



Carma's
Commentary

What's the best gift you've ever received? Did it come in a package or was it something intangible? I'm guessing for most of us, the best gifts are more intangible in nature, like the smile of a newborn baby.

Sometimes we are so caught up in "stuff", we don't even recognize the gift before us. It might take a while before the veil is lifted, revealing the true treasure. The discovery of such a gift is masterfully woven through the pages of the book *The Secret Life of Bees* by Sue Monk Kidd. Lily, the main character, tries to find her way through life without the help of loving parents.

For her, the "gift" is an answer to a life-long prayer. Working with bee keepers provides the foundation she needs in making her discovery. As in life, she gets "stung" along the way. And—as in life—the gift she receives is different from the specific thing she sought, which was her mother.

As she searches for a loving family, Lily's presence is a gift within itself to the bee keepers. She brings new life to this group of older women, and they in turn become her surrogate mother(s). Even though she cannot find the biological mother she lost, Lily comes to terms with her mother's past and finds a "hive" of new mothers.

I've been lucky to have both a mother and many "surrogates" along the way. Of course there were times (mostly as a teenager) that I might have listened more to the surrogates than to my own mother. However, I moved through that phase in life and have grown to appreciate the "gift" of every

visit I have with my mother as well as with many "surrogates".

The surrogate mothers in the "Bee" book point out that if something happens to the queen bee, the hive will soon die. The worker bees simply lose their way. The relationship she has with the hive provides direction and purpose. Just as the bees lose their way without a queen, we sometimes lose our way as a result of life transitions. We are all mortal and separate individuals, so connections with others won't last forever. It can be a lonesome thought. Many people seek comfort through religion and various groups to avoid the feeling of being isolated.

In *The Secret Life of Bees*, one of the bee keepers gives Lily a piece of advice that I especially like. She says, "You have to find the mother inside yourself. We all do. Even if we already have a mother, we still have to find this part of ourselves inside." She touches her heart as she makes these comments. There is something very reassuring to me in this vision. It's as if we were given this incredible gift by a higher power and that is planted next to our heart for safekeeping. It is the part of our soul that we can call on for strength when doubts or fears surface.

Sometimes in the middle of the night, I'll wake up and be afraid—of what I'm not sure. Perhaps it comes from the realization that I'm the one responsible for my actions and no one else can take the blame for me. No one else can totally protect me from harm or lonely feelings. However, if I am honest with the "mother inside me" throughout the day, I can embrace the middle-of-the-night fear and move on. Like the queen bee inside a hive, the "mother inside us" is there providing a life force. It is an incredible gift.

– Carma Wall, CEO
cwall@thecedars.org

THIS 'n THAT
from around *The Village*

DECEMBER LUNCHEON

When: Tuesday, the 20th, 12:00 noon
 Where: Wellness Center Banquet Room
 Hosts: Dave and Bonnie Fruth
 Ed and June Switzer
 Menu: Chef Carved Cumberland Gap Ham, scalloped potatoes, Yukon mashed potato, steamed asparagus, winter squash, cranberry Foulé', mixed green salad, assorted pies, and beverages
 Cost: \$9.50

Please Note: Phone reservations to Diane at 241-0919 (ext 110) by Friday, the 16th, *You are invited to bring a donation of food to the McPherson County Food Bank.*

Note this change in the December breakfast schedule:

Breakfast will be served only on December 8th and 22nd. The menu for both mornings is omelets.

In Memoriam

Dollie B. Clark
1922-2011



Betty L. Myers
1920-2011

How SERRV came to The Cedars

First, the acronym SERRV means Sales Exchange for Refugee Rehabilitation and Vocation, and is a Church of the Brethren project. The craft items come largely from developing countries, and the money has already gone to that country for the SERRV items we sell in the gift shop. When Dollie and Ben Clark moved here from San Diego, she encouraged us to become an outlet for SERRV, as she had been very involved with the project there. We have some SERRV items in the gift shop, so each time you buy one, remember Dollie. – Elva Jean Naylor

From our library

Every time I read a John Grisham book, I am further convinced that he is truly one of the better writers the U.S. has produced. He seldom disappoints. I just finished *The Litigators*, another legal thriller. It is reminiscent of the scary product stories of several years ago.

Finley & Figg is a two-bit law firm that just struggles along until a young corporate lawyer joins them with the hope of finding a better life. They stumble into a made-to-order law suit against a pharmaceutical company distributing Krayoxx. In an attempt to prove the liability of this drug, they land a really big suit concerning lead poisoning in toys. Their Krayoxx suit was too good to be true and it was, but the paint thing does pan out. This book is a good read.

I also read *Beyond Justice* by Joshua Graham. It is a legal/Christian thriller by the author of *The Accidental Hero*. Sam Hudson is accused and convicted of the rape and murder of his wife and daughter. He is on Death Row where he has a series of revelations. He becomes convinced that God wants him to forgive the person responsible for these murders. This person is finally caught (someone Sam knows) and Sam is

(This 'n That continued on page 3)

freed. This book has a powerful ending and I am convinced that everyone who finds himself in prison should read it. Both of these books are in the McPherson Library.

Sue Grafton, like Grisham, is dependably good. Her newest book is *V is for Vengeance* and it is in the Cedars Library. This is a good read even though there are a few too many characters. I almost had to make a list to keep up with which character was doing what to whom. Kinsey Millhone begins this story with two black eyes that she attempts to explain with this delightful romp with a bunch of despicable criminals. Look for the bright red book on Grafton's shelf in the Cedars Library.

The Cedars Library is used a great deal. I hope you will always feel free to make any suggestions which you think will improve our service. -- Betty Stanley



Last Chance to Avoid Income Taxes

If you contributed to a retirement account (401(k), 403(b), SEP, profit sharing plan, etc.) while you were working, and have reached the age of 70.5, you probably know that you're required to calculate and withdraw a certain amount from these accounts each year. When you make those withdrawals, they are taxed at your regular income tax rate. However, only through the end of 2011, you can avoid paying those income taxes by rolling your withdrawal over to a charitable organization like The Cedars. It's as easy as making an appointment to see your accountant or financial planner; but don't wait. This charitable roll-over option ends on December 31, 2011!

-- Eric Litwiler, Director of Development

What are the Benefits of Annuities?

The list of reasons why purchasing a gift annuity makes sense is too long to list here. Regular, tax free income; charitable gift; entrance to the Heritage Society, etc. However, most of the annuities sold at The Cedars are based on just two benefits. The first is the substantial tax savings. The income tax deduction – usually somewhere around 35% of the annuity value – can be taken immediately, or may be deferred up to four years. The second is the rate of return. Compare the rate of return on a gift annuity - usually between 8% and 10% - to the 1% return on your savings account or money market. And the ease of starting an annuity can't be beat! Call the Development office today at (620) 755-2583.

-- Eric Litwiller, Director of Development

DECEMBER EVENTS
Bob Baldwin, contact person,
unless otherwise indicated

Celebrate with Lois

As foretold in the November *Voice*, a party is on the calendar for **Thursday, December 1-- that day is the 100th birthday of Lois Hayes.** Her daughter Gail is inviting you all to a **Come-and Go party in the Wellness Banquet Room, between 2:00 and 4:00.** Come and greet Lois who, with her now deceased husband Guy, was among the very first to occupy a unit in The Village. Lois now resides in the Health Care Center.

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

(December Activities, continued on p. 4)

(December Activities continued from p. 3)

Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 1:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

See you at Village Breakfast

Note this change in December's breakfast schedule: **Breakfast will be served only on Thursdays, the 8th and the 22nd**; the menu will be omelets. Join your friends in the large dining room of the Health Care Center for breakfast at **8:15 am**; the charge is \$4.

Try eating at noon in The Cedars Café or The Courts. By phoning the Cedars (241-0941, ext 300) after 2:00 pm you will learn the menu being served the following noon.

Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Thursday (1, 8, 15, 22, and 29) and each Monday (5, 12, 19, and 26) in December at 11:15 am in the W/CC.**

Using the Wii

Every Friday afternoon from 1:00 to 3:00 pm, Bob will have the Wii game ready to go, in the W/CC fitness room.

Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am — December 2, 9, 16, 23, and 30.** Enjoy the fellowship with our friends there.

Invitation to a another party

The family of Ann Burris, former Villager, is going to celebrate Ann's 90th birthday with a reception in her honor in the **activities room on the second floor of the Courts on Saturday, December 3 from 3-5 pm.** All are welcome to stop by and say hi.

Community Brass to Entertain Us

You're in for a special Christmas treat on **Monday, December 5**, if you come to the **Wellness Center at 7:00 pm** to see and hear McPherson's Community Brass Choir in concert. There'll be the familiar Christmas music played with flair and it is sure to delight your senses. If you aren't in the Christmas spirit yet, this concert will solve that problem. You won't want to miss this special musical program.

The members of this group come from all walks of life but they all have a lifelong passion for music and brass instruments. Many have full-time careers outside of the music profession and play with the choir as a way to continue their musical interests.

Come for music and some Christmas goodies. Be sure to invite your neighbors and bring friends from outside The Village if you'd like. (Donations)

Christmas Open Houses

"It's beginning to look a lot like Christmas." Mark your calendar for **Thursday, December 8 between 2 and 4 pm** and plan to attend the Christmas Open Houses here in The Village. Get out your Christmas sweater/sweatshirt/socks/jewelry. We're invited to a come-and-go affair and a chance to visit with friends and neighbors.

(December Activities, "Christmas Open Houses, cont. on p. 5)

Hosting this year:

- * Anne and Dave Albright - 919 Darlow
- * Marie Twitchell - 1106 Darlow Court
- * Lois and Gerald Neher - 1111 Darlow Ct.

Call your neighbors - especially new residents - and invite them to go with you, carpool as much as possible, or walk if you are able. Drop in for a little bit; and when the chairs fill up and more folks arrive, move on to the next spot. Have a fun time.

We thank those hosting and others who will be helping with refreshments.

Caroling

You're invited to go caroling on **Monday, December 12**. We'll be singing at The Courts, The Health Care Center and the Cedar Houses. Our plan is to go to the eating areas at supper time where we can catch most of the residents out of their rooms and located in central eating spaces.

Plan to gather in the **entrance to Cedar House 801 at 4:30** to organize and we'll sing in the four Houses first. Then we'll go to the dining areas in the Health Care Center and end up in the Courts. In order to get to all the places, we will sing about 3 or 4 carols and move on. Giving greetings to the residents takes a little while too. This schedule was suggested by the food services department based on gathering/eating times in each spot.

We're guessing we'll be finished by about 5:45. Then all carolers and their spouses are invited to the Fruth's for a bowl of soup and trimmings. Several people will be helping with the meal, so thanks to them in advance.

One nice thing about this way of caroling is that we don't stand outside letting cold air in and you don't have to be bundled up the entire time. Come join us. It'll be fun to share the gift of music with others.

Movie, December 9th at 2:30 p.m

An afternoon movie? Might be fun for a change! So, come to the **Wellness Center on Friday, December 9th, at 2:30**. We plan to show the movie, *The Note*. In this Hallmark channel movie, newspaper columnist Peyton MacGruder, finds a note in the ruins of a plane crash. She sets out to find the intended recipient, hoping to deliver it before Christmas; in doing this she finds herself on her own personal journey as well.

Feel free to bring a friend along. It will be a fun and relaxing afternoon and you'll be home well before dark. The popcorn will be popping!!

2nd Tuesday Coffees – December 13

Men's and Women's groups – 10:00am

Men: at the Health Care Chapel for visiting, coffee, and occasional speaker.

Women: at W/CC Coffee Shop.

Kandee Schneider, the McPherson College president's wife, has invited the Cedars women's coffee group to meet at the president's home at 10:00am for our December 13th meeting. Come to W/CC at 9:50 if you choose to ride the Cedars bus, or you may drive your own car.

Red Hatters to meet December 14

(Corky Flood)

The December Red Hat meeting will be at Corky Flood's home on Wednesday, the 14th at 12:00 noon. The address is 1240 Darlow Drive. Let Corky know (241-4005) if you plan to attend.

Christmas Cheer at W/CC

(Elva Jean Naylor)

Come to the **W/CC on Thursday, December 15th from 2:00-6:00 pm** for fellowship around the wassail bowl, cookies, and Christmas music. Also the Gift Shop will be having a special sale.

(December Activities, continued on p. 6)

(December Activities, continued from p. 5)

Movie - Friday, Dec. 16, 7:00

We'll be showing the movie *The 12 Dogs of Christmas* on **Friday, Dec. 16 at 7:00 in the Wellness Center**. This is a movie that will be especially fun for all dog lovers.

Maybe you've seen this movie before. If not, here's a little teaser: *The 12 Dogs of Christmas* concerns a twelve-year-old girl, Emma, who lives in a town that has outlawed owning dogs. She attempts to win over the hearts and minds of the town's mayor by putting together a memorable Christmas pageant using many of her canine friends. Come see for yourself what happens.

Feel free to invite your grandkids, great grandkids or other friends to come watch with you. Popcorn always goes with movies and maybe we'll have other munchies too. (Donations)

Trip for December - To See the Lights

If you want to go on a little road trip to see Christmas lights and yard decorations, meet at the **W/CC at 5:30 on Wednesday, Dec. 21**. We'll head to Salina where we'll look at lights and then stop for a treat probably at Bogey's ice cream shop. Next we'll check out Christmas lights and decorations in Lindsborg and then we'll come back to McPherson and drive around town and see how folks have decorated. We'll ooooooh and ahhhhhh together as we view the lights and enjoy the work of people who decorate their yards and homes. We hope you call Fruth's at 245-0674 by Monday the 19th so we can line up transportation. We hope you want to go along.

We'll need to charge \$5.00 for the van and if others drive you can give your driver the same amount.

Christmas Sing-along

(Royal Eichstadt)

Mark Thursday December 22, 7:00 pm in the W/CC for our traditional Christmas Sing-along. We



will be singing many of the old carols plus there will be special numbers from our own Cedars' talent. If you have a number to share, please call Royal (245-0627) by December 15 to be listed on the program. Let's have a blessed evening together.

Book Club

(Bonnie Fruth)

Because of the Christmas holidays, **Book Club will not meet in December** (the regular meeting time, the fourth Monday, is the day after Christmas. **The next meeting of the group will be January 23, 2012.**

December recycling, the 28th

(Ed Switzer)

The McPherson Area Solid Waste Utility Transfer (Recycling) Station is pleased with the response of the Cedars Village Residents. Keep those recycle items coming! It's always the fourth Wednesday of the month, 8:00 am to noon in the W/CC parking lot.

There are nine bins on the trailer. They are for the following: (1) #1 Plastic (2) #2 Plastic (3) Plastic milk, juice & distilled water jugs (4) Glass of any color (5) Aluminum cans (no foil) (6) Magazines (slick paper) (7) Newspaper (8) Mixed paper shredded, mail, advertising, letters, etc.) (9) Tin cans (metal). There is a separate bin for each of these; you may want to sort items before you arrive.

(December Activities, "Recycling," continued on p. 7)

Items for which there is no bin include: plastic bags, #5 plastic, lids for plastic, glass bottles and jugs, Styrofoam, electronics, ceramic dishes, trash, liquid or food residue.

Document shredding, the 28th

If you have documents that need to be shredded, you can bring them to the main Cedars office or to Assisted Living on December 28th, any time during the office hours. They have a secure box.



Did you know?

* "I Heard the Bells on Christmas Day" is one of the few poems by Henry Wadsworth Longfellow that has been put to music. Longfellow wrote this beloved poem on Christmas Day in 1863. The Civil War was at its height, and the poet was in deep despair. Hearing the Christmas bells chiming, he realized that God was great enough to overcome the world's strife. The poem is his prayer for peace.

* The real St. Nicholas, who was the inspiration for Santa Claus, was an early Christian bishop. He lived in the fourth century and was known for his remarkable generosity. Possessed of an unusual sympathy for the many poor, he often went out in disguise and distributed presents, especially to children.

* "Joy to the World," one of the most joyous hymns of the Christmas season, was written by poet Isaac Watts, who penned some of the most beautiful hymns in the English language. At the age of 18, young Isaac Watts complained to his father about the tacky and graceless songs being sung in the church. His father answered, "If you don't like the hymns, write better ones!" Isaac did just that. He presented a new hymn to his home congregation each Sunday morning for two hundred and twenty-two consecutive Sundays.

* President Franklin Pierce was the first to decorate a Christmas tree at the White House.

* The most popular Christmas gift in 1957 was the hula hoop.

* One of the largest Christmas trees ever seen—212 feet tall—was erected in Seattle in 1950.

* The painting by Haddon Sundblom of Santa Claus drinking a Coca Cola is the source of yet another Santa image. Sundblom's full-color advertisements, produced during the 1930s, introduced Santa in a red suit rather than a fur coat.



How far is it to Christmas?

How far is it to Christmas day?
 The journey's just as long
 As taking time to listen
 To a joyful angel song.
 It's just as far as one can go
 In doing a loving deed
 That helps someone feel better
 Or that meets their special need.
 For Christmas is a journey
 That the heart makes every year.
 It starts right with your family
 And those you hold so dear.
 It travels on to strangers
 'Round the world to everyone
 With the message that God loves us
 And that's why He sent His Son!
 --Peggy Ferrell, author

Say it another language:

Denmark: Glaedelig Jul
 England: Merry Christmas
 France: Joyeux Noel
 Germany: Frohliche Weinachten
 Greece: Kala Christougena
 Italy: Buon Natale
 Japan: Meri Kurisumasu
 Mexico: Feliz Navidad
 Norway: Gledelig Jul
 Poland: Wesolych Swiat
 Romania: Sarbatori Vesele
 Spain: Felices Pascuas
 Sweden: Glad Jul
 Wales: Nadolog Llawn

. . . . and Merry Christmas to you!



One Solitary Life

He was born in an obscure village, the child of a peasant woman. He grew up in still another village, where He worked in a carpenter shop until he was thirty. Then for



three years He was an itinerant preacher. He never wrote a book. He never held an office. He never had a family

or owned a house. He didn't go to college. He never traveled two hundred miles from the place where He was born. He did none of the things one usually associates with greatness.

He had no credentials but Himself. He was only thirty-three when the tide of public opinion turned against Him. His friends ran away. He was turned over to His enemies and went through a mockery of a trial. He was nailed to a cross between two thieves. While He was dying, His executioners gambled for His clothing, the only property He had on earth. When he was dead, He was laid in a borrowed grave through the pity of a friend.

Twenty centuries have come and gone, and today He is the central figure of the human race and the leader of mankind's progress. All the armies that ever marched, all the navies that ever sailed, all the parliaments that ever sat, all the kings that ever reigned, put together, have not affected the life of man on this earth as much as that one solitary life. (shared by Charlie Sutton)

December 2011

Director of Independent Living & Wellness/Conference Center

Bob Baldwin

Birthdays

New Village Residents

Phyllis Ragole moved into 1102 Darlow Court on November 19th.

Vera Ellwood will be moving into the new duplex this winter.

Gerald and Barbara Leaf will be moving into the new duplex this winter.

Tom and Joyce Siniard will be moving into 1207 Darlow this winter or spring.

Shirley Gans will be moving into 1002 Cedars Drive after the first of the year.

Scam Artists

You read about people getting stung by scam artists all the time and you think I'm too smart for that to happen to me. Guess again. It happens all the time. They can be very convincing. They are experts at getting you to believe you are actually talking to a loved one who has been injured or is in trouble. The presumed loved one cannot talk long and hands you over to a lawyer or other so-called friend that you do not know. They tell you all sorts of things and then ask you to wire money as it is an emergency. They also say you can't call back on cell phones or tell other relatives as they are too embarrassed or for some reason they don't want them to know they are in trouble. If someone is in trouble or needs money in a hurry, call their closest relative or friend, and let everyone know before you wire money. Once it is wired, it is gone. You just have to be so careful. Sometimes they have information that you think only relatives or very close friends know; that isn't always the case. With the internet, a lot of information is out there that you think is very private. These scam artists have figured out how to use it to their advantage. So if you get a call, think about it, call other family and friends and get everyone on board to check out if it is actually true. What's a little embarrassment compared to the loss of reserves or safety? If you think a caller might be trying to scam you, the police have given us this number to call: **888-40-SCAMS** or **888-407-2267**.

DECEMBER

CALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>December 1-3</u>	
Th 1	9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart 2-4:pm Birthday party, Lois Hayes; W/CC, p.3
F 2	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm.; W/CC
Sa 3	3-5pm Ann Burris Birthday Party, 2nd floor, The Courts, see p. 4
<u>December 5-9</u>	
M 5	9:00am Exercise group, fitness, ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC 7:00pm Community Brass; W/CC, p. 4
W 7	9:00am Exercise group, fitness ctr. 10-11:30; 2-4pm Sew&Tie quilts, S-DUR 10:15am Village Study Grp, Med. Chp
Th 8	8:15am Village Breakfast;HCC (menu p.2) 9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart 2-4pm Christmas Open Houses (see pp 4-5)
F 9	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm.; W/CC 2:30pm Movie, <i>The Note</i> ; W/CC
<u>December 12-15</u>	
M 12	9:00am Exercise group, fitness ctr. 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC 4:30-5:45pm Caroling; see details, p. 5
T 13	10:00am Men's Coffee, HCC 10:00am Women's Coffee, details p. 5
W 14	9:00am Exercise group, fitness ctr 10-11:30am;2-4pm Sew&Tie quilts; S-DUR 10:15am Village Study Grp; Med. Ch 11:30am Red Hats at Corky's; see p. 5
Th 15	Call Royal today for Sing-along entry 9:00am China painting, S-DUR 11:15am Tai Chi. W/CC 1:00pm Cedars van to Wal-Mart 2-6:00pm Christmas Cheer; W/CC, p. 5

(December 16 activities continued in column 2)

<u>DATE</u>	<u>EVENT</u>
<u>December 16 (continued from column 1)</u>	
F 16	9:00 Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm.; W/CC 7:00pm <i>The 12 dogs of Christmas</i> Movie, p. 6
<u>December 19-23</u>	
M 19	Last day to reserve to Xmas Lights trip, p. 6 9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp 11:15am Tai Chi, W/CC
T 20	noon Dec. Village Luncheon, W/CC
W 21	9:00am Exercise group, fitness ctr 10-11:30am;2-4pm Sew&tie quilts; S-DUR 10:15am Village Study, Med. Chp. 5:30pm Christmas Lights trip; (details, p.)
Th 22	8:15am Village Breakfast;HCC (menu p.2) 9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart 7:00pm Christmas Sing-along; W/CC, p. 6
F 23	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC
Sunday, the 25th – Christmas Day	
<u>December 26-30</u>	
M 26	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. chp 11:15am Tai Chi, W/CC No Book Club meeting this month; see p. 6
W 28	Document Shred, Office & Courts, all day 8am – noon Recycle Day, W/CC pkg. lot 9:00am Exercise group, fitness ctr 10-11:30; 2-4pm Sew& tie quilts, S-DUR 10:15am Village Study, Med. Chp.
Th 29	9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 1:00pm Cedars van to Wal-Mart
F 30	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC

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