

HUGS

Newsletter

JUNE 2005

Greetings to all!

Summer is around the corner, and we hope to do some group outings. My preference is to do a weekday trip, but I'll wait for input from YOU before setting the dates.

EVERYONE has something to contribute, and we can all learn from each other. Please, let us know your interests. ~Verónica

News

- » Shawn will be taking some time off from HUGS. We will miss you ☺
- » Hedy has graciously agreed to co-facilitate the meetings. Thanks Hedy ☺
- » Ryan N is going to a residential program at Casa Colina in Lucerne Valley. We will miss him too, but we know it is a great opportunity for him. All the best Ryan!

Suggestions

REMINDER for suggestions: Do you...

- ❖ Have an issue you would like help with?
- ❖ An idea for the theme of a meeting?
- ❖ A talent you would like to share?
- ❖ Any suggestions to help make the group more effective, pleasant, fun?
- ❖ Interested in a summer potluck?

We would like to hear from you in person or send an email to vmartain@adelphia.net or hedyberry@netzero.net. Put **HUGS** in the subject line.

Summer Outings

1. **JUNE:** The Getty.
2. **JULY:** Riding the Red Line Metro to Union Station.
3. **AUGUST:** EASY Hike at Satwiwa (I can arrange for a ranger to take us on a guided walk, but I need to know numbers of interested people).

June Meetings

2nd: Survivors meet with Dr. Donna

16th: Speaker

30th: Socialization/games

9th: Socialization/intros/games

23rd: Creative Expressions

Meeting 6:30-8:00 Thursday Evenings

Call: Verónica 498.6851 or Hedy 520.1368