



NEWSLETTER

San Andreas Movers & Shakers...it's not *OUR* fault!

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VOLUME THREE

April 1, 2013

S.A. M & S..



COMMITTEE MEMBERS

Joe Fleischman, President, Newsletter, Library, Room Set-up
Barbara Pollard, Vice President, Secretary, Publicity
Sue Costa, Treasurer
Judy Axtman, Membership Roster
Evelyn Rapetti, Refreshment Coordinator
Gary Davidson, Program Coordinator
Mona & David Harris Hospitality & Historian
Vera Bogosian, Sergeant at Arms

APRIL IS PARKINSON'S AWARENESS MONTH



MEETING, March 2013

We opened with a round table discussion and refreshments before our speaker Theresa Locke from Pinnacle Physical Therapy arrived. Theresa was very informative and had us up and doing some exercises, but sadly it ended too soon because of a late start. She did leave us with some exercise sheets to work with and some in the group expressed a desire to do some more exercising at future meetings. If you would like more information on exercising for Parkinson's patient's check out delaythedisease.com it's worth the look.

Next Meeting Date: Tuesday, April 2, 2013

We will not have a guest speaker this month, so if you have any questions or have something to share with the group, please bring them to this meeting

Thank you Juanita and Roland for the great refreshments last month, we really enjoyed them.

This month's refreshments are brought to you by **Vera**.

April Birthdays



BARBARA POLLARD
GARY DAVIDSON
ESTHER McWILLIAMS

*We wish you a very Happy Birthday
and many more.*



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Group News

Jerry Bruntz has a new lift chair that she would like to sell and a wheeled walker she would like to give to someone who could use it.

The Nutrition Corner

Holiday Jello by Barbara pollard

cranberry-orange-strawberry

1 can 16 oz jellied cranberries

1 can 16 oz whole cranberries

1 pkg 3oz orange jello

1 pkg 6 oz strawberry jello

1 pkg frozen sliced strawberries

2 cups orange juice

Boil orange juice and dissolve jello's.

Break up cranberries sauces in a 9x12 dish

and pour jello over sauces. When slightly set mix in strawberries.

Serves 8-10

Really delicious



WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added to the web site please let me know.

Joe Fleischman
Newsletter Editor

