

Carma's Commentary

Are you ready for the end of the world? Is the year 2012 going to be the final days for all of us? How many times have we heard the "doomsayers" make this prediction? Apparently this scare tactic stems from the Mayan calendar that was written 5,000 years ago. It quits in December of 2012. My first thought upon hearing this distressing news, was that they simply got tired of writing.

Anthropologists at the University of Kansas say the more likely scenario is that the Mayan people simply meant to have the calendar start over. An in-depth study of this culture reveals a very smart group of people who placed a great deal of priority on mathematics and measuring time. Apparently our calendar is based on their calendar and someone concluded (along the way) that the end of a calendar must mean the end of the world. The KU professors say the conclusions simply weren't based on factual information.

Now that we've heard from the experts and can relax, let's play with this end-of-the-world theory a bit. Just for fun, let's pretend it is going to happen. What would you do differently? How would your priorities shift?

Author Jon Gordon suggests we focus on food. OK maybe not food, as in potato chips, but "food" as in the information we need to nourish our self-esteem. In his book *Soup*, Mr. Gordon suggests that we "feed greatness" if we want to survive with a quality life. He encourages us first to feed ourselves each day with optimism and habits to be our best and accomplish great things. And second: feed those around us with love and respect to create the foundation for a successful relationship.

Mr. Gordon says that people who are treated with love and respect will be more engaged with

life and discover their own strength. This is the first step in supporting others. It is the kind of thing we value in families, but not necessarily in the cut-throat style of most businesses today.

Most of us would agree that being engaged with life is what makes every day count right down to the end. People who fully participate in life can be identified by the sparkle in their eye and the way they treat the people around them. They are engaged because they eat the bread of life with gusto.

Part of being engaged with life is sharing our thoughts openly with others. One example of sharing that stands out in my mind is a time when I told my daughter that I would always love her-- no matter what. Until I actually said those words out loud, I hadn't consciously realized their validity. I grew up thinking you had to earn the love of others and I didn't fully comprehend unconditional love.

Talking with her about unconditional love probably had as much impact on me as it did on her. I distinctly remember hearing myself say those words and then having an epiphany about how truly I believed the message. That memory is a little "hors d'oeuvre" that I will savor for the rest of my life. I'm glad to know my world won't end without having expressed that feeling.

In my daughter's early years, I tried to feed her positive self-esteem, strong family values, and a trusting relationship. According to the *Soup* book, we never outgrow the need for that type of communication. It is critical in supporting those around us as we move forward in time.

Speaking of time-- since the Mayan calendar is starting over this year, perhaps we should have a celebration. What kind of "food" would you like to bring to the party?

Carma Wall, CEO
cwall@thecedars.org

THIS 'n THAT
from around *The Village*

FEBRUARY LUNCHEON

When: Tuesday, February 21, at noon
Where: Wellness Center Banquet Room
Hosts: Dave and Anne Albright
Gerald and Lois Neher
Menu: Chicken caesar wrap with vegetable chips, "Pho Ga" soup, crème brulee (caramel), beverage [a served meal]
Cost: \$10.00

Please note: Phone reservations to Diane at 241-0919 (est. 110) by Friday, the 17th.
You are invited to bring a donation of food for the McPherson County Food Bank.

Chaplains' Corner

David A. Lipschitz, M.D., Ph.D., in a *Blue and You* article (Blue Cross Blue Shield), cites evidence that faith can improve health. Here are some excerpts:

"Evidence suggests that those who believe in a higher power are healthier, live longer, and cope with illness better. The same benefits seem to be present for adults who frequently attend religious services, regularly read the Bible, and pray consistently. There is even evidence that when battling serious illness, people with strong faith respond better to treatment, have fewer complications, spend less time in the hospital and are more likely to completely recover. Hospitalized patients who receive spiritual support and counseling from qualified professionals have fewer complications, shorter hospital stays and sub-

stantial cost savings than those who do not....

"As more and more evidence supports the important role that faith plays in health, health care providers now have a responsibility to discuss issues of faith with their patients and assure that, when faced with illness, they receive appropriate support....

"When it comes to promoting your health, it is not what faith or denomination you belong to, or whether you attend religious services that is important; rather it is whether or not you have the characteristics of a spiritual person....

"Having Faith not only in a higher power but faith in yourself, the goodness of others and those you trust and rely on....

"Having Hope....Even when we are terminally ill, hope assures us that we will suffer less, die with dignity, and eventually be in a better place....

"Having Love....Without love, there is loneliness, and with loneliness comes poor health and shorter life expectancy....

"Being Charitable....For reasons that are not understood, giving money to a good cause or volunteering time prolongs life....

"Being Forgiving....and asking forgiveness from those you have hurt or have hurt you is a powerful element of the healing process....without forgiveness there is no peace, and without peace comes ill health....

"Remember, having faith that all will be well is a key to a better life.

-- submitted by Florence Crago

Breakfast Schedule Reminder:

Village Breakfasts are now being served on the 2nd and 4th Thursdays only, at 8:15. For February the dates are the 9th and 23rd.

(This 'n That continued on page 3)



*On Valentine's Day
the DeCourseys
will have been married
seventy years!*

Wesley and Verda
would like to invite you to have
cake, ice cream and beverages with them
at The Cedars Wellness Center
on Sunday, February 12
from 3 o'clock to 5 o'clock.

[No gifts, please]

From Our Library

We have made some changes in the library. The serious reading non-fiction has been moved down the hall where we have more shelf room. Hopefully, this won't keep you from browsing these shelves. A new addition is *Packing for Mars* by Mary Roach. This is a fun book about life in space. She explores some very practical problems. For example, she has one chapter titled "Throwing Up and Down" and another titled "The Alarming Prospect of Life without Gravity".

Another new book that will be on our shelves soon is *The Orphan Master's Son*. This is a novel by Adam Johnson that follows a young man's journey through the secret places of North Korea. Amazon chose it as one of the best novels of the year. It is in the Novels section of our library.

Escape from Andersonville is also on our shelves now. It is a fictional account of a real event during the Civil War. Written by Gene Hackman, the movie actor and Dan Lenihan, a historian, this story is a bit

realistic at times, but a good read. I have been to Andersonville and from what I know, these authors have been true to history. Look for this book (a paperback) in the History section.

We also have some new paperbacks in the Western section. I am currently reading *Five Smooth Stones* by Ann Fairbairn. I started reading on Martin Luther King Day which is appropriate for this novel. It covers the troublesome Civil Rights movement in this country which never seems to end. This book will also be placed in the Novels section of the Cedars Library.

Some of you may be Edna Buchanan fans; so am I, but her latest book left me cold. I read "*A Dark and Lonely Place*" and found it disappointing. Edna usually writes crime novels about the streets of Miami. In this book, she dips into history and writes an eerie story about a ghostly murder that is somewhat repeated in the modern day. As she goes from one era to another, she loses the reader. This book is not in the Cedars Library, but it is in the McPherson Library.

Just a reminder that the Book Club meets on the fourth Monday of each month. It's fun because we all read different things and report in a very informal way. Stop by the library and choose a book and join us.

-- submitted by Betty Stanley

The Happy Heart

runs with the river,
floats on the air,
lifts to the music,
soars with the eagle,
hopes with the prayer.

-- by Maya Angelou

(This 'n That, continued on p. 4)

(This 'n That, continued from p. 3)

Staff Rewards

Last year about this time, someone walked into my office and handed me a check. They informed me that the money was being given on condition that it be used to help our staff. No additional guidelines were given. On the surface, that seemed like a pretty easy thing to do. And there was no question that it was well-deserved. The Cedars is fortunate to have amazing people working here who truly care for our residents, and we try to give them as much appreciation as we can. Our questions regarding the gift were two-fold. First, we needed to make sure that we were treating each staff member equally, which meant that the gift needed to be split 200 ways. But second, if we split the gift equally among the entire staff, nearly any gift – when divided by the number of employees at The Cedars – can get pretty small pretty fast. In the end, we found a way to do it and were able to reward everyone on their service anniversaries throughout 2011.

With the new year comes a renewed hope that money will once again be given for this purpose. If your time here at The Cedars has been positively affected by our employees – dining room staff, maintenance, activities, nursing, transportation, etc. – we hope you'll consider directing a gift to the Development Office for use in making their lives better this year. Thank you.

-- submitted by Eric Litwiller, Development Dir.

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.

Dr. Albert Schweitzer (1875-1965)

In Memoriam

Dean Fix
1932 – 2011 (Dec. 26)

Weldon Howell
1917 – 2012

Ruth Buss
1918 – 2012

Laurene Selack
1915 – 2012

Lois Hayes
1911-2012

FEBRUARY EVENTS

**Bob Baldwin, contact person,
unless otherwise indicated**

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.

Van to Wal-Mart

We take a van to Wal-Mart on Thursdays 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.

(February Activities, continued on p. 5)

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.

Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. The pool table at The Courts is fun to play on.

Tai Chi classes - twice weekly

With the YMCA we offer Tai Chi classes **each Monday and Thursday morning at 11:15 in the W/CC.**

Village Breakfast – Feb. 9 and 23

A made-to-order omelet breakfast is offered on 2nd and 4th Thursdays at 8:15 for \$4 in the Cedars Café.

Noon lunches are also served at the Café. Next day menus are available by phoning The Cedars (241-0941, x300) after 2:00pm

Friday morning coffees

Take your coffee break each Friday morning from 9:30-10:30 at The Courts

Freedom Writers....Daytime Movie

February 3rd, Monday at 2:30

Ed and June Switzer

These winter months have been a nice time for us to get together with friends to watch some good movies.

This month we will show *Freedom Writers*, a two-time Oscar winner. This true story takes place in 1994 in Long Beach, Calif. Erin Gruwell is just starting her first teaching job teaching freshman and sophomore English. She finds herself surrounded by a classroom of students who live on the streets, are gang participants and do not want to be there! Here the Latinos hate the

Cambodians who hate the blacks, etc. These students will be lucky to graduate or even be literate. In spite of the fact that her superiors are not supportive and her marriage is suffering, Erin is gifted and passionate about the possibilities before her. Things begin to change for her and for the students as they "write" what they cannot tell.

As I watched this movie, I realized the tremendous sacrifices one makes to follow a passion. Was she right? How do we measure?

***We want you to know that in this real life movie, the students are street smart and tough. There are scenes in which we hear their language. That is not always easy for us to listen to ... in this case it is what this young teacher faced in the classroom.

We'll have the popcorn popping!!!

Local Trip to Ferguson Production, Inc.

Tuesday, Feb. 7

Dave and Bonnie Fruth

Take a close look at things made of plastic and you may find some of those pieces created at Ferguson Production, Inc. right here in McPherson. Ferguson makes custom injection molded products. If you have a First Nature hummingbird feeder or a Coleman cooler, there's a good chance it was made here in the McPherson plant.

Approximately 140 people work at the McPherson facility, and by using an all-electric molder the company is becoming more environmentally friendly. The company injection molds some 850 plastic products for 70 different customers. Inject molding allows the company to manufacture products that range in size from rear bumper crash guards to one-inch diameter disks.

(February Activities, February Tour continued on p. 6)

(February Activities, February Tour continued from p. 5)

They have worked with Coleman, one of its largest customers, providing the outdoor equipment company with millions of parts every year.

We'll leave from W/CC at 9:45 and go directly to the plant for our tour. It will be chiefly a walking/standing tour taking approximately 45 minutes. After our tour we'll **eat lunch at Applebee's where you'll order what you want.**

We think manufacturing industries are fun, and hope you want to go on this outing with us. **Call Fruths (245-0674) by Monday, Feb. 6** to reserve a space. We'll charge \$2 for the bus this time. Get out of the house and go on a little field trip. It'll do you good.

Marci Penner - 8 Wonders of Kansas

Dave and Bonnie Fruth

Isn't Kansas just wonderful! Marci Penner, author of the 8 Wonders of Kansas Guidebook will present a program based on the book on **Wednesday, Feb. 8 at 2:30 in the W/CC.** Her presentation will include a sampling of pictures and stories about the behind-the-scenes writing of her book.

Marci's book showcases contests that feature the categories of architecture, art, commerce, cuisine, customs, geography, history and the people of Kansas.

You'll be able to purchase books (\$30.00) and Marci will sign them for you. Do you need a good coffee-table book or a gift for a friend? Here's a nice opportunity.

Come celebrate the richness of Kansas and learn more about our great state. Marci is lively and determined to promote Kansas. Bring a friend who lives here or in the community. Everyone is welcome.

With a Song in My Heart

Royal Eickstadt

Join us in singing and sharing our love



Friday, February 10, 7:00 pm

a W/CC. If you have musical

number, short reading or poem

to share, please call Royal by

Monday, Feb. 6 (245-0627)

Down Memory Lane with Elsa Boston

Monday, Feb. 13, 2:30

Dave and Bonnie Fruth

Elsa Boston, a resident of The Cedars Village was born in Germany, moved to Austria, was taken to Poland and forced into a concentration camp during World War II. She came to America as a refugee with her parents and four siblings. Trust and keeping the faith were two things that helped them survive.

Elsa's family was driven from their home twice. The first time, they fled to Austria as Hitler overtook their city in Germany at the beginning of World War II. Then, they were placed on a Polish farm, their father forced into the German military.

This is just part of the story. Elsa doesn't take her freedom for granted. Come hear her story **Monday, February 13, in the W/CC at 2:30;** and be sure to invite your neighbors. Refreshments. (Donations)

2nd Tuesday Coffees – Feb.14 – 10:00am

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

Women: at W/CC Coffee Shop.

Pick your coffee cup, stop by your neighbor's door, then join other Village women for coffee & goodies.

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(February Activities, continued from p. 6)

Special Event Planned for Those Living Alone, Tues., Feb. 14, W/CC--12:00 noon

The Activities Committee

In the past we've had a special lunch for the folks in our Village who are living alone. This year we're doing it a little differently. The Activities Committee has arranged for our chef to prepare the lunch. **The price to you is \$6; to reserve, call Bonnie Fruth (245-0674) by Wed., Feb. 8.** We'll collect your money when you arrive that day. If you leave a message on our phone, we'll call back. Transportation will be provided if you need a ride.

By the time you read this, you should have already received your personal invitation. We know doing things alone isn't easy, but we encourage you to come to the **Wellness Center for a 12:00 lunch on Tuesday, Feb. 14th** with entertainment provided. Call your neighbor or several neighbors and suggest coming together. Be sure to give a special nudge to new Village residents. We were all new here at one time so we know it takes a while to get acquainted. Your hospitality may be just what's needed to encourage someone to start getting involved in activities here.

Betty Stanley will lead some activities. Garth Elwood is quite the pianist and he's part of the entertainment too.

Movie Night - Friday, Feb. 17 - 7:00 PM

Forrest Gump **Dave and Bonnie Fruth**

You've been inside for entirely too long. Come on out for a movie and fellowship. Remember this one? "Stupid is as stupid does," says Forrest Gump (played by Tom Hanks in an Oscar-winning performance) as he discusses his relative level of intelligence

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with a stranger while waiting for a bus. Despite his sub-normal IQ, Gump leads a truly charmed life. He never forgets Jenny, the girl he loved as a boy, who makes her own journey through the turbulent '60s and '70s.

Come to W/CC for the movie and popcorn. (Donations) Be sure to invite folks new to The Village.

Documents to be shredded, February 22

Bring documents that need shredding to the main Cedars office or Assisted Living on the fourth Wednesday, February 22nd.

Recycling, February 22

Ed Switzer

Wednesday, Febr. from 8:00am to noon in the W/CC parking lot is recycling time in the Village. Help to unload your recyclables will be available. Bad weather?? -- the next day will be the date to recycle.

Book Club to meet Mon., Feb 27

Bonnie Fruth

Everyone is invited to come to the **W/CC Board Room** for the monthly Book Club on **Mon., Feb. 27 at 3:00.** Bring a friend.

McP. Arts Council Children's Choir

Dave and Bonnie Fruth

The McPherson Arts Council Children's Choir will perform in **W/CC on Tuesday, Febr. 28 at 4:30.** The title of their show is "Hats Off to You." These students are 3rd through 6th graders and must audition for entry into the choir. The Children's Choir provides extracurricular opportunities for children interested in vocal performance.

We look forward to having a big audience so we can support students using their musical talent. Invite your friends and neighbors. Refreshments. (Donations)

Quotes honoring Presidents' Day,

February 20

John Adams: " I pray Heaven to bestow the best of blessing on this house (the White House) and on all that shall hereafter inhabit it. May none but wise men ever rule under this roof."

Thomas Jefferson: "Education is the key to unlock the golden door of freedom."

Abraham Lincoln: "I have been selected to fill an important office but should my administration prove to be a very wicked one, or what is more probable, a very foolish one, if you the people are true to yourselves and the Constitution, there is but little harm I can do, thank God."

Herbert Hoover: When there is a lack of honor in government, the morals of the whole people are poisoned."

Harry Truman: "There is no more fundamental axiom of America than the familiar statement: In a free country we punish men for the crimes they commit but never for opinions they have."

Dwight Eisenhower: "I hate war as only a soldier who has lived it can, only as one who has seen its brutality, its futility, its stupidity."

John Kennedy: "Peace is a daily a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures."

Gerald Ford: "Truth is the glue that holds government together."

Cedars Service Guild Meeting Feb. 16

The Cedars Service Guild members and all other interested persons are encouraged to attend a meeting at **3:00 pm on Thurs., February 16th at W/CC**. A recently appointed "Steering Team" will help us be in conversation about the possibilities and/or need for our continued service to the Cedars residents.

Come enjoy some snacks while we discuss who we are and who we might want to be in the future! This is also an opportunity for us to express our appreciation to the officers who have so faithfully served this organization the past few years.

Village Council meets to reorganize

The Village Council met on January 16th to re-organize for the new year. Members are Elaine Fleenor (president), Roger Black, *(vice-president), Charles Whitacre (secretary-treasurer, Royal Eickstadt, Norm Knocke, and Gaylen Rogers. Appreciation was expressed to the retiring members: Jody Miller, Lois Neher, and Betty Stanley. The decision was made to meet quarterly or as necessary to consider new business. The next regularly scheduled meeting is **Monday, April 16, at 3:00 in the Wellness Center Board Room.**



Valentine thoughts:

"Love is a fruit in season at all times and within reach of every hand."


-- Mother Teresa

"There is flattery in friendship."

-- William Shakespeare

CONFERENCE CENTER

FEB 2012

Mondays - 10:15 AM - Meditation Chapel  - Ready Writers
Wednesdays - 10:15 AM - Meditation Chapel - Village Study
Thursdays - 1:00 PM - Meditation Chapel - Bereavement Group
Fridays - 10:15 AM - Med Chapel / Coffee Shop - Just for Laughs

MAXWELL / CEDARS HOUSES

Mondays - 9:30 AM - 803 - Inspirational Music - Lucille Hand
Wednesdays - 9:30 AM - 805 - Insp. Music - Rosalie Black
Wed 2/ 29 - 9:30 AM - 801 - COMMUNION - Dave & Bonnie Fruth
- Music by Joyce Hall
Wednesdays-10:00AM - 807 - Insp. Music - 2/1 Emma Ruth Schmidt
2/8- Ruth Howell, 2/15- Emma Ruth, 2/22- Noleen Binder,
2/29-Joanna Hoffman
Thursdays - Chaplain Chris visits in houses.
Fridays - 9:30 AM - 801 - Inspirational Music - Joe Shook

ASSISTED LIVING - COURTS

No Bible Study on Tuesdays at this time

Thursdays - 4 PM - 2nd floor - Bible Study - Susan Ballou
Fridays - 9:30 AM - Dining Room - Piano - Royal Eickstadt

SUNDAY WORSHIP

TV - 10:15 AM - Ch 13 - Worship - Church of the Brethren
-Can be viewed on giant screen - Courts, 2nd floor, Activities Room
Radio - 10:30 AM - FM 96.7 - Worship - Free Methodist
Courts - 6:00 PM - 2nd floor - Worship - Susan Ballou , Leader
Assisted by Emma Ruth Schmidt, Tom Griffith, Dean Smidderks,
and Merrill McHenry
- communion served on 2nd Sunday,
- hymn sing on fifth Sundays

OTHER

COMMUNION provided for Catholic residents on a weekly basis
- usually on a Thursday - St. Joseph's Catholic Church

February 2012

Bob Baldwin, Director of Independent Living & Wellness/Conference Center

New Village Residents

Shirley Gans is moving into 1002 Cedars the first of Feb.

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

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

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

Village Directory

The Village Directory should be out soon. The cost will be \$10.00 for a color photo of most of the residents. We hope to be able to add to this with inserts as we go. In a couple of years, we will do it again. Hope you enjoy this directory and being able to put a name to a face. I'm real happy with the way it has turned out.

Wild Animals

We have had a large problem with wild animals in the village this fall and winter. I have had a large number of calls for sightings of skunks, opossums and other wild animals. A number of residents are feeding their pets outside and this is not helping the problem. We do allow pets in our homes but I would recommend that you feed these pets inside. By putting it outside, you have no control over who is feeding out of your offerings. This only encourages skunks and other undesirable critters. They are digging up bulbs and other plantings of your neighbors. Let's all try to be conscientious neighbors and better manage our own pets.

New Duplex Open House

We are having a Chamber coffee at the new duplex on **Feb. 23** at 9:30 AM and would like our Villagers to come by also. **We would like you to come by about 10:00 AM.** This will be your opportunity to see the new units before your new neighbors move in.

Village Lunches

Starting with the February lunch, I am going to raise the price to \$10.00 per meal. I still think this is a good deal. If you figure tip and taxes, that is equivalent to about an \$8.00 meal at a restaurant. Please remember to respond by the Friday before the luncheon. This helps us to keep cost down on wasted food making sure we have enough for everyone.

FEBRUARY

DATE EVENT

February 1-3

- W 1 9:00am Exercise group, fitness ctr.
10-11:30; 2-4pm Sew&Tie Quilts ; S-DUR
10:15am Village Study Group, Med Chp
- Th 2 9:00am China painting S-DUR
11:15am Tai Chi, W/CC
1:00pm Cedars van to Wal-Mart
- F 3 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, W/CC; (p. 5)

February 6-10

- M 6 Call Royal to participate in 2/10 prog; p.6
Rserve for Tour; see pp 5-6
9:00am Exercise group, fitness ctr
10:15am Ready Writers, Med Chp
11:15am Tai Chi, W/CC
- T 7 9:45am Ferguson Tour; see details pp 5-6
- W 8 9:00am Exercise group, fitness ctr
10:11:30am;2-4 Sew&Tie Quilts; S-DUR
11:15am Village Study Group; Med chp
2:30pm 8 Wonders of KS, W/CC; p. 6
- Th 9 8:15am Village Breakfast, HCC; p. 2
9:00am China painting; S-DUR
11:15am Tai Chi, W/CC
1:00pm Cedars van to Wal-Mart
- F 10 9:00am Exercise group, fitness ctr
9:30am Coffee at The Courts
10:15am Just for Laughs, Coffee Shop
1-3pm Wii Games, Exercise Room; W/CC
7:00pm "With a Song...", W/CC; p. 7

February 13-17

- M 13 9:00am Exercise group, fitness ctr
10:15am Ready Writers, Med Chp
11:15am Tai Chi, W/CC
2:30pm Elsa Boston, W/CC; p. 6
- T 14 10:00am Men's Coffee, HCC
10:00am Women's Coffee, Coffee Shop
12:00noon Special Luncheon; details on p. 7
- W 15 9:00am Exercise group, fitness ctr
10-11:30am;2-4pm Sew&Tie Quilts, S-DUR
10:15am Village Study Group, Med Chp
11:30am Red Hat Lunch, Tres Amigos; p. 7

(See column 2)

CALENDAR

DATE EVENT

(continued from column 1)

- Th 16 9:00am China painting, S-DUR
11:15am Tai Chi, W/CC
1:00pm Cedars van to Wal-Mart
3:00pm Cedars Guild, W/CC; p. 8
- F 17 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
7:00pm Movie, W/CC; p. 7
- February 20-24
- M 20 9:00am Exercise group, fitness ctr
10:15am Ready Writers
11:15am Tai Chi
- T 21 12:00noon Village Luncheon, W/CC
- W 22 Document shredding; see p. 7
8:00-noon Recycling, W/CC pkg lot, p. 7
9:00am Exercise group, fitness ctr
10-11:30am;2-4pm Sew &Tie Quilts, S-DUR
10:15am Village Study Group; Med Chp
- Th 23 8:15am Village Breakfast, HCC; p. 2
9:00am China painting, S-DUR
11:15am Tai Chi, W/CC
1:00pm Cedars van to Wal-Mart
- F 24 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

February 27-29

- M 27 9:00am Exercise group, fitness ctr
10:15am Ready Writers, Med Chp
11:15am Tai Chi
3:00pm Book Club, W/CC Bd. Rm
- T 28 4:30pm Arts Council Children's Choir; W/CC
- W 29 9:00am Exercise group, fitness ctr
10-11:30am;2-4pm Sew&Tie Quilts, S-DUR
10:15am Village Study Group, Med Chp



Deadline for the March newsletter: Feb. 27.