



NEWSLETTER

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

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Newsletter Editor: Joe Fleischman

MARCH 1, 2016

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COMMITTEE MEMBERS

Rex Whisnand; President, Secretary, Publicity
Joe Fleischman; Vice President, Newsletter, Library
Judy Axtman; Treasurer, Membership Roster, Hospitality
Mona Harris; Hospitality
Gary Davidson, Refreshment, & Program Coordinator



MEETING, Tuesday, February 2, 2016

Featured Speaker was Sandra Graham the Assistant Technology Advocate for the Disability Resource Agency for Independent Living Organization. Sandra will spoke about Adaptive Technology and Research Technology on obstacles for people who have Parkinson's disease. She brought many useful tools and gadgets for us to look at and test. She also gave us some useful tips on how to use our smart phones and tablets. Sandra is willing to come back and do a class on using the smart phone and tablet if there is enough interest, so let us know if this is something you would like to do.

Next Meeting Date: Tuesday March 1, 2016

We do not have a speaker again this month so we will have. David Zid, a fitness Instructor in Columbus Ohio, who is known throughout the United States as an expert in delaying Parkinson's Disease through an Exercise Program he has developed. We plan on playing a DVD that will show how to delay different physical problems that can arise because of Parkinson's Disease.

Thanks to **Dave and Mona** for bringing the refreshments last month.

This month's refreshments are brought to you by **Joe and Shirley**

We look forward to seeing all of you at the March meeting.

March Birthdays

Evelyn Rapetti Arthur Morton Kathy Lange
Joe Fleishman

We wish you a very Happy Birthday and many more.



February Anniversary

Lila & Max Maxwell



Happy Anniversary to you and we wish you continued happiness in your partnership.



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Member news

The next Executive Board Meeting will be April 3, 2016, so if there is something you would like the board to consider please let one of the members know by then.

MTMC Spring Health Fair Saturday March 26, 2016 0800 - NOON Ironstone Vineyards

Our web site www.sanandreamoversandshakers.org is up and running check it out.

“Success is when you look back at your life and the memories make you smile.”