



March's President's Message

Welcome everyone to your 2020 March Newsletter.

Spring is in the air. It won't be long before every day is filled with sunshine and time for outdoor activities. Take advantage of the beautiful weather and go outside and enjoy the many lakes, parks, seashores and forests that are available to us living in such a warm sunny state.

At our last chapter meeting it was great to see some of our members who have not been able to attend past meetings. Welcome back to Inger, Joanne, Ed, Nancy and Bruce. I would also like to welcome Walter Tyler, the newest member to our chapter.

Please join us on March 17, 2020.... Yes, that's St. Patrick's Day for our next meeting. Learn to set up a home exercise program just for you since we all have different limitations so come out to our meeting and see what is right for you.

Don't forget we now have fresh brewed decaffeinated coffee available at every meeting. Since it is St. Patrick's Day, I will be baking fresh chocolate oatmeal cookies for your enjoyment.

Next month Joan and I are planning a vacation visiting Portugal, Spain and Germany. Our Vice President Scott McClendon will be filling in for the April meeting. Thanks Scott. If the corona virus is widespread, we might have to cancel our trip. Time will tell.

In closing, enjoy the beautiful Spring weather and take an early morning walk. Stay happy and healthy. Look forward to seeing you on March 17.

Peace,

Larry