

Dear Delta Delta members,

Here is a reminder for our upcoming Delta Delta meeting on April 18th followed by information for our May meeting at the Peter Allen Inn.



April Meeting:

April 18, 2024

Chair Yoga

with Elizabeth Hoffman

at Hubbard Public Library

5:00 pm

(A \$10.00 fee will be collected from those members who participate.)

Chair yoga is a gentle form of yoga practiced while sitting on a chair or using a chair for support. It is ideal for those with aches and pains, especially those with arthritis, as it helps improve flexibility, strength and relaxation without putting stress on the joints.

To dress for chair yoga:

1. Wear comfortable, loose-fitting clothing that allows for easy movement.
2. Choose breathable fabrics like cotton to stay cool during the practice.
3. Opt for layers, so you can adjust your clothing as needed if you get too warm or cool.
4. Avoid clothes with tight elastic bands that may restrict circulation or cause discomfort.
5. Consider wearing non-slip shoes with good traction to prevent slips and falls during movement exercises.

Listen to your body during chair yoga and modify movement when necessary.

~ Meeting at 6:00 PM~

Light meal provided by

Hostesses: Maria Bayuk, Kathy Skarote,

Donna Simerlink and Angie Small

Survey questions to consider for discussion in April or June...

1. Day of week to have our meetings?
2. Best time to schedule meetings? 4:30- 7, 5- 7:30, 6-8
3. Days of month to avoid...2nd Wed (book club) ?
4. What types of activities? community projects, projects that support local educators, projects that support women.
5. During our meetings, what activities do you find most interesting?
Chapter business, program /speaker, networking and social interaction , chapter projects, or legislative forums?
6. What other activities/projects would you like to see offered by this chapter?
7. What speakers would you recommend or what topics would you like to see addressed through chapter programs?

May 18, 2024

*Peter Allen Inn
8581 Williamsfield Kinsman Rd.
Kinsman, OH 44428*

11 ~ 2

*Installation of Officers ~ Induction of new member
Reservations due by May 6th*

**LUNCH AT THE INN
TRIO LUNCHEON**

17.95 + tax + gratuity

CHOICE OF SOUP
served with crackers

Roasted Tomato
Clam Chowder
Broccoli Cheddar
Country Vegetable
Minestrone
Italian Wedding
Chicken Noodle
Loaded Baked Potato

CHOICE OF SALAD

House salad with Ranch or Balsamic
Caesar salad
Golden Raisin salad

**LUNCH AT THE INN 1/2 SANDWICH
CHOOSE ONE**

½ Roast Beef and Swiss with herb aioli on a
pretzel bun
½ Turkey and Swiss with cranberry on a
ciabatta bun
½ Cranberry Walnut Chicken Salad on a
Croissant
½ Ham and Cheddar on a Pretzel Bun
½ Grilled Cheese with Tomato

Name _____

Total due \$ _____

Please circle or underline your choice for Soup, Salad and 1/2 Sandwich.

We will have the above form at the meeting for you to make your choices for the Trio Luncheon or you can print form and send it to Sharon Gill.



Please RSVP to this email by April 13th if you plan to:

_____ **attend the April yoga session and meeting**

_____ **attend the April meeting only**

_____ **will not be attending the April meeting**



*Looking forward to seeing you at the April meeting,
Helene and Mary Ann*