



# Coastal News

To Serve Not To Be Served

South Coastal Delaware Chapter #5226  
of AARP, Inc.  
P. O. Box 225, Ocean View, DE 19970

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March 2019

## EXECUTIVE BOARD OFFICERS

PRESIDENT	Lee Shoff <a href="mailto:leerobertashoff@gmail.com">leerobertashoff@gmail.com</a>	539-6952
VICE PRESIDENT	Jim Harding <a href="mailto:jameshrdg@yahoo.com">jameshrdg@yahoo.com</a>	973-903-1495
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ASST. TREASURER	Kathy Filip <a href="mailto:kafraf@mchsi.com">kafraf@mchsi.com</a>	539-1137

## DIRECTORS

Andrea Gowetski	2017-2019	541-4751
Jack Beall	2018-2019	616-1695
John Macken	2018-2020	914-522-9309
Lucille Kurtz	2019-2021	914-329-9038
Valerie Reeves	2019-2021	539-8212

## NOMINATING COMMITTEE

Sandra McGrath	2018-2019	537-7709
Claudia Howard	2019-2020	541-4995
Sandy Raymond	2019-2020	651-2284
Lana Linz	2019-2020	439-2156

## COMMITTEE CHAIRPERSONS

Community Service	Kathy Lesperance	537-7845
Legislative/Environmental	Chuck Schonder	703-881-2491
Membership	Dottie Rieck	539-2654
Scholarship	Shirley Price	236-7046
	Ida Crist	732-6336
Tours	Jim Harding	973-903-1495
Web Coordinator	Frances Hart	703-801-7216
Chorus	Ann Jaeger	436-5173
Hostess/Luncheon	Roberta Shoff	539-6952
	Anna Woodrum	537-0826
Newsletter	Andrea Gowetski	541-4751
Sunshine	Joan Wolf	541-0513
50/50	Joan Wolf/ Velma (Cookie) Butts	541-0513 541-9264

## Learn How Exercise And Nutrition Effect Our Mental And Physical Health

Erik Schreiber, a personal trainer, from Customfit360 will be the speaker at our March 19 meeting at Cripple Creek Country Club.

He will review how exercise affects our bodies physiologically, internally and externally. Exercise increases bone density and it can give you a better sense of independence. He will also evaluate how proper nutrition and exercise effects memory.

He is a certified senior Fitness Specialist through the National Academy of Sports Medicine, as well as through the American Senior Fitness Association.

## LUNCHEON CHOICES:

**Corn Beef and Cabbage Plate** - Traditional Irish fare of corn beef and cabbage, carrots and potatoes. **OR**

**Chicken Caesar Pasta Salad** - Grilled chicken, rotini, chopped romaine, cherry tomatoes, seasoned croutons, parmesan and Romano cheese. Served with a toasted breadstick. **OR**

**Soup and Sandwich Combination** - 1/2 tuna salad club wrap with lettuce, tomato, bacon served with a cup of Maryland crab soup.

Beverages include ice tea, lemonade, coffee, and water. Dessert will consist of cookies and brownies.

**Doors open at 11 AM for social hour with lunch at 12 Noon** followed by the program and chapter news and announcements. **Cost: \$17 members and \$18 guests.**

Members may make their lunch reservations by calling either **Allys Macken (914-819-2992), (616-2650)** or **Mary Ann Dougherty, (541-9412)** or [madod@aol.com](mailto:madod@aol.com) by noon, **Wednesday, February 13.** To cancel after the deadline, please contact **Linda Miller at 236-5570.**

**Please wear your name badge to meetings.**

## CHAPTER #5226 DUES INCREASE

Last year the Board of Directors voted to increase our Chapter #5226 membership fee from \$7 per a year to \$10 per a year. This would start with anyone joining or renewing **after May 1, 2019**. As it has been the practice in the past an additional \$3 charge must be paid if your newsletter is mailed by the USPS.

## COMMITTEE ACTIVITIES

### Membership – Dottie Rieck

#### New Chapter Members Meet & Greet - Friday, March 15, 2019

We would like to welcome to AARP Chapter 5226 our **new** members who have joined the Chapter beginning **May 1, 2018**. To help everyone get acquainted the Chapter will host a **Meet & Greet reception** for our **NEW** members on **Friday, March 15, 2019, 2-4 PM at the Old Ocean View Town Hall on West Avenue at the John West Park in Ocean View**. Please come and enjoy light refreshments with the Officers, Board Members, and Committee Chairs and learn all about our Chapter's good works, volunteer opportunities, and fun activities.

We welcome our new members: Duane & Joann Ableiter, Herb & Nancy Archey, Mary Blank, Virginia Campbell, Pat Dougherty, Keith & Randi Hnilicka, Robert & Jo Ann Mauer, Angela Mangan, Douglas Pruitt, Patricia Resnick, Janice Stillely, Fredric & Mary Tinetti, John Vogel, and Barb Whorton. Our current membership stands at **487**.

If you have any questions or have trouble receiving your newsletter, please contact Dottie Rieck by phone at 302-539-2654 or by email at Rieck5226@aol.com.

To renew your membership or to join our chapter, please send a completed membership form with your check to Dottie Rieck, P O Box 286, Bethany Beach, DE 19930. Contact Dottie by phone or email or go to our chapter web site (southcoastalaarp.org) to get a membership form.

### Legislative/Environmental - Chuck Schonder

Lobby Day - **3/13/19** - 10 AM - 2 PM  
General Assembly - Dover

Our six teams of lobbyists will be sitting down with our 14 Sussex County Legislators to present our views on why their support for our Share the Care bill is critically needed by Delaware's 123,000 unpaid family caregivers:

They are the spouses, children, family members, parents, friends and neighbors who give the care. Their responsibilities can be overwhelming at times. Over 50% of them have full or part-time jobs and can't be home to give medications all day. Current law does not allow direct care aides to give medications to these clients. Current law requires medications to be given under nurse supervision which is cost prohibitive for many of these clients. Our bill changes this to allow direct care aides to administer medications under the families supervision.

We have 13 bipartisan co-sponsors already lined up and will be looking for more on Lobby Day. We have one more spot if you would like to join us. RSVP- John Macken (914-522-9309).

### Up Coming Events

**3/5/19** Noon Legislative Committee Meeting- South Coastal Library- Training for Lobby Day.

**3/9/19** Friends of Holts Landing State Park- 9 AM-noon- Work on new Playground.

**3/13/19** Lobby Day- Leave Giant parking lot RT 26 Millville at 8:30 AM.

### Community Service - Kathy Lesperance

The Community Service Committee would like to thank Dr. Cramer for teaching the first graders at Showell Elementary how to take care of their teeth. Thank you for a great job!

**Mark Your Calendars:** We will be sponsoring a fundraiser for Parkinson's of Sussex County. The event will take place on **Saturday, April 6** at the Clayton Theatre in Dagsboro. The doors will open at 1 PM and the movie "Double Indemnity" will start at 2 PM. We will be raffling off two baskets and will also have a 50/50 drawing.

**Food Bank:** We are still in need of food for the food pantry. These contributions of non-perishable items are needed to help many needy families in our area stretch their food dollars. Please check the dates and bring **unexpired** items to each chapter meeting.

Coupons for Military Families: Please bring your clipped, **unexpired** coupons (good for 90 days after expiration) to the chapter meeting. Be sure **not** to clip off the **bar code** and **expiration date**. Please sort according to food and non-food items. Mary Hughes is also collecting cereal box top coupons.

Blood Bank: To schedule an appointment call **1-888-825-6638** or schedule on line at **www.delmarvablood.org**. Check for locations in Sussex County on the web site.

### Scholarship - Ida Crist & Shirley Price

The promotional materials for the Artisans Fair to be held Saturday, **May 25**, from 9 AM to 3 PM at Lord Baltimore Elementary School use the artwork of one of our exhibitors, Yvonne Torelli. You can see the poster featuring a tortoise at southcoastalaarp.org under the Artisans Fair tab. Ms. Torelli uses a technique of painting with one bristle of a paintbrush to create realistic-looking paintings. The image is also used on post cards that are distributed to promote the Fair.

A new addition to this year's Fair, which raises college scholarship funds for Indian River High School students and adult students at Delaware Technical and Community College, will be the raffle of two quilts, donated by the Delmarvalous Quilt Guild. One quilt features colorful three dimensional flip-flops and the other is a pink alphabet quilt using objects that begin with every letter of the alphabet. This raffle will be in addition to the 50-50 cash raffle and the Artisans Auction, which includes art donated by the exhibitors.

The Fair also raises funds with its large baked goods sale made possible by members who bake their delicious sweets. You can sign up to bake by calling **Helen Norris** at **302-436-1784** or **Lois Mumford** at **302-732-9600**, or sign up at a monthly luncheon meeting. Thanks for all your contributions.

## CHAPTER ACTIVITIES

### Driver's Safety Classes

You must take the Refresher Class every three (3) years to continue to receive a discount on your auto liability insurance. The State is now mandating that you cannot take the Refresher Class prior to 90 days expiration of your current certificate.

The cost is \$15 for AARP members and \$20 for non-members.

Information about classes now available at southeast Delaware locations can be found at <https://www.aarp.org/auto/driver-safety/> (click on "Find a Classroom Course").

Delaware drivers may also take the AARP driver safety class on-line. The cost is \$24.95 for AARP members. You can sign up for the on-line course using the same website as above (click on "Take the On-Line Course").

### IT'S TAX RETURN TIME!

Again this year, the AARP Tax-Aide program will offer free tax return assistance and preparation to taxpayers with low and moderate incomes, with special attention to those 50 and older. Taxpayers do not need to be members of AARP to use this service. In the Bethany Beach area, the service will be offered by appointment at the Masterson Center, St. Ann Catholic Church, Route 26, Monday through Wednesday. Appointments will be from 9:00 AM until 1:00 PM. To make an appointment, call [302-858-3575](tel:302-858-3575).

When they arrive for their appointment, taxpayers must present photo ID(s), must have proof of Social Security Number (SSN) for every individual to be named on the return, and must bring last year's (2017) Federal and State tax returns. All tax documents, including income statements, proof of deductions and credits (when applicable), and health insurance statements, should be removed from their envelopes and made available to the preparer. A taxpayer who may be able to itemize deductions should bring a summary of the expenses to be itemized along with supporting documentation.

### Sunshine - Joan Wolf

Mary Hughes, a long time member and coupon coordinator is now residing in a nursing home. If you would like to send her a card her address is:  
Mary Hughes  
c/o Country Rest Home  
12046 Sunset Lane.  
Greenwood, DE 19950

## CHAPTER TRIPS

2019

March 28

### Harrington Casino

Spend a couple hours trying your luck on one of your favorite slots. Harrington Casino has the latest and greatest popular games and old favorites too. Receive \$15.00 in free play and \$7.00 off your buffet based on 2018 comps. Price includes: motor coach and gratuities, coupon for free play and buffet

**40 people are needed to have this bus trip.**

**OPEN TO EVERYONE**

**Price: \$20.00 per person**

April 10

### The USS Battleship Wisconsin, Norfolk, VA.

Berthed at Nauticu9, the Battleship Wisconsin is one of the largest and last battleships ever built by the U.S. Navy. Battleship Wisconsin (BB-64), an Iowa-class battleship, was the second ship of the United States Navy named in honor of the 30<sup>th</sup> state. Her keel was laid down on January 25, 1941 at the Philadelphia Navy Yard. She was launched on December 7, 1943. Tour of the main deck and watch a movie on the history of this battleship. Optional tours of the Engine Room and/or Command Control Room available at an additional cost. (These options not included in main tour due to stairs and ladders) only those able to climb step or ladders should consider the additional tours. **Price includes:** motor coach, gratuities, and entrance to the ship, main tour, and movie.

**OPEN TO EVERYONE**

**Price: \$76.00 per person for main tour**

**\$20.00 per person for each additional tour (Engine Room and/or Command Control Room)**

**We will only accept 45 reservations for this trip**

April 24-  
May 2

### Uniquely Southern

This wonderful tour heads south for a second time. Our travels take us to Nags Head, and the Outer Banks to the Wright Brothers Museum learning about early travels. New Bern and a guided tour of Tryon Governors Palace, gardens, historic homes then enjoy an ice cream float at the birthplace of Pepsi. As we continue our travels south we stop in Beaufort, South Carolina for guided tours of Parris Island, Santa Elena Archeological Site and Museum, Low Country and Gullah Community Heritage Tour. Finishing up our wonderful tour in beautiful Jekyll Island where we will stay at the famous Jekyll Island Club. While on Jekyll Island we will take a guided tour to St. Simon, Fort Frederica National Monument, Christ Church, St. Simons Lighthouse and Keeper's Cottage. If that's not enough we will also take a guided ferry ride to the beautiful island of Sapelo and the famous RJ Reynolds Mansion. Here we tour Sapelo and have a wonderful hot southern meal in the Reynolds Mansion before returning back to Jekyll Island on our ferry. Our last night on Jekyll Island we will gather for a spectacular dinner in the Grand Dining Room followed with beautiful views on the veranda while enjoying a cocktail party. As we start for home we will make one special stop at the famous Firefly Distillery of Charleston for a little relaxing and tastings. **Price includes:** 8 full breakfasts, 4 lunches, 4 dinners, motor coach transportation, baggage handling where available, taxes, gratuities, admission to all scheduled sightseeing per itinerary, and hotel accommodations.

**Price: \$1759.00 per person based on double occupancy**

**\$2,529.00 per person based on single occupancy**

**Bus seating will be based on the time of deposit**

**WAIT LIST ONLY**

May 22 New York City on Your Own

New York City the epicenter and capital of the arts, shopping, and dining. New York City wears many crowns and spreads an irresistible feast for all. You will be able to visit Ground Zero, head to Brooklyn, take in a play or just wander around taking in the many sites and cultures of New York City while enjoying a lite lunch or people watching. New York City has something for everyone to enjoy. **Price includes:** Roundtrip motor coach and gratuities.

**Price: \$76.00 per person**

**OPEN TO EVERYONE**

June 8 The Delmarva Shorebirds Baseball Game

Join the Tour Committee for a night out at a Delmarva Shorebirds Baseball Game plus fireworks. The Tour Committee will subsidize a portion of the transportation cost and the gratuities for members only on

this trip to Arthur W. Perdue Stadium. Enjoy a game, fireworks and buffet at the Hardball Café right behind home plate with uncanny views of the field. Buffet includes BBQ chicken legs, grilled hamburgers, grilled hot dogs, baked macaroni and cheese, watermelon, popcorn, water, ice tea, and lemonade. After the game we will stay for the Fireworks Display. **Price includes:** round trip motor coach, entrance to stadium, buffet, and gratuities.

**Price: \$39.00 per person**      **MEMBERS ONLY**

**June 10-  
June 13**

### **I Love Lucy**

Visit Lucille Ball's hometown of Jamestown, N.Y. where her grandfather took her to watch Vaudeville and where she bought her first bottle of red hair dye. Explore fun sites in nearby Erie, PA and the surrounding areas. Eat like a Lucy meal in the unique setting of the Tropicana Room, in the Desilu Studios. After dinner enjoy comedic entertainment by a stand-up comic. Visit Lucy Desi Museum & Center for comedy with reproduction of the I Love Lucy sets, as well as personal mementos, a film tribute, costumes and even Lucy's Car. Enjoy a guided driving tour of Jamestown highlighting Lucy landmarks. You'll see the homes where Lucy was born and grew up, theaters where she performed, places where she attended school, and the cemetery where she is buried. Sightseeing dinner cruise on Chautauqua Lake, visit Robert H. Jackson Center in Jamestown to learn about the Supreme Court Justice from 1941-1954. Visit Tom Ridge Environmental Center on Erie's Presque Isle to watch a video and see displays describing the ecosystem of the area. Visit the 75 foot glass tower which allows for great views. Enjoy Erie Maritime Museum. Visit the historic Union Station and learn the history of the building and a few ghost stories then enjoy a buffet dinner on the Concourse plus sample the beer from the on-site brewery. Enjoy a visit to the Kinzua Gorge and the great views from the site's 600 foot glass bottomed skywalk. A visit to the Zippo Visitors Center in Bradford which is "truly enlightening." A Lunch at the Barrel House Restaurant in Lantz Corners before heading home. **Price includes:** 3 nights hotel accommodations, 3 full breakfasts, 1 lunch and 3 dinners. Admission to all sightseeing per itinerary, standard taxes, baggage handling, roundtrip motor coach transportation, taxes and gratuities.

**Price: \$620.00 per person based on Double Occupancy**

**\$854.00 per person based on single occupancy**

**OPEN TO EVERYONE**

**BUS SEATING WILL BE BASED ON THE TIME OF DEPOSIT**

**We will only accept 40 reservations on this trip**

**June 23**

### **Washington DC on Your Own**

Spend a beautiful day on your own investigating and sightseeing the many museums, monuments and memorials of Washington DC. You can take your time to see one or several points of interest such as; Arlington Cemetery, The Capitol, Vietnam War Memorial, or just stroll around the many parks. It's your day do what you would like.

**Price Includes:** round trip motor coach and gratuities.

**Price: \$50.00 per person**

**OPEN TO EVERYONE**

**Oct 27- Kentucky at Its Best**

**Nov 4**

Our Kentucky trip is packed with something for everyone! We will start our tour with The **Ark Encounter**, featuring a full-size Noah's Ark built according to the dimension given in the Bible. Traveling on to tour the **Creation Museum** where the pages of the Bible dramatically come to life. Before finishing up the evening enjoy an authentic **German Dinner and entertainment at the Hofbrauhaus modeled after the legendary 400+ year old Hofbrauhaus in Munich, Germany!** We travel on to **Louisville**, and **Churchill Downs** for "It's My Derby Day at the Races" this is a full day adventure. Enjoying the Kentucky Derby Museum, see the "The Greatest Race" film, a walking tour of Churchill Downs, along with Hatitude (Hot/fascinator-making activity) and Horse Talk (tips/betting lesson from a professional handicapper). Now you are race-day-ready to experience a thrilling afternoon of live racing seated on Millionaires Row or Skye Terrace with a fabulous lunch buffet. Enjoy a Dinner Cruise on the **Belle of Louisville** with entertainment and beautiful views. Our baseball fans will enjoy a visit to **Louisville Slugger Museum and Factory**. We can't leave Louisville without visiting and tasting at **Jim Beam's American Stillhouse**. On to **Fort Knox** Military Base for a visit to **General George Patton's Museum**, we will also see the Gold Vault (but no samples) Our travels will take us to **Lincoln's Boyhood Home at Knob Creek**; you will be able to climb the 56 marble steps to his museum, one step for each year of his life. **Maker Mark Distillery** we will enjoy a tasting of another brand of bourbon. Our visit to Kentucky wouldn't be complete without "**My Old Kentucky Home**" mansion tour. The 200 year old plantation was named for America's First composer Stephen Foster. We will travel through Bernheim Forest and the Jim Beam distillery property to Limestone Springs while enjoying a wonderful dinner aboard **My Old Kentucky Dinner Train**. As we travel on the Lexington, to experience a premier **Thoroughbred Heritage Horse Farm** and we will go behind the scenes a visit up close and personal with their famous thoroughbreds. We will finish off our

bourbon tour with tastings at **Wild Turkey Distillery**. Visit **Mary Todd Lincoln's Home** to discover Americas' most fascinating first lady. Our tour will end with a tour of **Old Kentucky Chocolates**. Candy made for over 50 years with the finest bourbon of Kentucky.

**Price Includes:** 8 nights hotel accommodation, 8 breakfasts, 5 lunches, 4 dinners, 5 evening receptions with hot food and beverages, standard taxes, baggage handling, meal gratuities, round trip deluxe motor coach transportation and admission to all sightseeing per itinerary.

**Price: \$1,599.00 per person based on Double Occupancy**

**\$1,999.00 per person based on Single Occupancy**

**Bus seating will be based on the time of deposit. We will only accept 44 reservations on this trip**

**MEMBERS ONLY**

## **2020**

### **NEW**

**Aug 29-  
Sept 11**

#### **Canada & New England Cruise**

New England & Canada have an unmistakable charm, history and natural beauty all their own, and there's no better time to visit than the fall. The foliage is brilliant in every imaginable color, lighthouses dot the coastline. This fabulous cruise aboard the **Celebrity's "Summit"** departs from Boston, Massachusetts for ports of call; Bar Harbor, Maine, Halifax, Nova Scotia, Sydney, Nova Scotia, overnight in Quebec City, Quebec, Charlottetown, Prince Edward Island, Portland Maine, before returning to Boston, Massachusetts. An overnight stay at Foxwoods Casino Resort the first night will tempt your skills at the casino or relax before we depart for the ship terminal in the morning for this magnificent cruise.

**Price includes:** 1 night hotel accommodation at Foxwood Casino Resort with Bonus Package, Cruise, Cabin, Shipboard Meals, Port Charges and Taxes, Motor Coach Transportation to and from Boston Massachusetts Cruise Pier.

**Price: \$2,699.00 per person Outside Cabin Cat. 7**

**\$3,199.00 per person Balcony Cabin Cat. 2B**

**Open to Everyone**

**\$3,299.00 per person Balcony Cabin Cat. 2A**

Not covered \$5.00 per person for bus driver's gratuity one way (\$10.00)

\$2.00 per bag, per person, baggage handling for Stevedore at the pier each way

**Celebrity's Sail Beyond Event Perks**

**Celebrity offers excellent perks for early booking call for details**

**FOR MORE DETAILS ON THE ABOVE OFFERS GO TO: [www.southcoastalaarp.org](http://www.southcoastalaarp.org)**

### **Disclaimer**

These tours are a project of and are offered to the South Coastal Delaware Chapter #5226 of AARP. The chapter and any agent it may use in arranging these or any other tours are not responsible in whole or in part to the tour member for any loss, damage, or injury, whether financial or otherwise to persons or property, however caused during or in connection with these or any other tours. These tours are activities conducted by South Coastal DE AARP #5226 and are in no way offered, sponsored, or conducted by AARP, which has no responsibility in connection with such tours.

### **Trip Reservations:**

To make a reservation for any trip contact Jim or Maria Harding, (973-903-1495) or email [jameshrdg@yahoo.com](mailto:jameshrdg@yahoo.com) Make checks payable to: South Coastal AARP #5226 and send to South Coastal AARP Tour Committee, PO Box 662, Ocean View, DE 19970. Please submit a check for each trip you sign up for. Note on the check what trip the check is to be applied to. If you are paying for more than 1 person please make note on the check. We can no longer accept one check for multiple trips.

## **Trip Rules**

### **Day Trips**

- Payment is preferred at time of registration and must be made no later than 30 days after registration
- Reservations made within 30 days of scheduled trip must be paid at time of registration
- No refunds for payments can be given unless a substitution can be made. If a trip is cancelled by the Tour Committee, full refunds will be provided to all paid participants.
- To cancel a trip 48 hours or less before departure, contact Jim Harding (973-903-1495)

- No alcoholic beverages are allowed on buses during chapter-sponsored trips
- Price subject to change: If the price of diesel fuel increases by more than 20% between the date of the contract with Bus Company and the date of the charter, the Tour Committee may charge a fuel surcharge to participants.

### Overnight Trips


- All overnight trips use a voucher system for the payment fee and a payment schedule.
- If Cancellation after the **final payment date** is necessary we will try to fill the spot with someone from our wait list. After that has been exhausted member has the option then and only then to replace the reservation with interested party of their choice.
- Cancellation Insurance is offered for all overnight trips. If cancellation is necessary and we cannot fill that seat after the **final payment date** member will submit claim to the insurance carrier for their reimbursement refund.
- Cancellation without insurance after the **final payment date**-no refunds will be given unless we can replace your reservation as stated above.
- Cancellation prior to the **final payment date** as stated on the voucher will be refunded.

### Please Note

We now offer three possible ways to notify you of our upcoming trips. Once these notices are sent you have the option to book the trip being offered.

- Broadcast emails sent out to all members supplying their emails
- General Meeting/Luncheon
- Newsletter

## MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Tour Committee 10:30 a.m. South Coastal Library  Community Service Meeting 10:30 A.M. South Coastal Library  Legislative Committee -12 noon South Coastal Library	6 Chorus Practice South Coastal Library 10 a.m.	7	8	9
10 Daylight Savings Time Turn Clock Forward	11	12 AARP Board Meeting 10:10 A.M. - South Coastal Library	13 Chorus Practice South Coastal Library 10 a.m.  Deadline - Luncheon Reservations/ Cancellations 12 noon	14	15	16
17 	18	19 Chapter Luncheon - 12 noon Meeting 1 p.m. Cripple Creek Country Club	20 Chorus Practice South Coastal Library 10 a.m.	21	22	23
24	25	26	27 Chorus Practice South Coastal Library 10 a.m.	28 Harrington Casino Trip	29	30
31						