

Hollis Seniors Newsletter

January 2023

Reminder: we are still doing Yoga each Thursday from 1015 to 1100 AM here in the Barn. Spread the word and bring your friends. Donation is still only \$5.00.

Welcome to 2023. We hope everyone had a wonderful Christmas and a Happy New Year.

December was an active month. To start, we had a sing along with the Tuesday Morning Singers who provide music and song. Then over the next two weeks, we had Christmas arts and crafts, assembling gift size Christmas trees and decorations and spending good social time.

At our last meeting, we had a WONDERFUL Christmas lunch catered by Beth and her family here at the "Barn." It was a sit down lunch with all the fixings and Christmas feeling that one can experience at Christmas time. Beth: Well Done!

During our Christmas lunch, we had a very short meeting. The purpose was to elect next years officers. Nominations were submitted and voting was held. The results were:

President: Don Ryder
Vice President: Nancy Bell
Treasurer: Dave Seager
Secretary: Kat Peterson

Appointed positions:
Lynn Mosley: Programs
Newsletter: Andy & Loretta Seremeth

A round of thanks to last years officers, ie, Dave, Marion, Nancy and Kat. Thank you.

Following are the activities for January:

5 January: **Beating the Winter Blues:** Wendy Sage-Matsis from Bridges will offer tips on how to get through the winter.

12 January: **General Fun**
Catch up and socialize with friends.

19 January: **Delta Dogs**
Director Charlotte and a veteran will demonstrate how dogs are trained to help veterans.

26 January: **Business meeting**
VP Nancy Bell will conduct the meeting.
We will celebrate January birthdays with cake and ice cream. January birthdays are: Jeff Arpin, Laura Biathrow, Charlotte Cormier, Bob Fiero, Roswitha Fuller, Dave Seager, Andy Seremeth and Corrine Simonds.

February events: TBD so stay tuned for updates.

Reminder: If weather closes or delays the school schedule, there is NO meeting of the seniors at the barn. Yoga is also cancelled if school is delayed or closed.