

## Hollis Seniors Newsletter

March 2022

This review of the February events will be a little “short” as your editors (Andy & Loretta) picked up a case of “Mild COVID.” We were doing everything correct, ie, wearing masks, having all shots, etc, So, go figure!

Anyway, two new members have joined us. Say hello to Dorothy (Chickie) Pitarys and Rose Fuller. Welcome Chickie and Rose.

We started February with Lynn giving a presentation on “Eating healthy to relieve stress and improve sleep. It was a detail presentation that recommended various fruits and vegetables and keeping a record of your progress, Great information.

We next had a Valentine’s Day photo opportunity. Lynn and Kathy and the crew did a wonderful job of setting up a Valentine booth. Lynn and Kathy took lots of photos and put them out for all to see.

During our third week’s meeting we had HPD Officer Kusmerek come and talk about the DARE program and community policing.

At our business meeting we had our normal ice cream and cake for all the February birthday folks.

Below are activities planned for March:

We start every Thursday with a “Chair Yoga” session which runs from 10AM to 11AM. Cost is \$5.00 donation and is open to everyone!

3 Mar: Lynn will present Yoga and meditation information. There will also be an open give and take group discussion period.

10 Mar: Connie Cain will discuss the Hollis Property Tax Credits and Exemption process. There will also be some “chips and dips.”

17 Mar: 50’s Music and Country Music Bingo along with a St. Paddy’s Day celebration.

24 Mar: Various puzzles and Games will be presented.

31 Mar: Business meeting and birthday celebrations with cake and ice cream. March celebrants are: Denise April, Bill Barnes Jr., Kathy Bastille, Jim Belanger, Nancy Bell, Patti Burke, Mark Marden, and Evelyn Muzzey.

April 2022. Yoga and meditation, First Aid instruction via our Hollis Rescue folks, Presentation by Hannaford Nutritionist and our monthly business meeting.

Look for May and June activities to be forthcoming.

Stay tuned.

Andy & Loretta  
Editors-at-large.