





# President's Message: Georgia Sutter

Wow! May was a busy month. Not only did we have our general meeting and vote on our new Board of Directors, we enjoyed breakfast at Mission City Grill, had a great turnout at the Be Strong and Live Long Fair (13 ladies showed interest in our organization and I have their phone numbers to call and chat), and we've signed up a couple of additional sewers for our Kaiser sewing project "Memories and Hugs" -look for details in the Nurses' message below.

By now you've received my message regarding our Installation ceremony and dinner on Tues. June 14<sup>th</sup>. Please be sure to RSVP to me directly before Sat. June 12<sup>th</sup>

One last thing – We will be having our monthly breakfast get together in June. Please come join us on Monday, June 20<sup>th</sup>, 9:00 at Mission City Grill. It would be great to see you.



### Funny for the Month:

A small child has dumped out the entire box of animal crackers and is examining each one. Her explanation: "It says 'Don't eat if the seal is broken.' So I'm looking to see for the seal."

Thoughts for the Month:

I dwell in possibility.

-Emily Dickinson

It is never too late to be what you might have been.

-George Elíot

### 2021–2022 BOARD OF DIRECTORS

President	Georgia Sutter
1 <sup>st</sup> Vice President	Diane Jones
2 <sup>nd</sup> Vice President	Kathy Del Pino
Treasurer	Emily Adorable
Recording Secretary	Marti Ragone
Corresponding Secretary	Nancy Velasco
Immediate Past Presiden	Marti Ragone
Parliamentarian	Phyllis Thomas

#### **Committee Appointees**

Audit	Dia
Email Notification	Mar
Finance	Emi
Holiday Meals	Dor
Membership	Kat
Newsletter	Mar
Phone	Mar
Showtime Chair	TBE
Speakers	Mar
Sunshine	Jud
Yearbook	Kat
Webmaster	Emi

Maria Landaveri Emily Adorable Dorothy Carlson Kathy Del Pino Maria Landaveri Marti Ragone TBD Maria Lopes Judy Hubbard Kathy Del Pino Emily Adorable

ne Jones

# Experience is what you get when you didn't get what you wanted.

Never use a hatchet to remove a fly from your friend's head.

Red meat is not bad for you, green fuzzy meat is.

# Notes from the Nurses

We hope you were able to attend the 6<sup>th</sup> annual "Be Strong, Live Long" Health & Wellness fair on May 20<sup>th</sup>! Many thanks to the members who attended their booth and created a SCWL presence at the fair! Feedback from both exhibitors and attendees has been very, very positive. It really was a great day in the park!

Please see the Senior Center June newsletter when you can - we have some new classes you might enjoy. We are continuing to monitor Covid19 and it's impacts, and react accordingly. We are going to offer limited in-person classes now, but will always promote health safety measures to mitigate increased case counts - vaccines, masking, spacing, and thinking about being in indoors spaces. Or not. This is all part of our new practices as a community as we move on with Life in Covid. If you have any questions or concerns, please don't hesitate to call Mallory or Larisa at the Senior Center ~ we are here to help!

## Memories & Hugs Workshop - Kick Off Meeting

Monday, June 20 - In Person, 12:30pm - 2:30pm

Activity # 25651

Can you sew a straight line, hand stitch, or stuff batting? We could use your talents! Sometimes when a loved one passes, we wish we could give them just one more hug. Help give those hugs to families by sewing pillows or bears from a favorite garment of their family member who is gone. In partnership with Kaiser Hospice, we will meet monthly to receive materials, sew items, and deliver our pillows or bears to our drivers. You may bring your portable machine to sew with others or use the day's workshop to check in and pick up materials to work from home. We will meet monthly on the third Monday of each month unless there is a holiday. Guidelines, patterns, and materials will be provided and we are happy to have your help in whatever way that is. Our first meeting will be an orientation. Registration required is online: http://apm.activecommunities.com/santaclara/Act

Wellness Coordinator, Santa Clara Senior Center. (408) 615-3180

