

## members' corner

If you have a milestone birthday or anniversary coming up in July or August, please let us know by June 5 so that we can add the news to our July/August issue of wise words. Photos are welcome!

### Celebrations



Jeanette & David Knight will celebrate their 52nd Wedding Anniversary May 31!



Mary & Jim Judd will celebrate their 50th Anniversary on June 9th!



Mary Ann & Dave Turner will celebrate their 50th Anniversary on June 16!



Special Thanks to these Special Ladies for sharing their time & talent for our patients! (L to R) Sr. Kathleen Moroney, Kay Butler, Sr. Dorothy Brogan

### R.S.V.P.

LifeWise makes every effort to offer quality programs on relevant topics that are free of charge or at a very low fee.

Please help us by pre-registering for **all programs**, whether there is a charge or not. Pre-registering helps us to plan for the amount of space that we'll need and the amount of food/lunches to order, if refreshments are provided or if any take-home materials will be given out.

Please call 255-1325 or email lifewise@bshsi.org if you have to cancel. Thank you!

### Email

Please send your current email address to us at lifewise@bshsi.org.

### Are You Planning to Move?

Please send your new mailing address.

### Save the Date!

**June 7, July 5, August 2**

The MarketPlace  
@ Rolling Green Village  
8:00 AM- 11:00 AM  
Fresh produce, meats,  
flowers & Flea Market

**July 19**

Salute to Summer

**August 29**

Safe Document Shred Day  
9 am – 12 pm  
@ ST. FRANCIS millennium



### Go Green and Save Some Green!

Going green isn't just good for the environment – it also can be good for your wallet! Switching to more energy-efficient solutions can cut down your energy bill, and even qualify you for some rebates from the power company and government. Visit the website for the Database of State Incentives for Renewables & Efficiency at [www.dsireusa.org](http://www.dsireusa.org) to see a state-by-state list of rebates you may qualify for.



### Honoring Our Veterans

Many of our LifeWise members are veterans or have close family members who are veterans or current active military. Here are some ideas for ways to honor the special veterans in your life:

- **Attend the LifeWise Honoring Our Veterans event on Thursday, June 14.** We will celebrate the services and contributions to our country in all wars and military conflicts. The Blue and Gold Star Mothers groups will be on hand, as well as a color guard, "Missing Man's Table" ceremony, the Upstate Senior Concert Band, and more. The special guest speaker will be Ann Hampton from Easley, SC, who lost her helicopter-pilot daughter, Captain Kimberly Hampton, in 2004 in Iraq.
- **Visit a battleground.** Did you know a famous Civil War battleground is located just minutes away? The Cowpens National Battlefield commemorates the place where Daniel Morgan and his army turned the flanks of Banastre Tarleton's British army. This classic military tactic, known as a double envelopment, was one of only a few in history. The battlefield is open year round from 9 am – 5 pm and is free to visit. Visit [ww.nps.gov/cowp](http://ww.nps.gov/cowp) for more information and driving directions.
- **Show pride in the flag.** A symbolic way to honor veterans is to display and properly care for the American flag. Hang a flag in your yard, and show a child the proper way to fold and unfold a flag. For flag flying etiquette, a demonstration of how to fold the flag and a list of "flag-flying holidays," visit [www.capitolflags.com/flag-etiquette.html](http://www.capitolflags.com/flag-etiquette.html).
- **Send a care package to a soldier.** Send a little bit of home to a soldier

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Lunch & Learn

Tuesday, May 15

Don't Strike Out! How to Keep Hitting Home Runs with Your Health!

TD Convention Center  
11:15 am – 1:00 pm

Learn the best ways you can keep "scoring" in the game of health. Healthy aging is a hot topic for baby boomers everywhere. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. It's never too late to make healthier lifestyle choices.

Dr. James Fuson will explain why it's equally important to pay attention to signs and symptoms. Know which adult health warning signs merit medical attention, from unexplained weight loss or changes in bowel habits to shortness of breath and sudden headaches. He'll also review health screening tests that are an important part of preventive adult health care so you'll know which screening tests you need and how often to have them done. Early detection is often the key! Don't miss this great opportunity to learn how to "Hit a Home Run with Your Health."



**James Fuson, MD**  
Reedy Family Medicine

Supported by:



Tuesday, June 19  
Having Trouble Walking? It May Be Spinal Stenosis  
TD Convention Center  
11:15 am – 1:00 pm

Join us as Dr. Jennifer Martin explains the pathophysiology of stenosis, a narrowing of one or more areas in your spine – most often in your neck or lower back. This narrowing can put pressure on the spinal cord or spinal nerves at the level of compression. Depending on which nerves are affected, spinal stenosis can cause pain or numbness in your legs, back, neck, shoulders or arms. Spinal stenosis is commonly caused by age-related changes in the spine. Dr. Martin will also discuss symptoms of spinal stenosis, which include pain or cramping in your legs when you stand for long periods of time or when you're walking. Spinal stenosis can be difficult to diagnose because its signs and symptoms resemble those of many age-related conditions. Further discussion will include how a diagnosis is reached and available treatments.



**Jennifer P. Martin, MD**  
Piedmont Orthopaedic Associates, PA

Supported by:



All Lunch & Learns: \$6 per person

Registration and payment required by check or credit card by the Friday before event.  
(We will no longer take cash payments at the door.)

**Cancellation:** Must be made by the Friday before in order to transfer payment or receive refunds.

**LifeWise members only**, but you are welcome to invite one time, a guest/potential member.

Tuesday, May 15

Hip & Knee Pain Seminar

\*McCall Hospice House of Greenville  
864-688-1700  
2:30 pm

Do you suffer from hip or knee pain? If so, plan to attend this FREE hip & knee pain seminar. Participants will learn about the anatomy of knees and hips, common conditions that affect both, and treatment options, including discussion of joint replacement surgery. Attendees will also be able to see an orthopedic physician if they need an appointment. The seminar is open to LifeWise members and guests.

**Renee VanArtsdalen**  
Physical Therapist

**FREE:** Please pre-register by calling Amy Malcomb at 864-213-4958.

\*Please note change of location for this month only

Friday, May 18

An Apple A Day Isn't Enough  
Introducing *Health at Home*® Lifetime

ST. FRANCIS millennium  
2 Innovation Drive (off Laurens Road)  
10:00 – 11:30 am

A physician is the most trusted source for medical advice; however, having a resource available when the doctor isn't is an exceptional benefit. *Health at Home*® Lifetime is the most thorough senior's self-care book available with information on over 280 health topics. It includes information on staying healthy, as well as explanations and schedules for routine medical tests, exams and more. Join us for an overview of how best to use this valuable health tool. This presentation will guide you through the *Health at Home*® Lifetime and explain the differences between a medical condition that is urgent or when self-care can be applied at home. You will receive a free copy of *Health at Home*® Lifetime at the program.

**Natalie Dougherty**  
Community Health Outreach Coordinator

**FREE:** Pre-registration is required.

Coffee Talk

Friday, June 1

High BP = BP  
High Blood Pressure is a Big Problem!

ST. FRANCIS millennium  
2 Innovation Drive (off Laurens Road)  
2:00 - 3:00 pm

Hypertension (or high blood pressure) is a life-threatening problem that can have serious consequences if left untreated. Dr. John Lacy is an Internal Medicine physician who addresses this issue with his patients on a daily basis at Woodward Medical Center. Please join him for an informative talk about the condition of high blood pressure, its consequences, treatments, and treatment benefits. Your heart will thank you for it!



**John E. Lacy, MD**  
Woodward Medical Center

**FREE:** Afternoon coffee & snacks will be served. Pre-registration is required.

Your Decisions Matter

All adults can benefit from thinking about what their healthcare choices would be if they were unable to speak for themselves. An advance directive is a document that lets your family, friends, and health care providers know your wishes when you are incapable of making decisions.

Bon Secours St. Francis Health System would like you to join Americans across the country in making future healthcare decisions known. Please complete your advance directive today and make your voice heard! To learn more, please visit [www.nhdd.org](http://www.nhdd.org) or contact a St. Francis Chaplain on call at 864-449-1334.



Friday, June 8

Will You Be New to Medicare? Is it Time to Sign Up?

ST. FRANCIS millennium  
2 Innovation Drive  
(off Laurens Road)  
10:00 – 11:30 am

The Appalachian Council of Governments Area Agency on Aging will offer an informational seminar for individuals approaching the time to sign up for Medicare. This session will help everyone who has questions or concerns about the application process. There will also be information on the role Social Security plays at this time.

Information presented will include these key points:

- An overview of Medicare and benefits
- Process to Sign up for Medicare
- The Medicare prescription drug program
- Supplemental Insurance & Medicare

Also featured will be services you can access through the Social Security and Medicare websites. Don't miss this opportunity to hear from the experts! Bring your questions. Family members and friends are welcome to attend.

**Beverly Allen**  
Appalachian Area Agency on Aging  
and a Representative from the Social Security Administration

**FREE**  
Pre-registration is required.

Friday, June 15

Heartsaver CPR & First Aid

ST. FRANCIS millennium  
2 Innovation Drive (off Laurens Road)  
9:00 am – 4:00 pm

If you attended HeartWise in February, you met Robert Hayes, RN and heard about this terrific class. Heartsaver - First Aid - CPR - AED (Automatic External Defibrillator) is a classroom, video-based, instructor-led course that teaches students the critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrive. Students will learn skills such as how to treat bleeding, sprains, broken bones, shock, and other first aid emergencies. This course also teaches adult CPR and introduces the use of an AED (Automatic External Defibrillator). After successfully completing the course, the student will receive a 2-year certification card. Please wear comfortable clothes and shoes. Lunch will be provided.

**Robert Hayes, RN**  
Community Health Outreach Manager  
Bon Secours St. Francis Health System

**Jean Lilley, RN**  
Community Health Outreach Nurse  
Bon Secours St. Francis Health System

**FREE: Lunch is included**  
Pre-registration is required. Class size is limited! Register early!



Learning CPR at HeartWise in February

Hobbies/Fitness

Beginner Line Dancing

Temple of Israel  
400 Spring Forest Drive

Tuesdays, 1:00 – 2:00 pm

If you've had some line dance experience, but are rusty on the steps or just like to dance, try this beginner line dancing class. Basic steps will be reviewed and easy dances will be taught. **Pam Frey**, LifeWise member and experienced line dancing instructor, is teaching this beginner class just for you. Its fun, good exercise, and healthy too! Come and see what you can do!

**FREE**  
Pre-registration is not required.  
Non-LifeWise members welcome!

Intermediate Line Dancing

Temple of Israel  
400 Spring Forest Drive

Tuesdays, 9:30 – 11:30 am

If you have a strong grasp of basic line dancing steps, have experience line dancing at the intermediate level, and want to challenge yourself, this class is for you. While all levels of dances will be taught, there will be a focus on intermediate to advance dances. **Pam Frey**, LifeWise member and experienced line dancer will be the instructor.

**FREE**  
Pre-registration is not required.  
Non-LifeWise members welcome!

Page Turners

“The Living Room” at  
Homewood Residence  
12 Boyce Avenue  
Greenville

May 11, 9:30 – 11:00 am  
Kitchen House by Kathleen Grissom

June 8, 9:30 – 11:00 am  
Ten Beach Road by Wendy Wax

July 13, 9:30 – 11:00 am  
Bridge of Scarlet Leaves  
by Kristina McMorris



LifeWise Snails

An outdoor walking group  
that walks at a “Snails” pace!

We are currently looking for a couple of members/volunteers who would enjoy planning locations for our walks. Contact us at lifewise@bshsi.org or call LifeWise at 255-1325 if you are interested or have any questions.

The **Swamp Rabbit Trekkers** walk the Swamp Rabbit Trail in **2-4 mile sections** on the 4th Wednesday morning of the month. Contact Fran Spicer at 297-8572 for the walking time and starting location. Leave a message with your email address.

Wednesday, May 16, June 20

Shutter Bugs

Temple of Israel  
400 Spring Forest Drive  
1:00 – 2:30 pm

Don't pass up this active group of “shutterbugs” who like taking all kinds of pictures and sharing their ideas and techniques with the group. You don't need to know a lot about photography to enjoy this group. Come and check us out!



Thursday, May 17, June 21

## Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby, Wade Hampton Blvd, Greer  
10:00 am – 1:00 pm

Are you interested in paper crafting and making cards or scrapbooking? Bring your photos and supplies to **Cut It Out!** Due to higher costs, we've had to increase the fee for paper crafting. We appreciate your understanding.

**\$4 per person fee for supplies**  
(Paper crafting only)

Thursday, May 31

## Everything You've Ever Wanted to Ask about Cremation

Cannon Memorial Park – Funerals and Cremations  
1150 N. Main St., Fountain Inn 29644  
11:30 am – 1:00 pm

Due to popularity, we are offering this excellent opportunity to learn the facts and other important information regarding funeral and cremation options again. This educational forum will also include information about state laws, financial considerations, and personal wishes and will be conducted in a professional and informative manner. You will have the opportunity to tour the cremation garden, a new and different choice available for families. Don't miss this chance to be well-informed, no matter which funeral or cemetery provider you would prefer to choose.

Ginger Dillard Selby, Licensed Funeral Director  
Cannon Memorial Park – Funerals and Cremations  
Mackey Mortuary

**FREE Lunch is included. Pre-registration is required. Group size is limited! Register early.**

Wednesday, June 6

## AARP Driver's Safety Course

ST. FRANCIS eastside, Classroom 301, 9:00 am - 3:30 pm

**New – Class time reduced to one day!**

The **AARP Driver Safety Program** is a driver's safety refresher course designed for drivers 50 and older. It has helped millions of drivers remain safe on today's roads. This course will help you:

- Tune up your driving skills and update your knowledge of Rules of the Road.
- Drive more safely & reduce your traffic violations

Auto insurance companies in SC are mandated to provide a discount to AARP Driver Safety Program graduates. There is **no final test** to pass.

**COST \$12 pp** (AARP member)  
**\$14 pp** (Non-AARP member)

Bring your drivers license & AARP card if you're a member.

**Pre-registration is required. Class size is limited. Register early!**



Thursday, June 14

## Honoring Our Veterans

TD Convention Center  
James Woodside Conference Center  
(Entrance at circular driveway with fountain)  
8:30 – 9:45 am Registration,  
Continental breakfast & Networking  
10:00 – 11:30 am Program

You are invited to attend a very special event called Honoring Our Veterans on Thursday, June 14 (Flag Day). We want to gather LifeWise members, friends, family members, and members of our community, who are veterans to celebrate their services and contributions to our country in all wars and military conflicts, and ensure our veterans know that we



Jim Judd, Korea 1961

deeply appreciate the sacrifices they have made in their lives to keep our country free. For this wonderful gift of peace and freedom, we want to express our thanks to the American Soldier. We will always remember that the men and women of the United States Military have freely chosen to protect us and give us this gift.



The event will begin with networking to meet fellow veterans, friends and share experiences and stories. You'll have the opportunity to enjoy refreshments and view several displays of military memorabilia. At 10:00 am, the program will open with a Color Guard who will post the colors. We'll have a concert of patriotic music by the Upstate Senior Concert Band, a "Missing Man's" table ceremony, event mementos for our veterans, a Blue & Gold Star Mother's presentation, a special guest speaker, and much more.

**We're planning to have a slide show with veterans photos during their time in service. Please email your photos to [Lifewise@bshsi.org](mailto:Lifewise@bshsi.org) or send them by mail so that we can scan them in.**

Don't miss this very special time to meet our veteran's, share stores, and say thanks! All veterans are encouraged to wear their uniforms, hats or jackets.

**FREE**  
**Pre-registration is required.**

## LifeWise Day at Furman University

Saturday, May 5

Latham Stadium – Furman  
11:30 am Tailgate & Lunch  
1:00 pm Game time

Can't get enough baseball? Come out for some great fun and be a part of the 2nd Annual "LifeWise

Day at Furman Baseball" hosted by **Emerald Benefits** and LifeWise. Bring your friends and family and cheer for our Furman Paladins as they host Wofford.

**FREE for LifeWise members**  
**\$9.50 for non-members & guests**  
(includes lunch & game admission)

**Pre-registration is required.**



Meet and Eat

**Tuesday, May 22**  
**Saffron's Westend Cafe**  
 11:30 am  
 31 Augusta Street  
 Greenville's West End  
 241-0401  
 www.saffronscfe.com

**Tuesday, June 26**  
**Liberty Tap Room**  
 11:30 am  
 941 South Main Street  
 (Next to Fluor Field)  
 770-7777  
 www.libertytaproom.com

Passport on a Plate

**Tuesday, May 1**  
**Portofinos**  
 6:00 pm  
 Haywood Plaza  
 30 Orchard Park Drive  
 627-7706  
 www.finosgreenville.com

**Tuesday, June 5**  
**Kannika's Thai Kitchen**  
 6:00 pm  
 599 Haywood Road  
 Greenville, 29607  
 297-4557  
 www.restaurant.com/rdc/  
 kannikas-thai-kitchen-greenville-  
 thai-restaurant-rid=440151

**Tuesday, July 3**  
**Genghis Grill**  
 6:00 pm  
 1140 Woodruff Road  
 Greenville, 29607  
 990-4560  
 www.genghisgrill.com  
*Pre-registration is required. Due to limited seating in the restaurants, we can not accept walk-ins.*

**Monday, June 25**  
**Laughing Matters**

**Comedy Luncheon**  
**Westminster Presbyterian Church**  
**2310 Augusta Street**  
**11:30 am**

Diligent Hands ... Gracious Hearts is celebrating their fifth year of Laughing Matters and it will be another year of belly laughs and special surprises! This year's Laughing Matters headliner will be **Rog Bates**, the Executive Director of Carolina Health & Humor Association and an award winning stand-up comedian, speaker and writer with more than 20 years experience as a comedy club headliner and corporate entertainer. He has opened for Jeff Foxworthy, Ritch Shydney and many others. Bates is the author of "How to Be Funnier ... Happier, Healthier and More Successful Too!" Likable and upbeat, Rog has mastered the art of being funny without being offensive, and that's what makes his humor so effective and powerful.

**\$15 pp**  
 (Includes lunch – vegetarian option available)  
*Pre-registration is required. Seating is limited.*



**June - July 2012**  
**The Lion King**  
**\$85 pp LifeWise group discount**  
 Purchase your tickets at the Peace Center Box Office or online at [http://www.peacecenter.org/groups/st\\_francis\\_lifewise](http://www.peacecenter.org/groups/st_francis_lifewise)

**Wise Wanderers**

We'd like to hear from our members and friends about their national or international travels whether the trips were with Collette Vacations or another tour company or just on your own. We think it will be fun to hear and learn about the wonderful places you've been and see your pictures or slides. Just contact the LifeWise office and we'll set up a Wise Wanderers date for you to come and share your travel experiences.



**2012 LifeWise Trips with Collette Vacations**

**October 5 - 14, 2012\*** Trains & Canyons of the Southwest  
**November 8 - 12, 2012** Branson Musical Holiday  
**Dec. 29, 2012 - Jan. 2, 2013** California New Year's Getaway featuring the Tournament of Roses Parade

Collette Vacations is a global leader of world travel and escorted tours, offering 150 vacation choices on all seven continents. Collette Vacation's tour managers have comprehensive knowledge of their destination and handle all the details of travel, so you can sit back and enjoy the trip.

If you would like to learn more about these trips, contact LifeWise (phone 255-1325 or [lifewise@bshsi.org](mailto:lifewise@bshsi.org)) and we'll send you a descriptive brochure that includes pricing, itineraries and other travel information. If you are interested in other destinations available through Collette Vacations go to [www.collettevacations.com](http://www.collettevacations.com).

**2013 Destinations coming soon!**  
*\*Please note date change.*

**One Day Retreat**

**Friday, June 29**

**Spirituality & Healing**  
**TD Convention Center, James Woodside Conference Center**  
**(Entrance at circular driveway with fountain)**  
**8:30 am – 4:30 pm**

During this one-day retreat we'll explore issues related to "spirituality and healing". We'll begin by looking at the meaning of spirituality and examining what our own spirituality is. We will seek to understand what our spirituality has to do with our own health and our ability to heal. This exploration will occur in a progression that includes four paths/sections. Each section will vary between 1-2 hours. We'll use lecture, discussion, poetry, music and storytelling. Additionally, we'll learn and practice some mind/body meditation skills. There will be adequate breaks throughout the day and lunch will be provided at no charge.

**John W. Simmons, MD**  
 Mind Body Skills Development Trainer

**\$15 per person** *Pre-registration is required. Class size is limited! Register early!*



*Dr. Simmons talks with January Retreat attendees*

# events recap

## health & wellness

**Lunch & Learn**  
Tuesday, May 15  
TD Convention Center  
11:15 am – 1:00 pm

**Lunch & Learn**  
Tuesday, June 19  
TD Convention Center  
11:15 am – 1:00 pm

**Hip & Knee Pain Seminar**  
Tuesday, May 15  
McCall Hospice House of Greenville  
*Change of location for this month only.*  
1836 W. Georgia Road  
864-688-1700  
2:30 pm

**An Apple A Day Is Not Enough**  
Friday, May 18  
ST. FRANCIS millennium  
10:00 – 11:30 am

**Everything You've Ever Wanted to Ask about Cremation**  
Thursday, May 31  
Cannon Memorial Park  
11:30 am – 1:00 pm

**Coffee Talk**  
Friday, June 1  
ST. FRANCIS millennium  
2:00 – 3:00 pm  
**High BP = BP High Blood Pressure is a Big Problem**

**AARP Driver's Safety Course**  
Wednesday, June 6  
ST. FRANCIS eastside Classroom 301  
9:00 am – 3:30 pm

**Will You Be New to Medicare? Is It Time to Sign Up?**  
Friday, June 8  
ST. FRANCIS millennium  
10:00 – 11:30 am

**Heartsaver CPR & First Aid**  
Friday, June 15  
ST. FRANCIS millennium  
9:00 am – 4:00 pm

**Spirituality & Healing A One Day Retreat**  
Friday, June 29  
TD Convention Center  
8:30 am – 4:30 pm

**Intermediate Line Dancing**  
Tuesdays  
Temple of Israel  
9:30 – 11:30 am

**Beginner Line Dancing**  
Tuesdays  
Temple of Israel  
1:00 – 2:00 pm

## club life

**Page Turners**  
Friday, May 11, June 8  
Homewood Residence  
9:30 – 11:00 am

**Cut It Out**  
Thursday, May 17, June 21  
Hobby Lobby, Greer  
10:00 am – 1:00 pm

**Shutterbugs**  
Wednesday, May 16, June 20  
Temple of Israel  
1:00 – 2:30 pm

**Swamp Rabbit Trekkers**  
Wednesday, May 23, June 27

## social scene

**LifeWise Day at Furman**  
Saturday, May 5  
Latham Stadium – Furman University  
11:30 am

**Honoring Our Veterans**  
Thursday, June 14  
TD Convention Center  
8:30 am – 11:30 am

**Laughing Matters**  
Monday, June 25  
Westminster Presbyterian Church  
11:30 am

**Meet & Eat**  
Tuesday, May 22  
Saffron's Westend Cafe  
11:30 am  
Tuesday, June 26  
Liberty Tap room  
11:30 am

**Passport on a Plate**  
Tuesday, May 1  
Portofinos  
6:00 pm

Tuesday, June 5  
Kannika's Thai Kitchen  
6:00 pm  
Tuesday, July 3  
Genghis Grill  
6:00 pm

## Honoring Our Veterans CONTINUED FROM FRONT

overseas by sending a care package. Packages can include food, magazines, treats, and especially notes of encouragement and appreciation. Get the details on how to send a care package at [www.anysoldier.com](http://www.anysoldier.com).

LifeWise offers a heartfelt "thank you" to all veterans and their families who have served to keep our country free. We hope to see you at our Honoring Our Veterans event on June 14.

## registration

1. Indicate events you'd like to attend, and add your name, address and other information as shown.
2. For events that require payment, you may pay by cash, check or credit card. Please submit with this form.
3. **Once complete, mail form and payment to: St. Francis LifeWise, 1 St. Francis Drive, Greenville, SC 29601.**

Date	Event	Qty	Price	Total
May 1	Passport on a Plate - Portofinos		DUTCH	
May 5	LifeWise Day at Furman (Guests \$9.50)		FREE	
May 15	Lunch & Learn		\$6	
May 18	An Apple A Day Isn't Enough		FREE	
May 22	Meet & Eat - Saffron's Westend Café		DUTCH	
May 31	Everything to Know About Cremation		FREE	
June 1	Coffee Talk		FREE	
June 5	Passport on a Plate - Kannika's Thai Kitchen		DUTCH	
June 6	AARP Driver's Safety Class (\$14 non-AARP member)		\$12	
June 8	New To Medicare?		FREE	
June 14	Honoring Our Veterans		FREE	
June 15	CPR & First Aid		FREE	
June 19	Lunch & Learn		\$6	
June 25	Laughing Matters		\$15	
June 26	Meet & Eat - Liberty Tap Room		DUTCH	
June 29	Spirituality & Healing – One Day Retreat		\$15	
			<b>TOTAL</b>	

Name\* \_\_\_\_\_  
 Phone\* \_\_\_\_\_  
 Address\* \_\_\_\_\_  
 City/State/Zip\* \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 New/changed email since last newsletter?  Yes  No  
 Check # \_\_\_\_\_  
 Credit Card # \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Name as shown on Credit Card: \_\_\_\_\_  
 Credit Card Billing Address if different from above: \_\_\_\_\_

**\*Required**  
 Guest Name\* \_\_\_\_\_  
 Guest Address\* \_\_\_\_\_  
 City/State/Zip\* \_\_\_\_\_  
 Guest Phone\* \_\_\_\_\_  
 Guest email\* \_\_\_\_\_  
 Guest Name\* \_\_\_\_\_  
 Guest Address\* \_\_\_\_\_  
 City/State/Zip\* \_\_\_\_\_  
 Guest Phone\* \_\_\_\_\_  
 Guest email\* \_\_\_\_\_