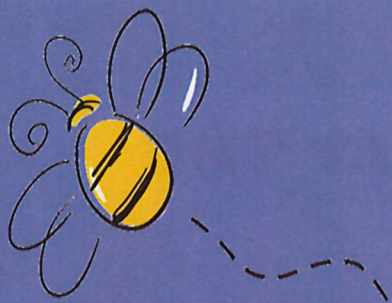




The Senior Buzz NEWSLETTER

VOLUME 19 ■ OCTOBER — NOVEMBER 2023 ■



Senior Center Closed

October 9 — Columbus Day
November 22—closing at
12PM

November 23 & 24- Thanks-
giving Holiday

Save
the
Date!

Holiday
Party!
Wednesday,
December 6
(info on page 7)



Avon Senior Center

36786 Detroit Rd.

Avon, Ohio 44011

HOURS: Monday-Friday

8:00AM—4:00PM

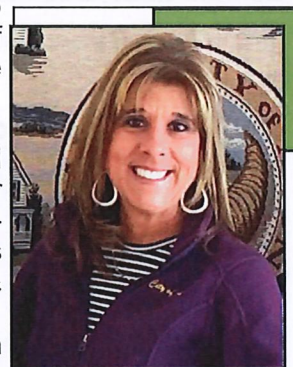
(440) 934-2417

Dear Friends,

I hope this letter finds you in good health and high spirits as we step into the beautiful fall months. As the leaves turn vibrant shades of red, orange and yellow, we too find ourselves embracing change and renewal.

We have so many amazing things coming up—don't blink or you'll miss it! Our Halloween Chili Cook-Off Party is coming up on October 26, and right around the corner on December 6 is our Annual Holiday Party at Tom's Country Place. We're also having a Veteran's Lunch, Medicare Counseling, Great Lakes Theater tickets, Lunch & Learns, crafts and much more. A friendly reminder about trips:

- Registration changes and/or cancellations need to go through senior center staff **first**.
- If you need to cancel a paid program, you **must** call the senior center to check if there is a waitlist.
- If no waitlist exists, you may then offer your spot to a family member or friend. Subsequently, senior center staff needs to know who is taking that spot **prior** to trip day.
- Senior center staff reserves the right to deny access to anyone not on our registration list. Please do not show up on the day of the trip to let us know you are taking someone else's spot; we will not allow you to board the bus. Please review our event policy on page 2.
- We understand that things happen, often times at the last minute. Please call and talk to us so we can help resolve the issue.



Carmelina Suydam
Center Coordinator

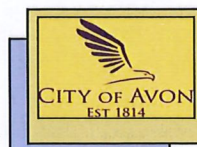
Lastly, please come to the senior center on **Tuesday, October 24** for our **Flu Shot Clinic**. Getting an annual flu shot protects you and those around you from potentially serious health issues. It may prevent you from getting sick, and if you do become ill will help make the symptoms milder. Giant Eagle Pharmacy will be in the Main Hall from **10:00 AM—12:00 PM** providing flu shots. Just bring your ID, insurance card and any co-pay with you. Bring your Giant Eagle Advantage card to receive \$5 off a future shopping trip. You must have your advantage card at the clinic as they are unable to look it up. Please wear a short sleeve shirt or other clothing that allows easy access to your arm. No appointment needed—just show up!

From all of us at the Avon Senior Center, have a healthy fall and a wonderful Thanksgiving! Be well. See you soon.

Sincerely,

Carm

www.cityofavon.com



HERE'S WHAT'S GOING ON AT THE CENTER...

Regular Weekly Activities

MONDAYS ~	Pinochle	1 PM
TUESDAYS ~	Beginner Mahjong	10 AM
	Hand & Foot	1 PM
WEDNESDAYS ~	Paint	10 AM
	Mahjong	12:30 PM
THURSDAYS~	Cards	12:30 PM
FRIDAYS ~	Chair Yoga	9 AM

Silver Sneakers	Mondays & Fridays	10 AM
Coffee & Donuts	1st & 3rd Thursday	10 AM
Book Club	2nd Thursday	10 AM
Movie Day	1st & 3rd Friday	1 PM
Jigsaw Puzzles	Ongoing	

The Avon Senior Center offers financial assistance for seniors in Avon who are in need. The process is simple and confidential. Stop in or call Carm (440-934-2417) or Carrie (440-934-7975).



October

Wednesday, October 11

Wednesday, October 25

Tuesday, October 31

("Witch" Bingo)

1:00 PM

November

Wednesday, November 8

No Bingo November 22

- ♦ RSVP no later than 2 days prior.
- ♦ SPONSORED BY THE NORTHRIDGE, AVON PLACE, AND ACC ADULT HOME CARE
- ♦ INFINITE HELPING HANDS WILL BE AVAILABLE AT 12:30 PM FOR BLOOD PRESSURE CHECKS.

REFUND/CANCELLATION POLICY FOR PROGRAMS, EVENTS AND TRIPS:

Programs may be cancelled and refunded if minimum participation is not met. If you need to cancel a paid event, you may receive a refund if you cancel before the "registration deadline" listed in the newsletter for that event/trip (if over \$5). Refunds for \$5.00 or less will not be processed. After the "registration deadline" date we are unable to process refunds unless there is a wait list and the spot is filled and paid for by another patron. **All registration changes and/or cancellations must go through senior center staff. Participants who need to cancel a paid program MUST call the senior center to check if there is a waitlist. Senior center staff reserves the right to deny access to any program to anyone not on the registration list.** Trip refund and cancellation policy is 30 days before the date of trip unless otherwise stated. **Trips are noted with return times as accurately as possible, with information supplied by the contact at host locations. Things happen - please be flexible. We apologize in advance if a trip runs later than expected.**

SENIOR SUPPER CLUB

Seniors can eat at the cafeteria of St. John Medical Center's Terrace View Café for a discount. Anyone over 60 can pick up a card from the front desk and receive a 40% discount on all food items (except bottled beverages and "Simply to Go" items). There is a \$10 limit.

LOCK BOXES

Lockboxes available at the senior center for \$35. After your application is processed, the Fire Department will contact you for installation.

DURABLE MEDICAL EQUIPMENT LOANS

Avon residents can borrow donated medical equipment on a *short-term, temporary basis* while recuperating from surgery or an injury. A cash security/damage deposit per item is required. Wheelchairs and rollators require a \$40 deposit, and all other equipment is \$20. Deposits are refunded after equipment is returned in the same condition as when it was loaned. Residents must call the senior center to check inventory. No drop-ins. **For those outside of Avon:** Neighborhood Alliance offers medical equipment rental for Lorain County residents. Call 440-233-8768 for info.

IMPORTANT INFORMATION

According to food service guidelines from the Lorain County Health Department, the City of Avon Senior Center is prohibited from having patrons take prepared food home from our facility—there are no exceptions. Please see Carm with any questions.

Movie Fridays

1:00 PM

October 6— Champions: Woody Harrelson stars in the hilarious and heartwarming story of a basketball coach who is ordered by the court to manage a team of players with intellectual disabilities. PG-13 (2 HR 4 MIN)

October 20— 80 For Brady: 80 For Brady is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play. PG-13 (1 HR, 38 MIN)

November 3—Fences: Set in 1950s Pittsburgh, the film adaptation of August Wilson's Pulitzer Prize-winning play takes a passionate look at former baseball player Troy Maxson as he fights to provide for those he loves in a world that threatens to push him down. PG-13 (2 HR, 13 MIN)

November 17— The Mule: Director/star Clint Eastwood portrays a geriatric drug mule who is haunted by his past—while facing threats in the present. R (1 HR 56 MIN)

- ◆ Seating is limited—please RSVP for movies
- ◆ You must be present and seated no later than 12:55 PM or you forfeit your seat to a walk-in.
- ◆ To prevent disruptions, no one will be admitted into the movie after 1:05 PM
- ◆ Movies sponsored by O'Neill Healthcare

Freestyle Paint Group

Wednesdays

10:00 AM—12:00 PM

Join our small group for a morning of painting and conversation. No formal instruction, but all help each other with tips on projects. Bring your paint project and stop in! No RSVP needed.

Chair Yoga

Fridays

9:00 AM

Classes last approximately 50 minutes and include the essential yoga practices of breath work and relaxation. No RSVP needed; just check in at the kiosk when entering the building.

Chair Volleyball

1st, 3rd (and sometimes) 5th Wednesdays

1:00 PM—2:15 PM

Chair Volleyball is a game which has all the rules of competitive volleyball except it is played on a smaller scale. The white leather volleyball is replaced by a beach ball and the strictest rule is to never, ever let your backside leave that seat! RSVP no later than 2 days beforehand. **Extra week of play in November!**



Coffee and Conversation (and Donuts!)

1st and 3rd Thursday of the Month

10:00 AM

Join us for a cup of coffee and a donut! We will bring in speakers from the community from time to time. RSVP not necessary. Join us! ***No coffee & donuts October 19.**



Second Thursday Book Club

10:00 AM—11:00 AM

We'll read a book every month and discuss it together.

November: None of This Is True by Lisa Jewell

December: Anxious People by Fredrik Backman

January: The Life We Bury by Allen Eskens

*Please RSVP before each book club meeting.

Technology Support with Sam

Tuesday, October 3, 17 and 31

Tuesday, November 14 & 28

3:15P—4:00PM

Please join Sam Cecil, technology support volunteer, who will help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Home Health vs Home Care—Lunch & Learn

Tuesday, October 10

12:00 PM

Sharon from Angels Care Home Health will be here to discuss home care vs home health. The terms sound similar, but the distinction is important. Both types of care are delivered in your home, knowing the differences can help you decide which type of care is right for you or a loved one. RSVP by October 2.

Sponsored by Angels Care Home Health.

Technology Support with Dan

Wednesday, October 11 & 25

Wednesday, November 1, 15 & 29

11:00 AM-1:00 PM

Please join Dan White, technology support volunteer, who will help answer your questions related to your electronic devices (cell phone, iPad, tablet, laptop, etc.). There is no cost for this service. No need to RSVP.

Card Making with Creative Space

October 12, November 16

Thursdays

1:00PM

Some of us still like to send our own special thoughts to those we care about. Stacy Rich from Creative Space in Avon will be here to show us how to make beautiful greeting cards for any occasion. Each class will make 3 cards. All supplies provided. Cost is \$5/person for each class, **payable by check only to: Stacy Rich.** Deadline is 1 week prior to each class.

Kraft with Karen—DIY Terracotta Scarecrow

Friday, October 13

1:00 PM

Make an adorable terracotta scarecrow using flowerpots from summer! Cost is \$5/person. Space is limited. Deadline September 28.



Lunch & Learn - Acupuncture & its use in Modern Medicine

Tuesday, October 17

12:00 PM

Acupuncture specialist Dr. Brenden Hales will be here to present how acupuncture can be used in modern medicine. Dr. Hales will explain how stimulating the body's central nervous system may trigger natural healing abilities and promote physical and emotional well-being. Many people seek out acupuncture treatment to relieve chronic pain such as arthritis and low back pain, and neurological impairments such as taste, smell and hearing. A light lunch will be provided. Space is limited. RSVP by October 10. **Sponsored by Wellspring Home Health Care & Hospice.**

Gold & Silver Events

Wednesday, October 18

10:00 AM—1:00 PM

Bring your items to get a price on jewelry, diamonds or flatware that you no longer want. Gold & Silver Events is a reputable precious metals dealer that specializes in senior centers, home parties and school fundraisers. No obligation to sell! There is a sign up sheet at the office, and walk-ins are welcome. If you have any questions, please call Sheila Wayne at 440-725-9100.

Monthly Discussion Group with Carrie

Thursday, October 19: Managing Anger

Thursday, November 16: Coping with the Holiday Blues

10:30 AM

Group discussion facilitated by Staff Social Worker, Carrie Rae. RSVP by the day before the group to 440-934-2417.

Medicare Counseling with OSHIIP

Thursday, October 19

10:00 AM—3:00 PM

Medicare counselors from OSHIIP (Ohio Senior Health Insurance Information Program) will be here for Medicare counseling. Call 440-934-2417 to schedule your 1-hour appointment. You must bring your Medicare card and prescription list to your appointment.



Lunch & Learn—Music & Trivia with Joel Keller

Monday, October 23

12:00 PM

Joel Keller will be here with fun trivia and music from the 80's! A boxed lunch will be provided. Space is limited. Cost is \$3/person Deadline October 16. **Sponsored by O'Neill Healthcare.**

Flu Vaccination Clinic

Tuesday, October 24

10:00 AM—12:00 PM

Giant Eagle Pharmacy will be here providing flu shots. You **must** bring your insurance card and any co-pay with you. If you bring your Giant Eagle Advantage card, you will receive \$5 off a future shopping trip. You must have your advantage card at the clinic as they are unable to look it up. An Advantage card can be obtained at any Giant Eagle Service Desk.

Chili Cook-Off & Halloween Bash

Thursday, October 26

12:00 PM

We're having a chili party! We'll have several different kinds of chili for you to try, along with dessert and beverages to top off the day. Prizes for best costume! Cost is \$5/person. Limited seating. Deadline October 17. **Sponsors: ACC Adult Home Care, Landmark Health, Ganzhorn Suites, Hospice of the Western Reserve, Infinite Helping Hands, My New Villa, Northridge Health Center, O'Neill Healthcare, Rockport Retirement Community, Rose Senior Living, Kingston of Vermilion.**

Lunch & Learn—Emotional Intelligence

Friday, October 27

12:00 PM

Emotional Intelligence—what it is and why it is important. Learn some basic skills that will help regulate your own emotions of other people, and act with empathy and compassion. Discover ways to use these skills to communicate more effectively and build healthy, productive relationships. **Sponsored by Debra Torres of Wild Imagination and Infinite Helping Hands.** Lunch provided. RSVP by October 18.

Silver Sneakers Last Friday Social

October 27, December 29 (no social in November)

11:30 AM

Our Silver Sneakers instructor, Diana Jancura, is planning an offsite social on the last Friday of the month! Diana will have sign up sheets and location info for each outing, so you can RSVP with her when in the building for Silver Sneakers classes. You must sign up with Diana—senior center staff will not be taking reservations for these events.

Trivia Challenge

Tuesday, November 7

1:00 PM

Come out for a fun afternoon playing trivia! **Senior Care Authority** will be here to play trivia games to keep our minds sharp! RSVP by November 1.

Meet -N- Eat

Wednesday, November 8

11:00 AM

Let's meet for lunch at Mahle's Restaurant and Lounge; 24945 Detroit Rd. in Westlake. The restaurant will accommodate separate checks. **Reservation deposit is \$5/person payable in cash. Deposit will be returned upon arrival at the restaurant.** Deadline November 1. Space is limited. **This is not a bus trip—meet at the restaurant.*

Salute to Veterans—Veteran's Day Lunch

Thursday, November 9

11:30 AM

Calling all Vets! We invite you for a free lunch courtesy of O'Neill Healthcare. Spouses/caregivers welcome to attend for \$5/person. Space is limited. Deadline Nov. 1.

Podiatrist

Friday, November 10

11:00 AM

Dr. Hosking will be here for those wanting foot care. Pre-registration **REQUIRED.** Call Dr. Hosking's office at 440-282-1312 to register.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10AM Silver Sneakers 1PM Pinochle	3 10AM Beg. Mah-jong 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	4 10AM Paint 12:30PM Mahjong 1PM Chair Volleyball	5 10AM Coffee & Donuts 12:30PM Cards	6 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	7
8	9  Senior center Closed	10 10AM Beg. Mah-jong 12PM Lunch & Learn: Home Care vs Health Care 1PM Hand & Foot	11 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	12 10AM Book Club 12:30PM Cards 1PM Card Making Hollywood Casino Trip	13 9AM Chair Yoga 10AM Silver Sneakers 1PM Kraft w/ Karen	14
15	16 10AM Silver Sneakers 1PM Pinochle	17 10AM Beg. Mah-jong 12PM Lunch & Learn: Acupuncture 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	18 10AM Paint 10AM-1PM Gold & Silver Events 12:30PM Mahjong 1PM Chair Volleyball	19 No Coffee & Donuts 10:30AM Monthly Discussion Group 10AM—3PM OSHIIP Medicare Counseling 12:30 Cards Autumn Adventure Trip	20 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	21
22	23 10AM Silver Sneakers 12PM Music Trivia & Lunch 1PM Pinochle	24 10AM Beg. Mah-jong 10AM—12PM Flu Shot Clinic 1PM Hand & Foot "Dracula" at Great Lakes Theater	25 10AM Paint 11AM-1PM Tech Support w/ Dan 12:30PM Mahjong 1PM Bingo	26 12PM Halloween Chili Cook-Off Party 12:30PM Cards	27 No Chair Yoga No Silver Sneakers 11:30AM Silver Sneaker Social 12PM Lunch & Learn: Emotional Intelligence	28
29	30 10AM Silver Sneakers 1PM Pinochle	31 10AM Beg. Mah-jong 1PM "Witch" Bingo 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam				



			1 10AM Paint 12:30PM Mahjong 11AM-1PM Tech Support w/ Dan 1PM Chair Volleyball	2 10AM Coffee & Donuts 12:30PM Cards	3 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie	4
5	6 10AM Silver Sneakers 1PM Pinochle	7 10AM Beg. Mahjong 1PM Hand & Foot 1PM Trivia	8 10AM Paint 12:30PM Mahjong 1PM Bingo Meet-N-Eat	9 10AM Book Club 11:30AM Veter- ans Day Lunch 12:30PM Cards	10 9AM Chair Yoga 10AM Silver Sneakers 11AM Podiatrist	11
12	13 10AM Silver Sneakers 1PM Pinochle	14 10AM Beg. Mahjong 1PM Hand & Foot 3:15PM-4PM Tech Support w/ Sam	15 10AM Paint 12:30PM Mahjong 11AM-1PM Tech Support w/ Dan 1PM Chair Volleyball	16 10AM Coffee & Donuts 10:30 Monthly Discussion Group 12:30PM Cards 1PM Card Making	17 9AM Chair Yoga 10AM Silver Sneakers 1PM Movie IX Center Trip	18
19	20 10AM Silver Sneakers 1PM Pinochle 1PM Newsletter	21 10AM Beg. Mahjong 12PM Lunch & Learn—Advance Care Planning 1PM Hand & Foot	22 10AM Paint 10AM-11:30AM Deck the Halls Senior center Closing at noon	23  Senior center Closed	24	25
26	27 10AM Silver Sneakers 1PM Pinochle	28 10AM Beg. Mahjong 1PM Hand & Foot 1PM Quarterly Birthday Celebration 3:15PM-4PM Tech Support w/ Sam	29 10AM Paint 12:30PM Mahjong 11AM-1PM Tech Support w/ Dan 1PM Chair Volleyball	30 12:30PM Cards		

Leaf Rake Up
Mid-November
9:00 AM

Our scout troop and school volunteers are available again this year for folks who may need assistance with leaf rake up for the fall. To apply for assistance please call 440-934-2417. Deadline Nov. 1. Spots available to low income seniors who are 70 or older.

Lunch & Learn—Advance Care Planning: Courage in Conversation
Tuesday, November 21
12:00 PM

Learn the importance of making decisions regarding future medical care and discussing choices with family/loved ones. Take home an advance care planning guidebook with Ohio advanced directives, including the living will and power of attorney for healthcare form. A light lunch will be served. Space is limited. RSVP by November 13.

Deck the (Senior Center) Halls for the Holidays!
Wednesday, November 22
10:00 AM—11:30 AM

Come and help us decorate the senior center for the holiday season. Enjoy some holiday cheer and delicious treats for a job well done! RSVP not necessary. Just show up!

Quarterly Birthday Celebration
Tuesday, November 28
1:00 PM

Let's celebrate birthdays! Anyone can attend regardless of birthday month. Cost is \$3/person. Deadline is November 21. Entertainment from DJ Chop. **Sponsored by Infinite Helping Hands.**

Annual Senior Center Holiday Party
Wednesday, December 6
11:30 AM—1:30 PM (Doors open at 11:00 AM)

Our Annual Holiday Party will be at Tom's Country Place; 3442 Stoney Ridge Rd. in Avon. Sit down meal includes: Bone-in Breaded Pork Chop, Cabbage Roll, Mashed Potatoes, Glazed Baby Carrots, Salad & Dinner Rolls, Beverage, and Dessert. Cost is \$25/person. Deadline November 27.



BUS TRIPS!

Please review REFUNDS/CANCELLATION policy on page 2.

Hollywood Casino Toledo Trip
Thursday, October 12
8:30 AM—4:30 PM

We will leave the senior center at 8:30 AM and drop everyone off at the door of the casino. You will have all day to have lunch and try your luck at slots, video poker, etc. We will pick everyone up around 3:00 PM to head back to the senior center. Cost is \$20/person. Deadline October 3.

An Autumn Day's Adventure—JKL Trip
Thursday, October 19
7:45 AM—5:00 PM - Moderate Walking

Enjoy a great day exploring unique and special east side areas. History and nature combine to create a charming New England-style village with a Norman Rockwell picture setting in Chagrin Falls. We'll start with a guided tour by the president of the local historical society. We'll have time to browse the boutiques, visit the Popcorn Shop on the square, take pictures of the scenic falls, and enjoy all this area has to offer. Then we'll head to Geauga County for an Amish lunch at Mary Yoder's Restaurant of Middlefield. We will enjoy a delicious menu of chicken, roast beef, mashed potatoes, gravy, stuffing, home baked bread, salad and 3 kinds of pies! After lunch we'll visit Burton Town Square for a maple candy stirring! We'll visit their Sugar Shack and learn about the process of this Northern Ohio treat. We'll complete the day at Patterson's Fruit Farm for donuts and cider. Bring a shopping bag to carry home nature's finest produce. Cost is \$89/person. Only a few spaces left!

IX Center Christmas Connection
Friday, November 17
9:30 AM—2:00 PM

Back by popular demand, we are returning to the IX Center for the Christmas Connection! We will leave the senior center at 9:30 AM and drop everyone off at the main entrance. You will have plenty of time to shop, see the beautiful displays, grab a snack and get some holiday shopping done. Return around 2:00 PM. Cost is \$15/person, which includes admission ticket. Deadline November 10.

Great Lakes Theater Performances

Payments for all matinees are due at time of reservation. Cancellations made after the deadline listed in the newsletter will not be refunded unless there is a wait list **and** the spot is filled and paid for by another patron. Trip refund and cancellation is 30 days before the date of trip. **Please note: Tickets MUST be purchased no later than the deadline posted for each performance. We are unable to purchase additional tickets once the deadline has passed.**

Dracula: The Bloody Truth at Great Lakes Theater
Tuesday, October 24
9:00 AM—1:00 PM

Professor Van Helsing is on a mission to tell the "truth" about the terrifying story of the legendary vampire Dracula. With four spirited actors playing forty characters, this break-neck adaptation takes you from spooky Transylvania to the charming English coast. A wild, zany, (almost) authentic adaptation that provides a spooktacular time full of campy horror fun! We will depart from the senior center at 9AM for a 10AM matinee, and return promptly after the show. Cost is \$30/person. **Deadline September 22.**

A Christmas Carol at Great Lakes Theater
Tuesday, December 12
10:00 AM—1:30 AM

Charles Dickens' classic tale of one man's ultimate redemption. One of northeast Ohio's favorite holiday traditions. Cost is \$30/person. **Deadline November 10.**

CITY OF AVON
BRYAN K. JENSEN, MAYOR

SUBSCRIPTION INFO

- ♦ The newsletter subscription fee for 2023 is \$15/household. Subscriptions are on a 12 month renewal.
- ♦ The mailing label on your newsletter will show your expiration date.
- ♦ Folks wanting a single issue or replacement copy of the newsletter - individual printed copies are available at the Reception Desk for \$2.00.
- ♦ Those wanting the newsletter emailed can subscribe to our e-newsletter for free.
- ♦ There is no form to fill out for newsletter subscriptions. Just stop in or mail a check for \$15, payable to **City of Avon** and write "newsletter" on the memo line. Credit card payments also accepted.

NEWSLETTER VOLUNTEERS



We have a wonderful group of folks who get together for a few hours every other month to fold, seal, and address our newsletter. If you are available and would like to volunteer to be a newsletter volunteer, please call the senior center.

**AVON SENIOR CENTER
STAFF**

Carmelina Suydam, MPA
Coordinator
440-934-2417
csuydam@cityofavon.com

Karen Reppucci
Activity Planner
440-934-6452
kreppucci@cityofavon.com

Caryn Tovtin
Transportation
440-934-7433 (RIDE)
ctovtin@cityofavon.com

Sandy Palmieri
Receptionist
440-934-2417
spalmieri@cityofavon.com

Carrie Rae
Social Worker
440-934-7975
crae@cityofavon.com

Drivers: Mike Kerecz, Toni Konowal, Pam Kelly, Bob Broberg, Terri Griffore, Tim Russell

Event Set-up: Michelle Win-trode

Trip Escort: Nancy Gelston

