to get moving and socializing! This program will meet every Thurs-

day from March 20 through May 22 from 10:45-11:45am.

SIGN-UP is required. Call 873-1504 or stop by the front desk.

### Trash & **Treasure Bake Sale**

PLEASE help us out and donate your favorite baked goods. Turn in baked goods on Fri,

March 28th NO



LATER than 3pm. We'll price your goods. We'd really appreciate your help. Sign up at front desk.

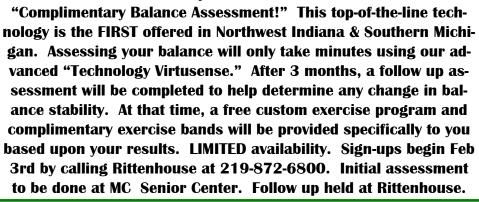
**Last Soup** Day of the Season! Thurs, Mar 13th at 11:30am **Irish Potato** Gouda! Cost is \$3 dine-in bowl \$4 small or \$6 large

to-go

#### Balance Assessment

#### Wed, March 12 from 12noon-3pm

Join the Rittenhouse Village of M.C. and Select Rehab for a one-of-a-kind experience and receive a





Attention! Beginning Mon, March 3rd, coffee prices will increase to 50cents per cup. We have not increased our

prices for a cup of coffee in over 25 years. ALSO, if you're bringing your own mug and it's more than the standard 8 oz Styrofoam cups please pay accordingly (i.e. a 24 ounce mug would cost \$1.50) Thank you for your understanding.

#### **IMPORTANT!!** The



Franklin **Street** 

**Bridge will be CLOSED** thru Mar 15 for repairs. Please use Center Street to access the Sr Center.



### **MARCH ~ 2025**



#### **MON**

9:00am Stretch It Out! 9am: Billiards 9:45am Exercise 10:45am T'ai Chi 12:00pm Duplicate Bridge 1:00pm Knitting &



#### TUES

9am: BYODComputers 9-1 Ceramics 9:30am Mahjong 9:30am Tai Chi (video) 10am 1-on-1 Comp Class 11am 1-on-1 Comp Class 12:30 Rummikub 12noon Five Crowns 1:00pm Euchre

#### WED

 $8:30am \overline{SHIP}$  (by appt) 9:00am Stretch It Out! 9:45am Exercise 11:00am Pinochle 12:30pm Mexican Train/Dominoes

1:00pm BUNCO

#### **THURS**

8:30-11am Wii Game 9:00am Billiards 9:00am-2pm Woodcary-9:30 Jokers & Marbles 9:30 Tai Chi (video) 9:30am Samba Card

Game 11am Bridge 1:00pm BINGO

#### FRI

9:00 Coloring, Drawing & Painting Group 9:45am Exercise 10am Sing-along 10am Chess Club 10:30-12:30 Italian 10:45amT'ai Chi 12:30pm Pinochle 12:30pm Rummikub

Reminder to

set your clocks

ahead on Sun,

March 9th.

#### **Special Events**



Wed, Mar 5th: French Club Meeting @ 2pm. (See front pg)

Thurs, Mar 6th: SSS Investment Club 11am

Mon, Mar 10th: Senior Companions & Foster Grandparents Info Booth 9-11am (see below)

Tues, Mar 11th: Advisory Board Meeting 9:30am

Tues, Mar 11th: Salute to Park Dept & Advisory Board members

Wed, Mar 12th: Balance Assessment by Rittenhouse (see front pg)

Thurs, Mar 13th: Soup Day/Irish Potato Soup 11:30am (see front pg)

Mon, Mar 17th: Happy St. Patrick's Day!

Thurs, Mar 25th: Coffee with the Mayor 9:30am

Tues, Mar 25th: Card Making with Jeneane at 1pm (see pg 3)

Thurs, Mar 27th: Newsletter Assembly 8:30am

Fri, Mar 28th: Trash & Treasure Set-Up day!

Sat, Mar 29th: Trash & Treasure Sale (OPEN to the pubic)



# Thank you to our BINGO sponsor for

Silver Birch! Feb:

### **Let's Talk SOLUTIONS**

"Michigan City Matters" **Town Hall Meetings Dept Heads & Common Coun**cil members will be present at each meeting.

Monday, March 31 Thursday, May 22 Wednesday, June 25

### **Senior Companions & Foster Grandparents Infor**mation Booth here at the Senior Center March 10 from 9am-11am



Would you like to learn about the impact that Senior Companions and Foster Grandparents have on people in LaPorte County? The AmeriCorps Seniors program, which

is federally funded, provides eligible older adults with the opportunity to volunteer and earn a small, tax-free stipend. Join us for a casual gathering where you can enjoy a snack while listening to inspiring stories from those already making a difference as Senior Companions and Foster Grandparents. This could be your chance to discover newfound purpose and fulfillment in your life — consider applying and see how your time can make a real impact! Your journey towards meaningful connections and personal growth awaits you.

### POETRY CLUB RESUMES!

### Wed, March 5th at 10:30am

Please join our Poetry Club and share any poems you may have written and enjoy those of other members. The group is FREE and you don't have to sign up! If you have any questions, the Coordinator of the group is Alan Brooks and can be reached at 219-448-1368.



### IMPORTANT Please do NOT leave items

for the free table outside of our doors when we are closed.



## French Club

Wed, March 5 at 2:00pm

Join Scott Archambault as he heads up this new club for those who love everything about French culture. We'll discuss culture, language, art, travel and so much more. If you speak French, BONUS! If not, we'll work on common phrases and basic language skills to help you improve on your speaking and reading of the language. NO PRIOR language experience necessary. Come share your love of everything French with those who love it too!

### **Card Making with Jeanene** Tues, Mar 25th 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 Jeanene 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, Mar 19th.

### Popcorn & A Movie Mon, Mar 24th at 1:00pm "The Medicine Man"

Sponsored by Life Care Center of MC A snake oil salesman meets a destitute musical family and travels the Midwest bringing comedy, magic, and music to small towns in the 1890's. This movie was written, produced, directed, and starred in by our very own member Merle Miller (and his family.) He has all rights to ownership and it is being shown with his permission. Come en-

joy! Rated G.

#### **Hearing Evaluations**

Held on the first Monday (unless it's a holiday) of each month. Rob Burke from Acoustic Services in South Bend will be conducting the FREE evaluations by appointment from 9am-2pm. Please call 219-873-1504 to schedule your appointment with our front desk. Appointments fill up quickly so we suggest you call and make your appointment ASAP. The next dates to schedule are Mon, March 3rd and Mon, April 7th.

#### **Firecracker Fillies Red Hatters**

Wed, Mar 26th: "Lunch at The Sugar Bowl," 402 US Hwy 20, MC at 12noon: Menu: #1 Hot Beef, #2 Country fried Steak, #3 Stuffed Peppers. All dinners include mashed potatoes, vegetable and soup. Beverages are coffee, tea, and soft drinks. Cost \$19. Deadline for sign-up & payment is Mar 14th.

#### **UPCOMING EVENTS:**

Wed, Apr 16th: "Lunch at Kolasa's Polish Peasant," 801 Franklin St. MC at 12noon: Menu: #1 Pretzel Chicken Breast w/mashed potatoes & veg; #2 Pan-roasted fish w/ mashed potatoes & veg; #3 Philly Style shredded beef sandwich with potato salad. All include tax & gratuity, beverage and scoop of ice cream. Cost \$24. Deadline for sign-up & payment is April 4th.

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

### FIRST TRAVEL 2025 TRIPS

Tues, Apr 1: "Almost, Maine" at Cornwell's Dinner Theatre, Marshall, MI. Pkg includes transp, lunch of complete turkey dinner, and show. Departs 8am, Returns 5pm. \$125pp. Reserv/pymt MUST be received by Feb 20.

Thurs, May 29: "Lucille Ball Portrayal" at the Jacob Henry Mansion Estate, Joliet, IL In the 1950s, actress and comedienne Lucille Ball captures the hearts of television viewers across the nation, while her production company brought new innovations off screen. You won't want to miss this portrayal by historian Leslie Goddard. Following the show, enjoy a self-guided tour of the historic Jacob Henry Mansion Estate. Pkg includes transp, lunch of Chicken Apricot, show, and tour. Departs 9:30am, Returns 3pm. \$120pp (dinner gratuity not included). Reserv/pymt MUST be received by April 15.

Wed, June 18: "Ned & Nancy" at Blue Gate Theatre, Shipshewana, IN To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny, brand new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns into one hilarious disaster after another. An encounter with a biker gang, a hot air balloon ride gone wrong, an Amish stowaway, a mugging in DC-and many other twists and turns down the road. Ned and Nancy end up seeing way more of America than any postcards could ever begin to describe. Through it all, new memories are made, old ones relived, and vacation frustrations melt away in the beauty that is America. Add to that the poignant moment at a military memorial, stunning Americana Travelog scenery, and some cruising "Golden Oldies" on the radio, and a surprise ending that will leave you singing and laughing. 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 Baking 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 Sept 1.

**NEW MEMBERS** WELCOME!

Jim Eriksson Joanne Fitzsimmons-Abele **Thomas Ford** Debbie Gann Karen Gaylord Cheri Hall Susan Hannon Margaret Heuer Richard Kennedy Ken Kopitke Vicki Kopitke Pam Lindborg Georgetta Manning-Cox **Thomas Miller** Patricia Newenhouse **Robin Pease** Daryl Pomranke Linda Pomranke Jerry Portenberry Lynnie Portenberry David Robb Vern Robinson Lawrence Rogers **Gregg Smith** 

Judith Smith **Anna Stewart** William Thompson Jan Weinig Richelle Wilke

Nayoma Zeese

Contact First Travel at 219-879-4633 or 219-326-1889

See the extended trips on

Travel **Policies:**  Reservation & Payment Policy: Reservations are accepted and held via phone.

Call Lisa at 219-879-4633 to reserve your spot, then send in your payment along with your form (available here at the front desk) within 7 days of reservation. Payment must be mailed to First Travel Center, PO Box 472, LaPorte, IN 46352 Check ONLY. No credit cards or cash. DO NOT send to the Senior Center.

Physical Limitations: 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!

Pricing Policy: All trips are priced at current expected fuel rates and are subject to increases. Gratuity for motorcoach driver not included. <u>Cancellation Policy</u>: All trips are non-refundable unless a replacement is secured.

### **Director's Corner**

Have you ever wondered where urges come from? My Dad asks this question all the time. Google says this: "Urges primarily originate from the brain's reward system, triggered by cues in our environment or internal states that can lead to the release of dopamine, a "feel-good" chemical... essentially, it's the brain's way of seeking pleasure or relief from discomfort." So if I see a piece of chocolate candy, my brain says, "hey let's eat that" because chocolate tastes good and I feel happier when I eat it. But not all urges are good; like when you want to give someone a piece of your mind but you know that's probably not a good idea. That requires willpower. It also requires willpower to resist that piece of candy if you're trying to watch your sugar intake, or watch your weight. So urges, like most things in our life, have to be managed. We have to balance our desire for immediate gratification with our need to not overindulge. I would guess that most people have let their urges get the best of them at least once in life (no one's perfect after all); because it's REAL-LY hard to suppress your urges all the time, every day, year after year. But I believe that success IS a matter of willpower. So if you want to lose those pesky 10 extra pounds, you have to consistently resist that piece of candy. If you want to maintain harmony amongst your family and friends, you have to not verbally express what's going on in your mind. Unfortunately, willpower is not something you can buy. You just have keep on keepin' on. And maybe, just maybe, one day I'll step on that scale, and voila! 10 pounds thinner. Hope springs eternal. Happy bday to my husband Mark, my best friends Jody & Tamala, my granddaughter Kira and Happy St. Patrick's Day to you all!



# <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 Tues-

days at 10am & 11am and sign up IS required! Call 873-1504.

Trivia Challenge



Thursday, April 24th, 5-9pm \$10/per person Theme will be announced at the event

Start planning now!

Gather up your friends (maximum of 10) and form a team. Questions are read aloud and as a team, you decide on an answer, write it on your questionnaire and turn it in for scoring. There are 10 rounds of 5 questions each. The team with the highest score will win \$10 per person on that team. 2nd place wins \$5 per person, 3rd place wins \$2 per person.

This is a fundraiser for the Senior Center. \_We hope you'll make this a fun, successful event to help raise money for the Senior Center.

NEW!!! Food & beverages will NOT be available. Please feel free to bring your own. Coffee & Water provided only.

Please register by Wed, Apr 23rd so we can plan accordingly. Even if you just call us to let us know how many people you think will be attending, it helps us plan. You do NOT need to be a member to participate. Don't have a team but want to play? Call 873-1504 and we'll put you on a team.

1 Shana Anders-Hastings

\*Eugenia Schwanke

2 Dennice Adrian Janice Gonzales

\*Charles Halberstadt

\*Rick Johnson

\*Susan Malcer

\*Don Montgomery

\*Roxanne Niswonger

4 Peggy Biggerstaff

\*Lynne Budig

\*Donna Eichelberg

\*Patrick Pizarek

5 Sherry Brandt

\*Lee Ethel Ellis

\*Paula Siecker

\*Charles VanHorn

6 Betty Bowden George Cox

\*Denise Hale

Gail Leffew

\*Lori Wilson-Patterson

7 Lola Barnhart

Lila Chouinard

\*Marsha Moss

\*Mary O'Neil

\*William Studtman

\*Patricia Ann Vandish

8 \*Richard Brewe

\*Ron Cowgill

\*Robby Johnson

\*Milda Roszkiewicz

\*Pam Simon

9 Larry Kaminski

\*Cherie LeFevre

10 \*Carol Bernier

Norma Durr

**Dolores Grace** \*Anna Foldenauer

\*Robert Stanley

11 \*Gerry Strasser

12 \*Niria Diaz

\*Joan Johnson

\*Christine Perry

\*Pamela Waltz

\*Joyce Weik

13 \*Timothy Fizer, Sr.

Christine Hoge

\*Barbara Malewicki

\*Carol Nordstrom

Lindy Nunes

\*Christine Parks

\*Hema Patel

14 \*Suzanne Kean David Littell

\*Phyllis Nowatzke

15 Susan Brooks

Mark Cichoracki

Charity Gonzalez

\*Margaret Heuer

\*Patricia Peck

### \*Jim Hoffmaster

### March 🧠



#### **Happy Birthday!**

16 \*Donald Reinke \*Patricia Elliott

17 \*Dennis Brittain Nancy Novak

Linda Parrish **Bob Rose** Terry Troyer

\*Sally Will 18 \*Sandy Baldwin \*Jackie Curtis

Carla Komarek 19 \*Chuck Vincent

\*Alice Wozniak

20 Walter Barbknecht **Dorothy Johns** Carol Sargent **Dorothy Sparks** 

\*Jerry Timbrook

\*Judy Valentine 21 \*Marianna Bruce

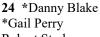
\*Joan Marie DeAvila \*Nancy James

\*Carol Jones

22 \*Dave Bigler

\*Ken Bransky \*Sharon Raab

William Wild



Robert Stark 25 Jim Holm

\*Elsie Keel

\*Patricia Maman \*Jeneane Webster

26 \*Cathy Durham

Sandra Johnson-Lee

\*Pat Kubik Rebecca Patz

\*Rita Swistek \*Jan Weinig

\*Linda Wickstrom

27 \*Marilynn Ames \*Jean O'Malley

\*Walter Wajda

28 \*Laura Brennan-Levy Cecilia Brinckman Christina (Tina) Leonard

\*Richard Will 29 \*Cindy Bechinski \*Raymond Kowalski

\*Connie Magnuson Kathleen May Georgia Pickford

\*Wanda Thompson 30 \*Steven Fistel

31 \*Louise Hoffmaster Barbara Macudzinski Donald Snyder



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

#### **Earth Hour**

the database. They'll walk

you through it! Thanks!

On the last Saturday of March, millions of people turn off their lights for one hour to celebrate our planet. From 8:30-9:30pm focus on your commitment to our planet by switching off all non -essential lights. Earth Hour was started as a lights-off event in Australia in 2007 and has grown to engage more than 162 coun-

tries worldwide. This year the last Saturday is March 29th.



Thank you Marge Heuer and Vera Malwin for their generous

donations to the Senior Center.

#### 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:

#### "Changing Something in Your Surroundings"

A good way to remind yourself of a specific task to be done is to change something in your surroundings so that you notice the change. This change then serves as a reminder of what you need to do. An early radio program used a tune, "Tie a little string around your finger.." One woman I know crosses the first and second finger of her right hand when we are in conversation as a way to jog her memory. Other ideas for changes are: a note on the door of the car to remind yourself to pick up the cleaning; a chair in front of the steps to remind yourself to put out the garbage.

- You are working in the garden and want to remember to call a friend when you finish.
- You are running an errand and need to remember to call the dentist for an appointment.
- You are in the shower and you want to remember to send a birthday card to a family member.



# 2025 Things to Come 2025



### April

1st 1st Travel/Almost Maine 7th-12th: 1st Travel/Branson 16th: Easter Egg Stuffing 18th: CLOSED/Good Friday

20th: Happy Easter!

24th: Trivia Challenge

### May

8th: Spring Game Night
11th: Happy Mother's Day!
14th: Words in a Wink/G.A.B.
19th: Volunteer Luncheon
22nd: Spaghetti Dinner

26th: CLOSED/Memorial Day 29th: 1st Travel/Lucille Ball

### June

15th: Happy Father's Day!18th: 1st Travel/Ned & Nancy19th: CLOSED/Juneteenth

### July

4th: CLOSED/Independence Day 16th: Red Hat Anniversary Party

24th: Spaghetti Dinner



### **Raffle 2025**

Tickets on sale now!

NEW This year:

• Qty of (2) 1st prizes: Each wins (5) \$20 gift cards

•Qty of (2) 2nd prizes: Each wins (5) \$10 gift cards

• Qty of (2) 3rd prizes:

\*Brentwood 4 Slice Toaster Oven \*HoMedics Bubble Mate Foot Spa Total Value of all prizes: \$500

Hint: kind of SHIP

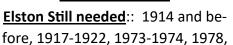
#### WHAT IS SHIP?

The State Health Insurance Assistance Program (SHIP) is a free & unbiased counseling pro-

gram provided by the Indiana Department of Insurance for Medicare beneficiaries in Indiana. It is part of a federal network of State Health Insurance Assistance Programs located in every state. SHIP provides health insurance counseling for people with Medicare. All services are free. SHIP is not affiliated with any insurance company or agency and does not sell insurance. It is staffed by volunteer counselors who have completed intensive training to offer you free and objective assistance in complete confidence. Our counselors

George and/or Garry are here on Wed from 8:30am-11:30am. Call only during those hours to schedule an appointment with them at 873-1504.

# Michigan City Yearbooks!



1987

**St. Mary's still needed**: 1942, 1956, 1962-1968

Marquette: 1969-1974, 1976-1979, 1981+
Rogers High School still needed: 1973-1983,
1987-1989, 1991-1994

MCHSchool still needed: 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.



#### **Easter Egg Stuffing**

Wed, April 16th 9am-12noon

We need volunteers to help "stuff" plastic easter eggs with candy. The Events Dept

will provide all supplies, a continental breakfast, AND lunch! No need to sign up. Please do not arrive earlier than 8:45 am.



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

Don & Mary Anne Gustafson on their 45th on Mar 1 Robert & Lissa Nygren on their 40th on Mar 3 Robert & R. Lynn Schult on their 43rd on Mar 6 Bob & Diane Johnson on their 54th on Mar 8 Charles & Dolly Vincent on their 52nd on Mar 11 Paul & Debi Lyles on their 36th on Mar 12 Louis Sobecki & Georgianne Schroeder on their 21st on Mar 15 Michael & Theona Kennedy on their 29th on Mar 17 Arthur, Jr. & Beverly Craig on their 58th on Mar 20 Robert & Monigue Rub on their 45th on Mar 22 Marvin & Diane Dirks on their 52nd on Mar 24 John & Raelene Jurkowski on their 18th on Mar 24 John & Pat Kubik on their 51st on Mar 26 Reinaldo & Sheila Matias on their March 28 anniversary Steven & Margaret (Peggy) Biggerstaff on their 39th on Mar 30 Dale & Joyce Weik on their 29th on Mar 30

As always, if you are aware of any additions, corrections, or deletions that should be made to anniversaries, sympathies, get wells, or birthdays, please let us know.

In Sympathy...We wish to ex-

tend sympathy to: Ann
Thorvik on the loss of her aunt
Linda (Tylisz) Pliske; Ange Benz
& Darlene Henderson on the
loss of Hildegard O'Shea; Darlene Henderson on loss of her sister-in-law
Linda (Tylisz) Pliske; Thurston Jorgenson
and Judith Wolford on the loss of her
mother Frances Brandsness; Shirley Lindborg on the loss of her brother George
Smith; to the family of Poknam Novak; and
to anyone else grieving the loss of a loved
one.



### Get Well

### Soon

Anyone feeling a bit under the weather.