

NEW HACKENSACK REFORMED CHURCH

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WAPPINGERS FALLS, NY 12590

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www.nhrc-church.org

Rev. Keith W. Tamlyn, Senior Pastor

Rev. James A. Neevel, Pastor Emeritus

NOVEMBER CHURCH NEWS, 2011

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November 2011 Worship Schedule
9:15 and 11:00 a.m. Worship Services

November

- 6 **Communion/All Saints Sunday**
 Scripture: Matthew 23:1-12
 Sermon: "Saintly Servitude"
- 13 **Consecration Sunday**
 Scripture: 1 Corinthians 16:1-4
 Sermon: "Saints Alive! Living Generously"
- 20 **Thanksgiving/Christ the King Sunday**
 Scripture: Matthew 25:31-46
 Sermon: "You Can Do This"
- 27 **Advent 1** *2011 Theme: "Journey to the Stable"*
 Scripture: Mark 13:24-37
 Sermon: "Watch for the Stable"

Dear Members and Friends of New Hackensack,

November is the month to give thanks to God for our many blessings. Blessings come to us each day. However, we don't always see the blessings because of the pain and sorrow we feel. There is much sorrow and heartache out there. Even in the midst of sorrow, there is joy. Even in the midst of our pain and suffering, there is hope.

One of my favorite hymns during the season of Thanksgiving is "We Gather Together". This hymn speaks of the pain and suffering of our lives, but it also reminds us of the hope we share because of our faith in God.

And so, during the month of November, we have a strong pull to give thanks to God with a grateful heart. Being in the faith business means looking toward the future with HOPE - seeing the newness of God's creation even in the midst of challenging times. Friends, therein is our Hope. In the words of the second verse of this beautiful Thanksgiving hymn, that follows, we are reminded of the promises of God. I look forward to giving God the thanks and the Glory with you at our November worship services.

"Beside us to guide us, our God with us joining, ordaining, maintaining his kingdom divine; so from the beginning the fight we were winning; Thou Lord, was at our side, All Glory be Thine!"

In His service,

Rev. Keith Tamlyn

CHRISTIAN EDUCATION...

Kris Rice, Christian Education Director

462-0810, Ext. 104;

Let us come before His presence with thanksgiving.

Psalm 95:2

It is amazing how quickly the month of October has gone by. Sunday School is off to a great start, our eighth week already, and is going very well.

◇ **Sunday School Advent Mission Project...**details to come in the Sunday bulletin.

◇ **The Annual Sunday School Christmas Pageant** will be held on Sunday, December 11th at 4:00 p.m. All children in the pre-school through sixth grade will be performing. There will be two rehearsals for children with speaking parts. The first will be on Saturday, December 3 (right after Piggy Bank Bazaar) approximately 12:00 - 1:30 p.m. The second will be our dress rehearsal for the entire cast on Saturday, December 10 from 1:00 - 3:00 p.m. for grades 3-6 and from 2:00 - 3:00 for pre-school through 2nd grade. Both of these rehearsals will take place in the sanctuary.

◇ There will be a **Family Pizza Party** in Fellowship Hall following the Christmas Pageant. Details to be announced.

In His service,

Kris Rice

YOUTH GROUP...

Upcoming meetings and events:

- ☐ Sunday, November 6th from 6-8 pm: **Duct Tape Party** at Hopewell Reformed Church. You are required to wear duct tape to get into this party - it can be as simple as a piece stuck on your shirt, to as elaborate as an entire outfit made out of duct tape. Get creative! Carpooling is available from NHRC - meet at church at 5:15.
 - ☐ **Wreath and Calendar Fund Raiser:** The Youth Group will be selling wreaths and calendars for the Christmas season. Please place your orders on the sign-up sheets posted in the Gathering Area and Fellowship Hall. Your support will help out Youth Group's ministry throughout the year. Items can be picked up during Piggy Bank. Thank you in advance for your continued support.
 - ☐ Sunday, November 20th, 4 - 6 pm: **Youth Group meeting** at NHRC.
 - ☐ Sunday, November 27th, 6 - 8 pm: Annual Youth Group **Cookie Bake** party at NHRC. We'll be baking and decorating cookies to sell at Piggy Bank Bazaar on December 3rd. Bring a batch of your favorite cookie dough. Cookie sheets, rolling pins, cookie cutters, parchment paper, etc. are all welcome!
 - ☐ Saturday, December 3rd, 9am - 1pm: **Piggy Bank Bazaar.** Youth Group will have a Bake Sale in Fellowship Hall; please support our youth. Calendars and wreaths will be available for pick-up as well.
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RCWM News-

♀ **Reformed Church Women of the Hudson Valley** - We are so pleased to announce New Hackensack Reformed Church will host the Fall Conference of the RCWHV on Saturday, November 5, 2011. Our guest speaker will be Claudette Reid, Coordinator of Women's Ministries for the RCA. This is always a wonderful morning of fellowship (and good food). We encourage all women of the church to invite a friend to join us for this special program. Registration 9:15 am, Breakfast 9:30 am, and Program 10:15 am. A donation of \$6.00 is requested. Please sign up today at the Information Center.

♀ It is time to mark your calendars for this year's **Christmas Play and Dessert**. It will be on Wed. evening, Dec. 7. All of our church family and their guests are invited to attend. Wayne Lunstead will be directing the Christmas Drama "A 'Beastly' Christmas" by John O. Eby which is based on the familiar song "The Friendly Beasts" and presents a humorous interplay between the animals present at Jesus' birth, giving us their unique perspective of the night. Please put the date on your calendar, as this evening is always a great way to start the Christmas season. All donations will go to support Grace Smith House and the House of Faith Family Shelters.

We will need lots of wonderful cookie bakers, so please look for the sign-up sheet in the Gathering Area, if you can help.

♀ Women's Book Group....

November's book club will be held on Tuesday, November 15 at 7 p.m. in the church. The group will be reading *A Swiftly Tilting Planet* by Madeleine L'Engle which is part of the popular *A Wrinkle in Time* series. The book is a favorite of Faith Schwenker who reported she reads it once a year

and who will lead the discussion.

>From the amazon.com website: The Murry family acts as a carrier of Madeleine L'Engle's unique message about human responsibility for the world. Themes of good versus evil, time and space travel, and the invincibility of the human spirit predominate... Like the earlier books, there is an underlying theme of the battle between good and evil, and also some spiritual lessons to be learned.

♀November Women's Dinner...

The next RCWM dinner for the women of the church will be held on Wednesday, November 9th. The restaurant still has to be decided but will be listed in the sign-up sheet in the Gathering Area. The dinners have been a great way to meet other women in the church and have been a fun night out for all!

IN THE COMMUNITY...

Caregiver Conference

If you are taking care of an elderly relative, friend or spouse, mark your calendar for **Thursday, November 3**, 9:00 a.m. - 4:00 p.m. Villa Borghese, 79 Widmer Rd., Wappingers Falls for the annual free Dutchess County Caregiver Conference. The theme this year: *Take Me Out To The Ball Game*. Food and beverages are provided.

PARISH HEALTH MINISTRY...

Mary Lou Grott, R.N., Parish Nurse,
462-0810, Ext. 110, Tues., Wed., Thurs.

SEASONAL AFFECTIVE DISORDER

What is it? Seasonal affective disorder, or SAD, is a mood disorder associated with depressive episodes related to seasonal changes in light. We all have occasional moments of feeling "blue," but people who suffer from SAD have more prolonged and severe symptoms of depression during the winter months, with symptoms subsiding during the spring and summer. It is estimated that 14 million people in the United States have this disorder, with the majority of cases occurring in the northern states.

Symptoms of SAD:

- ☞ Regularly occurring symptoms of sadness, that subside during spring and summer. It is vitally important to seek advice from a mental health professional for an accurate diagnosis and treatment, as it can mimic other depressive conditions.
- ☞ Loss of energy.
- ☞ Anxiety and irritability.
- ☞ Cravings for high carbohydrate foods, often with accompanying weight gain from overeating.
- ☞ An increased need for sleep.
- ☞ A decreased interest in sex.

Possible causes of SAD: Melatonin, a sleep-related hormone secreted by the pineal gland in the brain, has been linked to SAD. The extra darkness appears

to stimulate the pineal gland to produce higher amounts of melatonin, making the individual feel sleepier and more lethargic.

What can we do?

- If you suspect that you may suffer from SAD, contact a mental health professional or our local Mental Health Association (845-473-2500) for proper diagnosis and further information or log on to www.nmha.org or www.mhadc.com.
- Light therapy, including both exposure to natural outside light and the many light therapy products available to increase light inside, has been proven to decrease the overall symptoms of SAD patients. It is highly recommended that you speak to your doctor or a sleep specialist (found in the sleep disorder clinics of both Vassar Brothers and St. Francis Hospitals) for specific treatment, including the type of products and length of time using the lights. Occasionally, too much light can lead to excessive excitability.
- Treatment with the hormone melatonin may be helpful, but this needs to be monitored by your doctor to ensure safe and effective dosage and product.
- Make sure you get regular exercise.
- Socialize with family and friends.
- Be good to yourself. Experience new things and keep learning to keep your life vibrant.

(Sources used for this article: Mayo Clinic website, Mental Health Association website, and an article on Seasonal Affective Disorder from Poughkeepsie Journal.)

✝ SAVE THE DATE....

Tenth Annual Remembrance Service, Saturday, December 10th at 10:00 a.m. in the Sanctuary for all those who are grieving the loss of a loved one whether recently or in the past, during the holiday season. More details to follow in the December newsletter and bulletins for this very special worship service and time of fellowship that follows.

Outreach

🍷 **Homeless Shelter** - we are still in need of volunteers to cook and serve at the Homeless Shelter on November 27th. If you are interested, please sign up in the Gathering Area.

🍷 **Rural & Migrant Ministry** - Toy Store donations will be starting November 13th and continue through December 11th. Boxes will be available in both the Education Center and the Gathering Area. Please Note: Toys for "Toys for Tots" will not be collected this year. All donations will go directly to the RMM Toy Store.

🍷 **Food Pantry** - Currently we are assisting with the Beacon Reformed Food Pantry and the Food Pantry at Castle Point that benefits the veterans.

🍷 **Clothing Pantry** - Castle Point also offers clothing and toiletries in their Clothing Pantry for any veteran who is in need. Outreach is asking anyone to make donations to this mission by donating NEW mens underwear and socks. Warm clothing will now be accepted but clothing MUST be nearly new without stains or rips. Toiletries (must be new and un-opened) such as shaving cream, disposable razors, deodorant, toothpaste, toothbrushes, combs, soap, shampoo are all needed. Place any clothing pantry donations in the food pantry boxes.

Outreach would like to salute Jerry Carey for assisting in transporting the donated food and clothing to Castle Point.

☛ **Blood Drive** - The American Red Cross will be at NHRC on November 29 from 2pm - 7pm in Fellowship Hall

☛ **Annual Coat Drive Distribution** - Notices have been posted throughout NHRC listing locations as well as the dates and times where donated coats and jackets will be distributed by Dutchess Outreach for anyone who is in need of a warm coat this season.

☛ **Special Offering** for the RCA World Service (Hurricane Irene) - a total of \$1,100 was collected by the congregation. Thank you for your generous donations. All money was sent to the RCA World Service to help repair or rebuild RCA Churches damaged or destroyed by Hurricane Irene.

☛ **Thanksgiving Offering 2011** - This year the Thanksgiving offering will be distributed evenly between Meals on Wheels of Wappingers Falls and The Lunch Box.

☛ **Creative Kindness** - Halloween pumpkin tote bags filled with special activity toys as well as handmade pumpkin pillows were made for the in-patient children in the pediatric ward at Vassar Brothers Medical Center and were delivered. Outreach wishes to thank those of you who are using your sewing, knitting and crocheting talents to help make a brighter day for those who are dealing with medical and emotional issues.

☛ **Bulletin Board** - Please take a moment to look at the many thank you messages sent in appreciation for all your generous donations. You DO make a difference.

In His Service

Arra

Property Committee...

Volunteers Needed...Fall Cleanup will be on Saturday, November 6, starting at 8:30 a.m. Bring gloves and rakes so that we can beautify our church grounds. Coffee and light refreshments will be provided.

From Jan Fritzinger, the Seminary Student

Dear Church Family,

My reflection this month is about:

The Doctrine of Evil.....based upon on McGrath's book, "Christian Theology"Pages 231-234

John Hick says that good and evil are necessary presences within the world, in order that informed and meaningful human development may take place.

Although, I may reflect on this and say it is true, I really think it is very intimidating. I do believe that many people come to Christ when suffering or devastation knocks at their door. Is this the way human development was designed? McGrath says that many Christians have found God's grace and love most profoundly in situations of distress and suffering. So is spiritual development a part of human development, I ask?

However, this does not resolve the question of suffering. I like the liberation theology approach that says suffering of the poor is not viewed as passive acquiescence in suffering; rather, it is seen as participation in the struggle of God against suffering in the world--a struggle which involves direct confrontation with suffering itself .

When I reflect on the doctrine of evil, I think of suffering. I reflect back to my class on Hospital Ministry with Dr. Smith and the book called "When Bad Things Happen to Good People" by Harold Kushner. Kushner's beliefs seem to question God's omnipotence. Questions like, "Are you capable of forgiving and accepting in love a world which has disappointed you by not being perfect, a world in which there is so much unfairness and cruelty, disease and crime, earthquakes and accident?"

God's view is absolutely essential to be able to handle suffering. God's word clearly shows that suffering is a normal part of the Christian life, especially suffering for Christ. "For it has been granted to you on behalf of Christ not only to believe on Him, but also to suffer for Him" (Phil 1:29). The way we view God is important to the way we view suffering. If there were no suffering, would there be compassion? If there were no discipline and hardship would we ever learn patience and endurance?

I believe that if we can learn from our suffering we can progress spiritually, perhaps finding, like Jesus did, that even the greatest suffering cannot overwhelm. This makes it meaningful. As James Cone says the sequence of the cross and resurrection is interpreted in terms of a present struggle against evil, conducted in the knowledge of God's final victory over all suffering and that which causes it .

Shalom,

Jan

THANK YOU... to Bob Casement for building an usher and greeter name tag rack. It is a big improvement over a cardboard box!!

CHRISTIAN-MUSLIM RELATIONS

Last month 19 of us were able to attend a large picnic fundraiser for the Mosque that our neighbors, Mr. and Mrs. Shah, invited us to attend as their guests. We all enjoyed mingling and visiting and being warmly welcomed by our Muslim neighbors. They sent personal thank you notes and candy to all of us who attended. They also gave us a generous gift of \$500.00 to support our ministry.

We are planning to invite our Muslim friends from the Mosque (run by the Mid-Hudson Islamic Association) to a Fall gathering. We wish to share thanksgiving to God for all our blessings, to learn more from each other and to discuss programs and possible future projects that we can work on together. More information to follow.

CHRISTMAS TOY STORE...

Look around and holiday reminders are beginning to appear everywhere! As you make your plans for the up-coming Holiday Season, Rural & Migrant Ministry invites you to support our annual Christmas Store. This year's Christmas Store/Fiesta will be held on Saturday, December 10th at the New Hurley Reformed Church, Wallkill.

The Christmas Store is facilitated by the Daughters of Sarah, a rural women's support group, sponsored by RMM. This group has empowered many rural women to develop their gifts and talents for leadership over the years. The Store provides an opportunity for those who are experiencing economic hardship to purchase, at a reduced cost, Christmas gifts for their children. What parent doesn't wish to choose that special gift for their child? By shopping at the Christmas Store, parents are able to choose the gifts they know their children want while allowing them to maintain their dignity by purchasing and giving the gifts directly.

GIFTS MUST BE NEW, UNWRAPPED, AND THE ORIGINAL PRICE TAG ATTACHED. The proceeds from the Christmas Store go to support the annual retreat and community outreach programs of the Daughters of Sarah. We also ask that gifts reflect RMM's mission of hope and justice, in other words, **NO** toys of violence, **PLEASE**. For those who may find shopping for and delivery of gifts difficult, we welcome your financial gifts and will honor your wishes by purchasing the gifts you suggest.

Suggested gifts: Sports Equipment (basketballs, soccer balls, etc.); Dolls (especially of African-American and Latino heritage); Books (African-American Stories and Latino Heritage in addition to books in English); Toys and Games (appropriate for toddlers thru age 14); Items for Teenagers (Watches and Gift Cards are especially popular).

If you have questions, please call Jane Konitz, 297-5864. Gifts should be placed in boxes provided in the Ed Center and Gathering Area beginning November 13th thru **SUNDAY, DECEMBER 4TH**.

THANK YOU from RURAL & MIGRANT MINISTRY...

This summer nearly 400 children and youth across the state of New York participated in RMM summer programs. At the Western New York Center in Lyons (near Rochester), 25 children and youth enjoyed a two week day camp. Farmworkers and their families gather at the center monthly for dinner and educational workshops. In Sullivan County, a group of 7 youth have discovered that meaningful work is a positive alternative to gangs! They have been trained in business skills, they have researched Fair Trade cooperatives around the world, they have learned new skills and spent the summer designing 'one of a kind' canvas tote bags and t-shirts. They have written and received grants to purchase bags from a women's cooperative in Mexico and eco-friendly dyes. They have received funding from the Sullivan County Business Community to pay salaries, and they are preparing to offer their product at the Bethel Woods Craft Fair on October 1st.

There were 36 children and youth in the Mid-Hudson Day Camp held at Marlboro Presbyterian Church. Most of the participants live on the farms throughout the area and some call the low cost motels along Route 9W between Highland and Newburgh 'home'. The guest artist for this group was Jeremiah Drake, Director of the Theater of the Oppressed, a segment of the Christian Education program at Riverside Church, NYC. During July and early August, 15-30 high school youth participated in 6 different leadership workshops in the 4th Annual Summer Leadership Academy.

Seventy-five children and youth (ages 8-16) and counselors enjoyed the 22nd Overnight Camp the week of August 14th. Six college interns worked in our various programs and 7 high school interns spent 100 hours each working in the many programs and designing workshops that will be presented as part of the up-coming 30th Anniversary Conference and Gala (See related article). It was a very busy summer!

On behalf of the RMM summer program participants, I wish to thank you for the many school supplies you donated. At the end of camp all the children and youth and their siblings were the recipients of your generosity and that of many others. At least 150 children were able to start school with needed supplies. This project is so appreciated by the children, and even more so by their parents, many of whom are struggling daily just to provide for

their families.

Thank you from all of us at RMM for your faithful support...Jane Konitz

Greetings from Kermit!

Even though we've all been looking forward to it for almost a whole year, it's hard to believe that The Big Day is almost here!! This year's Piggy Bank Bazaar will happen on Saturday, December 3rd, at the Education Center. This month I especially want to invite YOU to JOIN IN, because we really need YOUR HELP!! There are many ways that YOU can make a difference, and be part of putting smiles on lots and LOTS of little faces.

The Bazaar is a place for young humans through the age of 14 to do their Christmas shopping for friends and family. None of the gifts is priced over \$3.00, and we have a GREAT selection. Guides will help the young humans shop, and gift wrapping is free! The Bazaar is open for children from 9:00 a.m. until noon. (Adults can wait in Fellowship Hall, where the youth will be selling refreshments and tasty baked goods.) Adults can shop from noon to 1:00 p.m. If the Bazaar should be canceled because of heavy snow, it will be held on Sunday, December 4th, from 12:30 p.m. to 3:00 p.m. (Cancellation information will be on the church answering machine.) Tell your friends all about it - there are notices about the BAZAAR in the Gathering Area!

At least 150 human helpers are needed to run the Bazaar. We'll need MANY people to act as guides for the children, to wrap gifts, and to be cashiers. We are expecting more than 350 young humans!! We'll also need some folks to help at 1:00 with the cleanup. This usually takes just an hour or so, and involves trash collecting and sweeping, moving some tables, and putting the leftover gifts into storage. Please see the SIGN UP SHEETS in the GATHERING AREA during NOVEMBER. We need lots of people to make everything run smoothly.

All of the different gift tables will need workers, too, to set up, help the young folks with gift selection, take inventory, and clean up. There are tables for Children, Women, Men, Pets, Flowers and Plants, Christmas, and Personalizing. If you are available the morning of Friday, December 2nd, and on the day of the Bazaar, and would like to help at one of the tables, please call Mrs. Ray (Carol) at 297-4830, or sign up on the sign up sheets. We also need some help on Friday morning to set up tables in the gift wrapping room and Fellowship Hall.

November's Wednesday Morning Workshops will be on the 2nd, 9th, 16th and 23rd, at 9:30 a.m. in Room 15 of the Education Center. All those wonderful gifts need to be completed before the Bazaar, and as always, YOU would be MOST WELCOME!!

Please volunteer to help move gifts from storage on Sunday, November 27th at 10:20 a.m. Meet in Room 15. With enough workers, the Big Move will only take about 20 minutes!!

Pricing day, the Big Day before the Big Day, will be Wednesday, November 30th, at 9:00 a.m. in Rooms 13 and 15. Putting price tags on thousands of gifts will need LOTS of hands. It would be WONDERFUL if YOU could help!! This is a GREAT opportunity to be one of the first people to see all the goodies. Refreshments will be served, too!!

Mrs. Ray (my human friend who is busy counting how many things will be available at each table) reminds me to ask that you please bring your completed Take Home Kits to Room 15 by Wednesday, November 30th. They can be put in the large closet, or next to the blue partition. Also, we'll need lots and LOTS of house plants for the Bazaar - these are always very popular. Please bring them to the Education Center on Friday, December 2nd, and include the name of the plant and care instructions. We could also use rolls or packages of gift wrapping, gift boxes, gift bags, Scotch tape, scissors, tissue paper, bows and ribbons, pens and pencils, name tags, and large department store handled bags or brown grocery bags (which can have the plastic handled bag on the outside.) We can also use any Halloween candy you have left over - that can be dropped of in Room 15 any time in early November.

It's time for me to do some carefree jumping around in the leaf piles now. I'll be hopping back from time to time, and I hope I'll see YOU at the Workshops!

Yours in Love,

♥Kermit

NOVEMBER, 2011

1, Tuesday

10:30 a.m. Strength and Balance Exercise

7:00 p.m. Councils/Committees

2, Wednesday

9:30 a.m. Piggy Bank Workshop

7:00 p.m. Stephen Ministry Supervision

3, Thursday

7:15 p.m. Senior Choir

4, Friday

10:30 a.m. Strength and Balance Exercise

5, Saturday

**9:15 a.m. HV Ref. Ch. Women Breakfast/Conference
NHRC Fellowship Hall**

6, Sunday Communion/All Saints Sunday

8:00 a.m. Adult Sunday School

**9:15 a.m. Worship, Sunday School
Jr. and Sr. High**

11:00 a.m. Worship

7, Monday

6:00 p.m. Klokken Ringers

8:00 p.m. Campanola Ringers

8, Tuesday Election Day

10:30 a.m. Strength and Balance Exercise

9, Wednesday

9:30 a.m. Piggy Bank Workshop

10, Thursday

7:15 p.m. Senior Choir

11, Friday Veterans Day

10:30 a.m. Strength and Balance Exercise

3:00 p.m. December News Deadline

12, Saturday

8:30 a.m. Property Clean-up Day

13, Sunday Consecration Sunday

9:15 a.m. Parenting Class

Worship, Sunday School

Jr. and Sr. High

11:00 a.m. Worship

14, Monday

6:00 p.m. Klokken Ringers

8:00 p.m. Campanola Ringers

15, Tuesday

10:30 a.m. Strength and Balance Exercise

7:00 p.m. RCWM Book Club

16, Wednesday

9:30 a.m. Piggy Bank Workshop

10:00 a.m. Wellness Committee

11:30 a.m. Stephen Ministry Continueing Education

7:00 p.m. Stephen Ministry Supervision

Nursery School Board

17, Thursday

7:15 p.m. Senior Choir

18, Friday

9:30 a.m. Collate November News

10:30 a.m. Strength and Balance Exercise

19, Saturday

8:30 a.m. Rain Date Clean-up

20, Sunday Thanksgiving/Christ the King Sunday

8:00 a.m. Adult Sunday School

9:15 a.m. Worship, Sunday School

Jr. and Sr. High

10:00 a.m. Blood Pressure Screening

11:00 a.m. Worship

21, Monday

6:00 p.m. Klokken Ringers

8:00 p.m. Campanola Ringers

22, Tuesday

10:30 a.m. Strength and Balance Exercise

7:00 p.m. Consistory Meeting

23, Wednesday

9:30 a.m. Piggy Bank Workshop

24, Thursday Happy Thanksgiving/Office Closed

25, Friday Office Closed

27, Sunday First Advent

8:00 a.m. Adult Sunday School

**9:15 a.m. Worship, Sunday School
Jr. and Sr. High**

11:00 a.m. Worship

8:30 p.m. Dutchess Homeless Shelter

28, Monday

6:00 p.m. Klokken Ringers

8:00 p.m. Campanola Ringers

29, Tuesday

10:30 a.m. Strength and Balance Exercise

2:00 p.m. Blood Drive

30, Wednesday

9:30 a.m. Piggy Bank Workshop