

# HUGS Newsletter

**JULY 2005**

## **July Birthdays**

- 3<sup>rd</sup> » Dr. Donna
- 4<sup>th</sup> » Shawn and Tori
- 13<sup>th</sup> » Katherine (natal)
- 27<sup>th</sup> » Steve
- 28<sup>th</sup> » Ima
- 30<sup>th</sup> » Katherine's 2<sup>nd</sup> (since injury)

**HAPPY BIRTHDAY TO EACH OF YOU ☺**

## **News**

▶ Hedy will step down from co-facilitating the meeting for health reasons. We thank her for doing a great job and for having the courage and willingness to give it a try.

▶ We may start the process to form a non-profit for HUGS. Volunteers for the Board of Directors are needed, so please let me know if you can help.

▶ A BIG THANK YOU to Ryan A, Katherine, and Mike R. for sharing their talents/hobbies with us in June.

~Verónica

## **Suggestions**

- ❖ Meet for dessert at *Marie Callender's* in Thousand Oaks. **JULY 30<sup>th</sup>, 7pm**
- ❖ Will YOU share your talent/hobby with us?
- ❖ Any suggestions to help make the group more effective, pleasant, fun?

I would like to hear YOUR suggestions in person or by email [vmartain@adelphia.net](mailto:vmartain@adelphia.net)  
Please put **HUGS** in the subject line.

## **Summer Outings**

1. **July 23**: Family picnic at Gardens of the World in Thousand Oaks.
2. **August**: EASY hike at Satwiwa
3. **September**: TBA

**October**: Join to Russell Family at Pirates in Oxnard for a musical experience

## July Meetings

7<sup>th</sup> : Survivors meet with Dr. Donna

14<sup>th</sup>: Socialization/intros/games

21<sup>th</sup>: Speaker: TBA; possibly Dr. Horton

28<sup>rd</sup>: Creative Expressions: Make ceramic tiles with Terri (\$10 per)s

**Meeting 6:30-8:00 Thursday Evenings**

Call: Verónica 498.6851