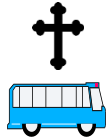





February 11, 2018 – February 17, 2018

SUNDAY, FEBRUARY 11, 2018







Spiritual Emotional Social		BUSES to LOCAL CHURCHES. Schedules are available at the <u>Concierge Desk</u> . Please register by <u>8:00 a.m. today</u> if you would like transportation.
Physical Social	2:00 p.m. 	WEEKEND WELLNESS: LINE DANCING in the <u>Berkshire Room</u> .
Spiritual Social	4:00 p.m. 	SUNDAY WORSHIP SERVICE with the Reverend CORRINE DAUTRICH in the <u>Cultural Center- Side A</u> . All are welcome to attend.
Social	6:00 p.m. 	SUNDAY SPECIAL FEATURE – HISTORIC TRAVELER– GREAT DESTINATIONS – “THE PATH TO INDEPENDENCE,” (1997). Nothing makes history come alive better than visiting the places where historic events occurred. This exciting series, hosted by Bill Boggs, will take you to these great locations, giving you a personal sense of the people and excitement of exploring history, but will also learn the routes, lodging and site-seeing information to become a historic traveler. <p style="text-align: center;"> Rated – (NR) Running Time – 50 Minutes Bring a pillow for comfort! </p>

DON'T FORGET TO TUNE IN TO "HTN" – THE HIGHLAND'S TELEVISION NETWORK-
 (Channel 956) each weekday morning at 9:00 a.m. for announcements of the daily events!







MONDAY, FEBRUARY 12, 2018

	<p>NOTE:</p> 	<p>REGISTRATION DEADLINE for the ALVERNIA SENIOR COLLEGE LUNCH & LECTURE, (Session #3). Register at the <u>Concierge Desk</u>.</p>
Physical Social	<p>9:00 a.m.</p> 	<p>YOGA FLOW with KELLY ARNOLD in the <u>Berkshire Room</u>.</p>
Social	<p>10:00 a.m.</p> 	<p>BUS to WEIS MARKET. Register at the <u>Concierge Desk</u>.</p>
Physical	<p>10:00 a.m.</p> 	<p>FRESH START- A daily workout from the comfort of your home. Tune to "HTN" – (Channel 956) and enjoy these simple and safe exercise moves and get your Monday off to a "Fresh Start!"</p>
Physical Social	<p>10:15 a.m.</p> 	<p>BALANCE & CONTROL will be at 10:15 a.m. – 11:00 a.m. in the <u>Berkshire Room</u>. This class is designed to improve standing and moving balance for all skill levels, as modifications are provided for each exercise.</p>
Social	<p>11:00 a.m.</p> 	<p>MAHJONG will be held in the <u>Crossover Bridge Room</u> from 11:00 a.m. – 1:00 p.m.</p>
Intellectual Social	<p>12:00 p.m.</p> 	<p>ACTIVE AGING, 12:00 p.m. in the <u>Cultural Center</u>. Topic of Discussion: "WATCHMAN CARDIAC PROCEDURE," with DR. ERIC ELGIN.</p>
Social	<p>1:00 p.m.</p> 	<p>AMERICAN CONTRACT BRIDGE LEAGUE with SUE WESSNER, lesson and game in the <u>Berkshire Room</u>.</p>
Social	<p>1:30 p.m.</p> 	<p>MONDAY MATINÉE, HTN – (CHANNEL 956). TODAY'S FEATURE: "THE BIG SICK," (2017). After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble.</p> <p style="text-align: center;">Cast – Kumail Nanjiani, Zoe Kazan, Holly Hunter and Ray Romano Rated – (R) Language Running Time – 119 Minutes</p>
Social	<p>1:30 p.m.</p> 	<p>BUS DEPARTS to the CVS and WINE & SPIRITS STORE. . Register at the <u>Concierge Desk</u> for transportation.</p>
Physical Social	<p>1:30 p.m.</p> 	<p>AQUA ZUMBA with SHERRI FREIFELDER – Come enjoy an aquatics dance class choreographed to lively Latina music, 1:30 p.m. – 2:15 p.m. in the <u>Fitness Center Pool</u>.</p>
Physical Social	<p>2:00 p.m.</p> 	<p>SEATED EXERCISE CLASS will be in the <u>Fitness Center Lobby</u>. These exercises are designed to improve muscle strength, circulation, coordination and flexibility. All exercises are performed while sitting in a chair.</p>


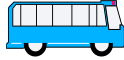

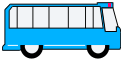




MONDAY, FEBRUARY 12, 2018 (Cont.)

Physical Social	2:15 p.m. 	WATER WALKING in the <u>Fitness Center Pool</u> , without supervision. <u>SWIM BUDDY REQUIRED!</u>
Physical Social	2:30 p.m. 	Wii BOWLING in the <u>Fitness Center Lobby</u> following EXERCISE CLASS.
Emotional Social	3:00 p.m. 	FRIENDS OF BILL , meet every Monday, 3:00 p.m. in the <u>Personal Care Lower Level Sunroom</u> . This group, which is Resident-led with confidentiality, supports individuals who wish to stop letting alcohol take control of their life. Anyone is welcome to attend. For more information call #610-463-8775.
Social	4:45 p.m. 	"PIANO MAN" – BILL MOYER will play piano in the <u>Main Lounge</u> for your listening entertainment.
Intellectual Social	7:00 p.m. 	CARD PARTY in the <u>Berkshire Room</u> . Form your group in advance.
Intellectual Social	7:00 p.m. 	MEET THE ARTIST SERIES , 7:00 p.m. in <u>Cultural Center-Side A</u> . Topic of Discussion: "THE ARTWORKS OF LOUISE ARLEN COSGROVE."








TUESDAY, FEBRUARY 13, 2018

Physical	9:00 a.m. 	CARDIO & TONE in the <u>Berkshire Room</u> .
Physical Social	9:00 a.m. 	WALKING GROUP "FRESH AIR CLUB" meets in the <u>Main Lounge</u> , by the Concierge Desk; walk will be outdoors weather permitting.
Physical	10:00 a.m. 	FRESH START – A daily workout from the comfort of your home. Tune to " <u>HTN</u> " – (Channel 956) and enjoy these simple and safe exercise moves and get your Tuesday off to a "Fresh Start!"
Social	10:00 a.m. 	BUS to the MOHNTON POST OFFICE and WYOMISSING LIBRARY. Register at the <u>Concierge Desk</u> for transportation.
Spiritual Social	10:15 a.m. 	BIBLE STUDY with Father JOHN FRANCIS from Christ Episcopal Church in Reading , in the <u>Berkshire Room</u> . Father John will lead a discussion in " The Biblical Basis for Lent. " All are welcome to attend!
Physical Social	10:15 a.m. 	AQUATIC BALANCE: "CORE & MORE," 10:15 a.m. – 11:00 a.m. in the <u>Fitness Center Pool</u> .







TUESDAY, FEBRUARY 13, 2018 (Cont.)

Intellectual Social	11:15 a.m.  	BUS DEPARTS 11:15 a.m. for the ALVERNIA SENIOR COLLEGE LUNCH & LECTURE , (Session #3). Topic of Discussion: "AN ACTOR-DIRECTOR'S JOURNEY and the CHANGING FACES of CONTEMPORARY THEATER," with DR. NATHAN THOMAS , Theater Department, Alvernia University.
Physical	12:30 p.m. 	DR. WINANS , 12:30 p.m. – 3:30 p.m. in the <u>Health Support Office</u> . Contact Health Support to make an appointment.
Social	1:30 p.m. 	BUS DEPARTS 1:30 p.m. to the K-MART SHOPPING CENTER , the DOLLAR STORE , GROCERY OUTLET BARGAIN MARKET and WELS FARGO BANK . Register at the <u>Concierge Desk</u> for transportation.
Physical Social	2:00 p.m. 	SUPERVISED SWIM , 2:00 p.m. – 3:00 p.m. in the <u>Fitness Center Pool</u> .
Social 	5:00 p.m. 	MARDI GRAS DINNER DANCE , in the <u>Cultural Center</u> . Dinner served 5:00 p.m.- 6:30 p.m. with Dance and Celebration 6:45 p.m.– 8:45 p.m. Note: Residents only please! (See flyer for full details.) 






WEDNESDAY, FEBRUARY 14, 2018

		
Physical	9:00 a.m. 	STRENGTH & TONE in the <u>Berkshire Room</u> . This class will improve core strength, flexibility, posture and overall physical strength.
Physical	10:00 a.m. 	FRESH START – A daily workout from the comfort of your home. Tune to " <u>HTN</u> " – (Channel 956) and enjoy these simple and safe exercise moves and get your Wednesday off to a "Fresh Start!"
Physical Social	10:45 a.m. 	WATER WALKING in the <u>Fitness Center Pool</u> .
Spiritual Social	11:00 a.m. 	"ASH WEDNESDAY DEVOTION SERVICE," by the Reverend CORRINE DAUTRICH , 11:00 a.m. in the <u>Cultural Center</u> . Residents from all levels of Care are invited to attend!
Physical Social	1:00 p.m. 	NOTE LOCATION: TAI CHI CLASS with JAN GYOMBER in <u>Fitness Center Lobby</u> .











WEDNESDAY, FEBRUARY 14, 2018 (Cont.)

Social Intellectual	1:30 p.m. 	HIGHLANDAIRES REHEARSE today in the <u>Berkshire Room</u> 1:30 p.m. – 2:45 p.m.
Social	1:30 p.m. 	BUS DEPARTS to the BERKSHIRE MALL. Register at the <u>Concierge Desk</u> for transportation.
Social Intellectual	3:00 p.m. 	BELLAIRES REHEARSE today in the <u>Berkshire Room</u> 3:00 p.m. – 4:00 p.m.
	NOTE: 	NO FITNESS WORKSHOP due to the <i>Valentine Social Hour</i> .
Social	3:00 p.m. 	NOTE LOCATION & TIME: “ VALENTINE ” SOCIAL HOUR will be held in the <u>Cultural Center</u> with CARL HAUSMAN to entertain you between 3:00 p.m. – 5:00 p.m. (NO SOCIAL HOUR IN THE MAIN LOUNGE.)
Social	4:00 p.m. 	PLEASE NOTE: DR. EAGER WILL NOT play the piano, 4:00 p.m. in the <u>Main Lounge</u> , due to the Social Hour being held in the <u>Cultural Center</u> with CARL HAUSMAN .









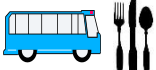
THURSDAY, February 15, 2018

	NOTE: 	REGISTRATION DEADLINE for the “ FEBRUARY ” OUT-TO-DINNER TRIP to “WILLOUGHBY’S ON PARK.” Register at the <u>Concierge Desk</u> with your \$6.00 transportation fee.
Physical	9:00 a.m. 	ENDURANCE & FLOW in the <u>Berkshire Room</u> .
Physical	10:00 a.m.- 11:00 a.m. 	HEALTH SUPPORT CLINIC. Stop by the <u>Health Support Office</u> for blood pressure screening and weight check at no charge. The office is located on the <u>Second Floor across from Apt. #297</u> .
Physical	10:00 a.m. 	FRESH START – A daily workout from the comfort of your home. Tune to “ <u>HTN</u> ” – (Channel 956) and enjoy these simple and safe moves and get your Thursday off to a “Fresh Start!”
Social	10:00 a.m. 	CREATIVE STITCHERS. This group meets every Thursday at 10:00 a.m. in the <u>Parlor</u> . We create items for charities like hats, mittens and sweaters. We are currently making a special item for the Berks County Breast Cancer Support Group. We also work on our own special creations. Come share your talents with us for an hour.






THURSDAY, February 15, 2018 (Cont.)

Physical Social	10:00 a.m. 	AQUA TONE in the <u>Fitness Center Pool</u> .
Physical Social	10:15 a.m. 	BALANCE & CONTROL , 10:15 a.m. – 11:00 a.m. in the <u>Berkshire Room</u> . This class is designed to improve standing and moving balance for all skill levels. Modifications are provided for each exercise.
Physical Social	10:45 a.m. 	WATER WALKING in the <u>Fitness Center Pool</u> .
Physical	1:00 p.m. 	PODIATRIST – DR. J. PETER BARRETT , 1:00 p.m. – 3:00 p.m. in the <u>Health Support Office</u> . Contact his office to make an appointment at #610-376-4880.
Social	1:30 p.m. 	BUS TO GIANT MARKET . Register at the <u>Concierge Desk</u> for transportation.
Intellectual Social	1:30 p.m. 	CHESS GAMES at THE HIGHLANDS , 1:30 p.m. – 4:30 p.m. in the <u>Main Lounge</u> .
Physical Social	2:00 p.m. 	BOCCE BALL , 2:00 p.m. – 3:00 p.m. in the <u>Cultural Center</u> .
Social	4:30 p.m. 	Pianist, TOM SCHLEGEL , 4:30 p.m. – 5:30 p.m. in the <u>Main Lounge</u> .
Social	5:45 p.m. 	TORCH CLUB , 5:45 p.m. in the <u>Berkshire Room</u> . <i>“FEBRUARY” Topic: “INTELLIGENCE AND EMOTION IN ANIMALS,”</i> with DR. STANLEY FURROW .
Social Intellectual	7:00 p.m. 	<i>“FEBRUARY” CLASSIC FILM CLUB FEATURE – “SAME TIME, NEXT YEAR,”(1978)</i> , 7:00 p.m. in the <u>Cultural Center</u> . Although they're married to other people, accountant George and housewife Doris engage in a 25-year affair, meeting only once a year for a romantic weekend together. The otherwise mismatched couple's forbidden relationship evolves with the times. Cast – Allan Alda, Ellen Burstyn, Ivan Bonar and Bernie Kuby Rated – (PG) Running Time – 119 Minutes Bring a pillow for comfort!

FRIDAY, February 16, 2018

	<p>NOTE:</p> 	<p>REGISTRATION DEADLINE for the ROYALS Hockey Game. Register at the <u>Concierge Desk</u> with your \$22.00 fee</p>
Physical	<p>9:00 a.m.</p> 	<p>YOGA FLOW with KELLY ARNOLD in the <u>Berkshire Room</u>.</p>
Social	<p>10:00 a.m.</p> 	<p>BUS to GIANT MARKET. Register at the <u>Concierge Desk</u> for transportation.</p>
Physical	<p>10:00 a.m.</p> 	<p>FRESH START – A daily workout from the comfort of your home. Tune to “HTN” – (Channel 956) and enjoy these simple and safe exercise moves and get your Friday off to a “Fresh Start!”</p>
Physical Social	<p>10:00 a.m.</p> 	<p>SEATED EXERCISE CLASS will be held in the <u>Fitness Center Lobby</u>. These exercises are designed to improve muscle strength, circulation, coordination and flexibility. All of the exercises are performed while sitting in a chair</p>
Physical Social	<p>10:15 a.m.</p> 	<p>AQUA FIT, 10:15 a.m. – 11:00 a.m. in the <u>Fitness Center Pool</u>.</p>
Physical Social	<p>10:30 a.m.</p> 	<p>Wii BOWLING in the <u>Fitness Center Lobby</u> following EXERCISE CLASS.</p>
Physical Social	<p>11:00 a.m.</p> 	<p>LINE DANCING in the <u>Berkshire Room</u>.</p>
Physical Social	<p>1:00 p.m.</p> 	<p>SUPERVISED SWIM, 1:00 p.m. – 2:00 p.m. in the <u>Fitness Center Pool</u>.</p>
Social	<p>1:30 p.m.</p> 	<p>BUS DEPARTS to WALMART. Register at the <u>Concierge Desk</u> for transportation.</p>
Social	<p>1:30 p.m.</p> 	<p>FRIDAY MATINÉE – “THE GLASS CASTLE,” (2017), in <u>Cultural Center – Side B</u>. (See Saturday, February 17, 2018, for Feature Description.)</p>
Social	<p>4:00 p.m.</p> 	<p>ELLEN “DASH” WALTER on piano, 4:00 p.m. – 5:00 p.m. in the <u>Main Lounge</u>.</p>
Social	<p>4:45 p.m.</p> 	<p>BUS DEPARTS for the “FEBRUARY” OUT-TO-DINNER TRIP to “WILLOUGHBY’S ON PARK.”</p>

SATURDAY, February 17, 2018

Intellectual Social	10:00 a.m. 	TRANSPORTATION to the SYNAGOGUE. Bus departs at 10:00 a.m., and will pick up at 12:00 p.m. Register at the <u>Concierge Desk</u> by Friday at <u>noon</u> for transportation.
Emotional Social	10:00 a.m. 	<u>NOTE LOCATION:</u> WEEKEND WELLNESS QIGONG CLASS in the <u>Cultural Center – Side B.</u>
-	11:00 a.m. 	<u>NOTE LOCATION:</u> WEEKEND WELLNESS ZUMBA GOLD in the <u>Cultural Center – Side B.</u>
Physical Social	1:30 p.m.- 2:30 p.m. 	HEALTH SUPPORT CLINIC. Stop by the <u>Health Support Office</u> for blood pressure screening and weight check at no charge. The office is located on the <u>Second Floor across from Apt #297.</u>
Social	7:00 p.m. 	SATURDAY NIGHT AT THE MOVIES – “THE GLASS CASTLE,” (2017), in <u>Cultural Center – Side B.</u> Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. Cast – Bill Larson, Woody Harrelson and Max Greenfield Rated – (PG-13) Running Time – 127 Minutes



ATTENTION RESIDENTS: Whoever borrowed the *Light Table* from the third floor Craft Room, please return it as soon as possible. Thank you!

HAPPY BIRTHDAY



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Community Events at The Highlands

Week of Sunday, February 11, 2018 to Saturday, February 17, 2018

Mon., February 12	ACTIVE AGING LUNCHEON	12:00 p.m.	Cultural Center
Wed., February 14	ASH WEDNESDAY SERVICE	11:00 a.m.	Cultural Center
Thur., February 15	TORCH CLUB	5:45 p.m.	Berkshire Room

FUTURE EVENTS

Sunday, February 18	BUS DEPARTS 3:15 p.m. for the READING ROYALS Hockey Game.
Sunday, February 18	SUNDAY COMMUNION SERVICE with the Reverend CORRINE DAUTRICH , 4:00 p.m. in <u>Cultural Center – Side A.</u>
Monday, February 19	NOTE: REGISTRATION DEADLINE for the ALVERNIA SENIOR COLLEGE LUNCH & LECTURE , (Session #4). Register at the <u>Concierge Desk.</u>
Monday, February 19	BUS DEPARTS 1:30 p.m. to the WALGREENS DRUG STORE. Register at the <u>Concierge Desk</u> for transportation.
Monday, February 19	92nd STREET Y PROGRAM , 2:00 p.m. in <u>Cultural Center – Side B.</u> Topic of Discussion: ABC News' Dan Harris with CNN's Anderson Cooper, "MEDITATION FOR FIDGETY SKEPTICS."
Monday, February 19	PHYSICAL HEALTH TALK , 3:00 p.m. in <u>Cultural Center – Side B.</u> Topic of Discussion: "HOW EXERCISE CHANGES THE BRAIN."
Monday, February 19	"PIANO MAN" – BILL MOYER will play piano at 4:45 p.m. in the <u>Main Lounge</u> for your listening entertainment.
Tuesday, February 20	BIBLE STUDY with Pastor MARK RIGG , from ADVENT LUTHERAN CHURCH , 10:15 a.m. in the <u>Berkshire Room.</u> All are welcome to attend!
Tuesday, February 20	BUS DEPARTS 11:15 a.m. for the ALVERNIA SENIOR COLLEGE LUNCH & LECTURE , (Session #4). Topic of Discussion: "OUR NATIONAL PARKS, some GEOLOGIC, ECOLOGIC and HISTORIC, HIGHLIGHTS OF SELECTED PARKS," with DALE KRATZER.
Tuesday, February 20	ALVERNIA SENIORS COLLEGE – 2:30 p.m. in the <u>Cultural Center.</u> Topic of Discussion: "GREEN THEOLOGY," (Part 1 of 2).
Tuesday, February 20	"FEBRUARY" GAME NIGHT , 7:00 p.m. in the <u>Berkshire Room.</u>
Wednesday, February 21	"COFFEE WITH BOB" coffee and conversation about "DEMENTIA" and the impact it has on families and friends, 10:00 a.m. in the <u>Lower Level Personal Care Classroom.</u>
Wednesday, February 21	HIGHLANDAIRES & BELLAIRES rehearse in the <u>Berkshire Room.</u> CHORUS: 1:30 p.m. – 2:45 p.m. BELLS: 3:00 p.m. – 4:00 p.m.
Wednesday, February 21	BUS DEPARTS at 2:30 p.m. for the GOGGLEWORKS TRIP. Register at the <u>Concierge Desk</u> for transportation.
Wednesday, February 21	ROMAN CATHOLIC MASS will be celebrated at 3:00 p.m. in the <u>Skilled Nursing Dining Room</u>
Wednesday, February 21	JAZZ AT THE MOVIES , 7:00 p.m. in <u>Cultural Center – Side B.</u>
Thursday, February 22	BOOK CLUB meets at 11:00 a.m. in the <u>Iris Room.</u> Book of Discussion: "AMERICAN FIRST DAUGHTER" by STEPHANIE DRAY and LAURA KAMOIE. All are welcome to join us!
Thursday, February 22	BEAN BAG BASEBALL , 1:00 p.m. – 3:00 p.m. in the <u>Berkshire Room.</u>

FUTURE EVENTS (Cont.)

Thursday, February 22	HEARING SCREENINGS and HEARING AID CLEANINGS with DR. LESLIE SONDAY , 1:00 p.m. – 3:00 p.m. in the <u>Health Support Office</u> . Register at the <u>Concierge Desk</u> .
Thursday, February 22	Pianist, TOM SCHLEGEL , 4:30 p.m. – 5:30 p.m. in the <u>Main Lounge</u> .
Thursday, February 22	“WORDS & LANGUAGE EXPRESSED IN ART,” with BARBARA POST , 7:00 p.m. in the <u>Cultural Center</u> .
Friday, February 23	REGISTRATION DEADLINE for the “FEBURARY” LUNCH-BUNCH-TRIP to “JADE GARDEN RESTAURANT,” in Shillington. Register at the <u>Concierge Desk</u> with your \$6.00 transportation fee.
Friday, February 23	BUS DEPARTS 1:00 p.m. for the MUSEUM to hear the documentary, “ICE AGE DEATH TRAP.” Register at the <u>Concierge Desk</u> .
Friday, February 23	ELLEN “DASH” WALTER on piano, 4:00 p.m. – 5:00 p.m. in the <u>Main Lounge</u> .
Saturday, February 24	DUPLICATE BRIDGE , 1:00 p.m. in the <u>Berkshire Room</u> .
Sunday, February 25	SUNDAY WORSHIP SERVICE with Reverend CORRINE DAUTRICH , 4:00 p.m. in <u>Cultural Center – Side A</u> . All are welcome to attend.
Monday, February 26	BUS DEPARTS 11:30 a.m. for the “FEBURARY” LUNCH-BUNCH-TRIP to “JADE GARDEN RESTAURANT,” in Shillington
Monday, February 26	“FEBRUARY” ART CINEMA – “THE SECRET IN THEIR EYES,” (2009), in the <u>Cultural Center</u>
Tuesday, February 27	ALVERNIA SENIORS COLLEGE – 2:30 p.m. in the <u>Cultural Center</u> . Topic of Discussion: “GREEN THEOLOGY,” (Part 2).
Tuesday, February 27	BIBLE STUDY with Father JOHN FRANCIS from Christ Episcopal Church in Reading , 10:15 a.m. in the <u>Berkshire Room</u> . All are welcome to attend!
Tuesday, February 27	HOLY EUCHARIST will be celebrated with Father JOHN FRANCIS, Pastor at Christ Episcopal Church , at 3:00 p.m. in the <u>Parlor</u> .
Wednesday, February 28	KNOW YOUR SYMPHONY 7:30 p.m. with DR. GRAHAM BIER , Reading Choral Society Music Director in the <u>Cultural Center</u> .
Thursday, March 1	“MARCH” GAME NIGHT , 7:00 P.M. in the <u>Cultural Center</u> ..
Friday, March 2	BUS DEPARTS 6:30 p.m. for FRIENDS OF CHAMBER MUSIC .
Saturday, March 3	BUS DEPARTS 6:30 p.m. for RSO, CONCERT #4 , 7:30 performance.



WELCOME TO BOOK CLUB!
BOOK CLUB resumes **THURSDAY, FEBRUARY 22, 2018**, in the **IRIS ROOM** at **11:00 a.m.**
BOOK OF DISCUSSION: “AMERICAN FIRST DAUGHTER”
 by **STEPHANIE DRAY** and **LAURA KAMOIE**.



ALL ARE WELCOME ~ HOPE YOU CAN JOIN US!

