

the Heritage at Lowman • P.O. Box 444 • White Rock, SC 29177

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Village Messenger

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D-Day Celebration at the Heritage at Lowman

The landings on the beaches of Normandy were the first operations of the Allied invasion against the German forces in France (also known as Operation Overlord) during World War II. The landings on the beaches of Normandy The battle commenced on Tuesday, June 6, 1944, which is known as D-Day. The operation was the largest single-day amphibious invasion of all time.

On Thursday, May 28, the Hoefler Gallery was the setting for an early celebration of the 65th anniversary of D-Day. Barbara Mooneyhan, proud daughter of Jim Mooneyhan who is a D-Day veteran and resident of Boliek, was on hand with her husband, Everett Davis, to present their documentary called *Operation Overlord*, which commemorates this great event in our nation's history.

Operation Overlord focuses on the tiny town of Bedford, Virginia, which suffered the loss of nineteen men in the first wave of the invasion and two more later on that day. Because of the impact that D-Day had on the town, Bedford was selected as the location for the National D-Day Memorial.

The film captures part of the dedication ceremony for the D-Day Memorial held on June 6, 2001. It also includes first-hand accounts from veterans who survived the assault, along with vintage footage of the invasion and speeches from world leaders. *Operation Overlord* received an award for video excellence from the Houston International Film Festival in 2005.

Many of the residents who attended the showing are WWII veterans and were able to share personal stories about the

events. Mike Duran, who was in the Army Air Corps, spoke of his bombing raids on and around D-Day. Tom Tuten, a Merchant Marine, remembered being in the Panama Canal after leaving Europe for the Pacific when he heard the news of the invasion. Dick Schneider was also in the Army Air Corps and shared his remembrances from that day.

Jim Mooneyhan was among the troops that stormed Omaha Beach. He reminisced about how difficult it was just getting to shore. "The Germans were lobbing those 88's (shells) all around us and every time they lobbed a few in, our Captain backed off a little more." After reaching shore, Jim remembers digging a foxhole in the sand for the night. He recalled his company cook sitting on the



beach the next morning with a single frying pan preparing pancakes for any and every GI that came by. They were the lucky ones.

Everyone who attended that evening thoroughly enjoyed Barbara and Jim's thrilling film and was moved by the personal accounts of the brave veterans who served so proudly in WWII.

Honor Flight South Carolina

In 2004, a World War II memorial for our nation's most senior veterans was dedicated. Unfortunately, a number of these veterans are now in their 80s and 90s and have no means to visit the memorial. The Honor Flight Network is working to change that.

The Honor Flight Network began as a small token of appreciation to WW II veterans by offering them the opportunity to fly to Washington, D.C. to see their memorial in person. The flight and bus tour are free for veterans with the cost being covered by private donations.



May 27 was a remarkable day for four of the Heritage at Lowman's resident World War II veterans as they boarded South Carolina's third Honor Flight to Washington, D.C., which are arranged and coordinated by Honor Flight board member Bill Dukes and his staff. Jim Mooneyhan, Dick Schneider, Mike Duran, and Fred Merrill were at the airport early to board a chartered flight to our nation's capital.

"It's been a long time coming, but they did a wonderful job," says Fred Merrill. "For some time, we've had monuments to the Korean War, WWI, and Vietnam, but not one for WWII. What took them so long?" Fred found out about this trip from his daughter after she registered him for the flight. Mike Duran also found out from his daughter, Jan, who was allowed to accompany her father on the flight as his guardian.

Mike said, "After arriving in Washington, we all loaded onto three buses for the tour, and the tour guide we had was wonderful. He took us all around Washington and really knew his stuff." Mike said they saw everything there was to see and they were

impressed with the entire tour.

Jim Mooneyhan's grandson, Rhett, was able to join his grandfather on the flight as well. They kept it secret from Jim that two of his other grandchildren were driving to Washington with their kids in tow to surprise their granddaddy. To add to

the surprise, they brought along some of Jim's old friends that he hadn't seen in years.

"The monument had separate areas memorializing the different battles I fought in," said Jim. "To stand there among the other veterans and see the displays for D-Day and the Battle of the Bulge was very special to me." To make the event even more special, Jim was interviewed by a film crew from BBC America about his experiences in Normandy.

As Dick Schneider was touring the monument, he remembered that no matter where he went in Europe during the war, he saw graffiti that let him know someone had gotten there before him - that "someone" was the infamous Kilroy of "Kilroy was here" fame. When he remarked to a park ranger that he was pleased to see that there was no graffiti on any of the national monuments he had seen, the park ranger said, "Let me show you something that most visitors to the monument never see." With that, he took Dick to a side of the monument where, to his surprise and delight, that famous drawing and the words "Kilroy was here" were proudly emblazoned on the monument.



Residents Fred Merrill, Jim Mooneyhan, and Dick Schneider prepare to board for the Honor Flight

The veterans were overwhelmed by the reception that greeted them when they returned to Columbia. The Army band was playing WW II-era music as the veterans walked under the crossed swords of a Marine honor guard. The crowd of family and friends were all cheering and clapping as they welcomed their veterans back home.

Each of these heroes had a day they will never forget. It was a well-deserved appreciation for the sacrifices they made to secure the freedoms we enjoy every day. The veterans had nothing but praise for the organizers of the event and gratitude to everyone who generously contributed to make it all possible.

There are two more flights scheduled in September and November of this year. If you know of a veteran who would like to take this wonderful trip to see their national monument, have them call Honor Flight South Carolina at 803-582-8826.

Fitness Center Opening Soon

Hard Hat Tours of the Heritage at Lowman's emerging Wellness Center complex have given residents a hint of the exciting developments to come. David Lever, Administrator of Active Lifestyle and Residential Care, has announced that the contractors should be finishing up their work on the Fitness Center by early September.

As the grand opening of the Fitness Center approaches, the Heritage at Lowman's recently appointed Wellness Director, Ashley Hyman, has already been hard at work. Ashley previously worked for the Heritage at Lowman between 2004 and 2008. Since rejoining the staff on June 15, she and Mary Bendziewicz, Director of Independent Programming, have been busy planning classes and setting up schedules. "It is definitely advantageous that Ashley is available to rejoin the staff in the capacity of Wellness Director," stated Mr. Lever. "This is the professional area of expertise for which she has prepared both academically and professionally."

Ashley is a graduate of North Georgia College and State University, where she earned a degree in exercise science. She brings professional certification and a wealth of experience in mature adult wellness programming gained during her tenure at Saint Joseph's Hospital of Atlanta's Wellness and Rehabilitation Center. During her time as an Exercise Specialist at Saint Joseph's, Ashley planned and implemented programming that included fitness evaluation, exercise prescription, supervised exercise sessions, and specialized classes for highly specific health conditions.

This Fitness Center will address the many dimensions of wellness that are the focus of the Lutheran Homes of South Carolina's *BeWell*SM wellness initiative. "Through *BeWell*SM, we concentrate on all aspects of the whole person - physical, intellectual, social, emotional, vocational, and spiritual," states Ashley. "All areas of our programming will focus on one or more of these dimensions, and the Fitness Center will greatly enhance the

active lifestyle we provide for our residents." Ashley envisions the Fitness Center as "an incredible benefit to residents that will open new doors for personal participation and offer more options for physical activity."

The entrance lobby to the Fitness Center will serve as an informational health library and a meeting area where participants can gather before and after group exercise classes. The Fitness Center will also include an indoor pool for organized classes and lap swimming, expanded office space to accommodate life enrichment events and wellness classes, an Aerobics Room for group exercise classes, a massage therapy room, and much more.

Ultimately, the Fitness Center will offer a full array of cardiovascular equipment and strength training machines. Keiser's Pneumatic Technology was selected by the wellness planning team as the strength training equipment



Ashley Hyman
Wellness Director

because of its specificity to the mature adult population.

Furnishings and equipment for the Wellness Center are among the many items being funded out of contributions to the *Building for a 2nd Century* capital campaign. Due to purchasing priorities, only a limited amount of fitness equipment will be available for the September opening. The balance of the equipment will be purchased as additional gifts to the cam-

paigned are received.

Donors to the capital campaign can designate that their contributions go toward the purchase of fitness equipment or other needs of the Wellness Center. Contributors who donate \$5,000 or more will be able to honor or memorialize a friend or loved one in a loving and lasting way. For more details, please contact Pastor Bob Coon, President of the Lutheran Homes of SC Foundation, at (803) 749-5124.

Wii Bowling "Strikes" it Big with Residents

Move over kids, grandma has the Nintendo Wii! Residents all over campus are enjoying themselves with the new Wii Sports programs. Two years ago, *BeWell*SM, the Lutheran Homes of South Carolina's Wellness Initiative Program, purchased the Wii consoles for its five communities. Residents have been embracing the programs ever since, and Wii Bowling is now a pastime that has been absorbed into everyday life on campus.

Mary Shuford, Life Enrichment Coordinator for the Heritage at Lowman's Assisted Living programs, explained how easy Wii is to use. Residents use a wireless controller that translates the player's motions onto the screen. The Wii Bowling game is equipped with sound effects of the ball rolling down the alley and colliding with the pins, which gives a very realistic feeling of being in a bowling alley. Plus scores are instantaneous, so it's easy to keep up with who is winning.

Many residents campus-wide are now active bowlers thanks to Wii, including some in Assisted Living and the Bethany Memory Support program. For those folks who bowled in their younger days, it's easy to go down memory lane without having to worry about using such a heavy ball. Those nostalgic feelings from years ago are especially comforting for residents with Alzheimer's and Dementia. Even those who choose not to bowl can enjoy being cheerleaders and join in the fun!

Jerry Cummings says, "I like playing the video

game because you are actually up and moving around. In fact, I have Wii Fit at home, and I work out with it at least three times a week. Staying in shape is important to me." "I especially like the social aspect of the event," exclaimed Annie Inabinet as she took a sip of wine while watching her teammate bowl a strike. "The monthly Active Lifestyle Game Night is so fun, and it keeps you active!"

Many doctors and physical therapists are endorsing the Wii sports games because of the different movements one has to make in order to play. "It is important that our residents stay well and enjoy a high quality of life," says Mary Bendziewicz, Director of Independent Programming. *BeWell*SM Wellness Programming addresses the six elements of wellness - emotional, intellectual, physical, social, spiritual, and vocational. Keeping seniors physically, mentally and socially active really does promote health and longevity.

In the Active Lifestyle community, the game is still social but has taken on a more competitive flair. On May 19, Lutheran Homes of South Carolina held the second annual *BeWell*SM Wii Bowling tournament at Redeemer Lutheran Church in Columbia. Teams from each of the five Lutheran Homes of South Carolina communities came by the busload to take on defending champ RoseCrest for the title of Wii Bowling Champions.

Each team arrived in their matching bowling shirts



Jerry Cummings showing his competitive flair

with playful team names such as "Holy Rollers" and "Alley Gators." Although the Heritage at Lowman "Pin Heads" came ready for revenge, they were no match for this year's winners - the "Rockin' Rollers" from Trinity. "We didn't have our A game today," said "Pin Heads" own Jerry Cummings, after his team came in third place. "But we're letting the "Rockin' Rollers" know that we are planning on winning it all next year. So... watch out!" Jerry and his teammates, Carl Bridge, Donna Lewis, and Betty Horn, are already practicing for next year's tournament.

Wii Bowling is always on the schedule for the monthly Game Nights. This month's Game Night is July 27 at 6:00 p.m. in the Hoefler Gallery. Guests are always welcome to join in the fun. It's easy to learn, so come and stay active with us!

Ice Cream on the Farm

When Mary Bendziewicz, Director of Independent Programming, was trying to come up with an activity in recognition of June as National Dairy Month, her first thought was to schedule a trip to the home of Pat Radenbaugh in Little Mountain.

Pat Radenbaugh has volunteered at the Heritage at Lowman for many years. In fact, Mary and Pat first met when they were both volunteering at Bethany. Pat was bringing her pet farm animals for weekly visits at the same time Mary was visiting with her young children in tow.

Since Pat and her husband, Bruce, have hosted a few Bethany picnics over the years, Mary was very familiar with the beautiful little farm. She knew this would be the perfect setting for residents to sit in the shade and enjoy a cool ice cream treat.

Mary headed to the farm early, armed with an ample supply of ice cream, toppings, bowls and spoons. Two of the Radenbaugh's granddaughters had come to help set up for the event. They even had their pony, Ben, tied up close by to greet the residents and staff.

Before long, staff members Mary Shuford, Erin Layell, and Cathy Long arrived with a bus full of residents from DaySpring, Boliek, Haltiwanger, Taylor, and Bethany. After greetings all around, everyone settled down under the shade of a massive oak tree with a big bowl of ice



Residents enjoy ice cream and the beautiful scenery on the farm

cream, complete with whipped cream and a cherry! Some residents (who will remain nameless) came back for seconds.

While the residents were enjoying their ice cream, the Radenbaugh's granddaughters ran off to the barn and returned with two chickens that were tame enough for the residents to pet and even hold in their laps. Some of the residents joined the girls for the short walk back to the barn to visit with the rest of the chickens as well as the goats and Ben the pony. Along the way, they strolled past the lush gardens and peeked into the Radenbaugh's greenhouse.

It wasn't easy leaving the lovely farm and the cool breeze under the old oak tree, but the residents were still licking their lips as they boarded the bus back to the Heritage at Lowman.

Chapin Middle School Celebrates Veterans

Chapin Middle School was looking for a way to encourage their students to read. Two program directors at the school, Anna Miller and Roselyne Thomas, came up with the idea of having students read about World War II or more recent conflicts such as Viet Nam, Iraq, or Afghanistan, and then inviting veterans to come and speak to the students about their experiences in those wars. They call their reading program "Celebrating Our Veterans."

On May 26, over 50 veterans from around the Chapin area arrived at Chapin Middle School to meet with the students and share stories of their time in the military. Each veteran was given a name tag and assigned a student escort for the morning. Following a welcome reception in the library, they were escorted to a homeroom class to meet with students.

The school attempted to match up veterans of a particular war with a class of students who had been studying that conflict. Most of the veterans from the Heritage at Lowman fought in WWII, so they were placed in classes that had recently studied WWII in their history classes. Once in their classes, the veterans spent the hour sharing stories of their time in the service and answering questions from eager students about their wartime experiences.

Nine residents from the Heritage at Lowman were among the veterans who participated in the program. They were

Jerry Cummings, Joe Maurer, Dick Schneider, Carl and Mary Katherine Stelling, Tom Tuten, Fred Wood, Mike Duran, and Jim Mooneyhan. Our proud veterans thoroughly enjoyed interacting and sharing their life experiences with the young people. Everyone agreed that Chapin Middle School has created a wonderful program that is fun and rewarding for residents and students alike.

DAYSRING JULY ACTIVITIES

Tai Chi for Arthritis

Monday and Wednesday mornings in July at 8:15 a.m. at the Picnic Pavilion. Tai Chi is one of the most effective exercises for physical and mental wellbeing and is especially effective for arthritis relief. Please call Mary Bendziewicz at 451-7420 to register and begin enjoying the benefits of Tai Chi. Members of the community are welcome to participate.

Art with Brenda

Monday mornings in July at 9 a.m. in the Hoefler Gallery. Volunteer Brenda Grabowski will be coming to share her love of art with our community. Bring your thoughts and imagination to Brenda's class and see where this program can go! Members of the community are welcome to join in the fun. Please call 451-7414 to sign up for the class.

Sease's Peach Farm

Monday, July 6, leaving at 10:30 a.m. from the Daily Life Center. We will be going to Sease's Peach Farm in Gilbert where peaches can be purchased straight from the stand. After our visit to Sease's, we will enjoy a Dutch treat lunch at Ryan's Steakhouse in Lexington. Please call 451-7414 to sign up for the trip.

Wellness Wednesday - The New Fitness Center

Wednesday, July 15 at 2 p.m. in the Hoefler Gallery. Ashley Hyman, the Heritage at Lowman's new Wellness Director, will be discussing the new Fitness Center and how to become a member. The community is welcome to attend. Please call 451-7414 for more information.

Governor's Mansion Tour

Thursday, July 16, leaving at 9:00 a.m. from the Daily Life Center. We will be touring the Governor's Mansion in

Columbia. Space is limited to 25, please call 451-7414 to sign up for the trip.

Senior Explorers Hiking the Palmetto Trail

Friday, July 24, leaving at 9:00 a.m. from the Daily Life Center. This trip takes us to the Peak section of the Palmetto Trail for an easy hike followed by a Dutch treat lunch. Please call 451-7414 for more information or to sign up for the trip.

Game Night

Monday, July 27 at 6:00 p.m. in the Hoefler Gallery. Come join us for our usual Bunko and some new games as well. A second Wii will be available so Wii Fit can be added to the mix!

JULY BIRTHDAYS

- 2 Gail Culbertson, Ann Wilkins
- 7 Rosemarie Brown, Nellie Nannah
- 8 Evelyn McMaster
- 9 Harriet Shealy
- 10 Glennie Smith, Tom Tuten, Joe Zeigler
- 11 Evelyn Fritz, Clara Little
- 12 Hugh Baumgartner, Miriam Ketcham, Louise Smoak
- 13 Mamie Curley, Florence Cook, Margie Dabbs
- 16 Fred "Tiny" Meech, Libby Derrick
- 17 Robert Sanders
- 18 Fred Kiehle
- 19 Robert Barrett
- 23 Eldon Wannamaker
- 24 Sunnie Dean, Stella Cain
- 25 Bonnie Wicker
- 26 Marshall Sanders
- 30 Retha Eleazer
- 31 James Mooneyhan, Winifred Moseley, Carolyn Lane

POINTS OF PROGRESS

Beauty Salon Reopening Sets Tone for What's to Come

The long-awaited reopening of the Beauty Salon occurred at 8:00 a.m. on June 11, and several residents had already arrived to make sure they were on hand for the ribbon cutting. Throughout the day, a steady stream of enthusiastic residents showed up to get their hair done in the beautiful new salon. The last of the new furniture finally arrived the week of July 15 and was immediately put into service. Additional pedicure equipment should be available soon, and new artwork should be hung by the time this issue goes to press.

Most of the walls in Phase One of the Wellness Center now have their first coat of paint. Mirrors have been installed in the aerobics room, and equipment and furniture have been ordered.

The walls of the pool building are rising from the foundation as that building begins to take shape. Readers may follow the progress of the construction of the pool building live by logging on to [www.her-](http://www.heritageatlowman.org)



Glennie Smith has the honor of cutting the ribbon for the reopening of the Beauty Salon

[iteageatlowman.org](http://www.heritageatlowman.org) and clicking the "Construction Update" button. For a closer look, be sure to sign up for the Hard Hat tour on July 10 by calling BiAnca Robinson at 451-7414.

Work has also begun on installation of the new campus signs on Highway 76. The old signs have been removed, and workmen have begun foundation work for the brick piers that will support the new signs. The new signs will be highlighted with landscaping and lighting.

Readers will note from the front page article that the Fitness Center will open soon. The original target date of late July to early August had to be pushed out closer to Labor Day due to a delay in delivery of the new air conditioning equipment. The delay is disappointing, but we will celebrate all the more when the new Fitness Center finally opens.



Construction workers prepare the grounds for the new signage on Hwy 76

Salon's Last Laugh

During the past five months as the Wellness Center's beauty salon was undergoing renovations, several of the Heritage at Lowman's Active Lifestyle residents and staff graciously volunteered to transport Haltiwanger and Boliek residents to and from the Bethany Beauty Salon for their scheduled hair appointments. Despite the inconvenient location (the Bethany Salon is on the opposite side of campus), the trip quickly became a fun routine for everyone involved.

Celebration of the re-opening of Wellness Center Beauty Salon gave residents and staff the opportunity to gather for a fun-filled afternoon of laughter and reminiscing about their trips to the beauty salon. The gathering became known as "Salon's Last Laugh." Everyone enjoyed snacks as they socialized and shared stories of their experiences of either transporting or being transported to and from the Bethany Beauty



Residents and staff share their fun experiences during Salon's Last Laugh

Salon. There were tales of schedule mix-ups and driver confusion, but also of the many opportunities to make new friends.

"Does it have to end?" was the unanimous comment about the transportation service, and no more so than from the female residents who missed the pleasure of being chauffeured to their beauty appointments by the all-male volunteer driving crew. These guys have become quite popular on campus!

The Heritage at Lowman Honors Eagle Scout T.J. Buck

On June 11, residents and staff held a special dedication service honoring T.J. Buck for his Eagle Scout Project. T.J. designed and constructed three handicap-accessible picnic tables to be used by residents and staff in the Taylor Building. The Heritage at Lowman would like to thank T.J. for the time and effort he invested in this wonderful project.



Lake Murray Chamber Players to Perform

The Lake Murray Chamber Players will be performing at the Heritage at Lowman on July 7 at 7:00 p.m. in the New Life Chapel. The LMCP is an ensemble of about 20 musicians that perform as an outreach arm of the Lake Murray Symphony Orchestra. Composed of volunteer musicians from throughout the Midlands, the LMCP is dedicated to the goal of bringing music into the community.

The evening's performance will include *The Red Lodge Reel*, Mozart's *Divertimento in B-flat Major*, Albinoni's *Concerto in B-flat for Trumpet and String Orchestra*, Biehl's *Ave Maria*, and Pachelbel's *Canon*. Refreshments will be served in the Hoefler Gallery following the performance.

Bill's Music Shop & Pickin' Parlor



Bill Wells and Band at Bill's Pickin' Parlor

On Friday, May 22, a spirited group of DaySpring and Boliek residents joined staff members Mary Bendziewicz and Mary Shuford for a trip to Bill's Music Shop & Pickin' Parlor on Meeting Street in West Columbia. Bill's Pickin' Parlor is a nationally-renowned music venue that offers the best in bluegrass music in a family-friendly atmosphere with no smoking or alcoholic beverages allowed.

Bill's has played host to some of the most famous bluegrass bands in the world, including the likes of Ralph Stanley and the Clinch Mountain Boys, the Del McCoury Band, and Rhonda Vincent and the Rage. But every Friday night, Bill's opens its stage to local musicians from 7:30 to 9:00, followed by a bluegrass jam session that goes on until closing at midnight.

Bill Wells, the owner and namesake of the venue, is a famous bluegrass artist in his own right. His band, Bill Wells and the Blue Ridge Mountain Grass, has been together for over 30 years and were winners of the National Bluegrass Band Championship in 1978.

Bill stands at the door each Friday evening so he can personally greet everyone who comes through the door. He also acts as master of ceremonies for the evening and introduces each act as they come on stage.

The music lovers from Lowman were on hand to enjoy the Open Stage session of the evening's performance. The acts ranged from solo artists on acoustic guitar to full bands complete with steel guitars, banjos, fiddles and standup bass. The quality of the local musicianship was amazing, and everyone thoroughly enjoyed the show. If you're a fan of bluegrass music, you will definitely want to sign up for the next trip to Bill's Pickin' Parlor!

MARK YOUR CALENDAR • JULY EVENTS

The following are highlights only. Check your distributed monthly calendar for a complete listing of activities and trips. Any changes will be announced or posted on bulletin boards.

- 1 Bridge Building Pizza Party at 5:00 p.m. in the Hoefler Gallery
- 2 Food Lion Shopping, leaves at 9:30 a.m. with pick-up at the Wellness Center and Boliek (Note: On Thursday this week only due to Bridge Building.)
- 3 Bridge Building at Camp Kinard, leaving at 9:00 a.m. with pick-up at the Wellness Center
- 4 HAPPY 4th OF JULY!
- 6 Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery
- 7 Lake Murray Symphony Orchestra at 6:30 p.m. in the Hoefler Gallery
- 9 ETV Presentation: "S.C. A to Z" at 2:00 p.m. in the Hoefler Gallery
- 10 Hard Hat Tours from 1:00 p.m. - 3:00 p.m. (Sign up at the front desk of the Wellness Center.)
- 16 Governor's Mansion Tour, leaving at 9:00 a.m. with pick-up at the Wellness Center (Seating on the bus is limited to the first 25 to sign up. Please call Cathy Long at 451-7406 to reserve your seat.)
- 19 Newberry Car Buffs Show at 2:30 p.m. in the Wellness Center parking lot
- 20 Wal-Mart Shopping, leaving at 9:30 a.m. with pick-up at Haltiwanger, Boliek, and the Wellness Center
- 21 Mystery Ride, leaving at 2:00 p.m. with pick-up at the Wellness Center
- 22 "Mark Twain" at 2:00 p.m. in the Hoefler Gallery
- 23 Luncheon at Redeemer Lutheran Church, leaving at 10:15 a.m. with pick-up at the Wellness Center and Boliek. (Seating on the bus is limited to the first 25 to sign up. Please call Cathy Long at 451-7406 to reserve your seat.)
- 27 Monthly Birthday Party at 2:30 p.m. in the Hoefler Gallery
- 29 Memorial Service at 10:00 a.m. in the New Life Chapel

REMINDER: It is important to sign up for all trips as soon as possible to reserve a seat on the bus. You are not guaranteed a seat unless you call Cathy Long at 451-7406 to register!