

HUGS Newsletter

SEPTEMBER 2005

HAPPY END OF SUMMER and Happy B-Dy Diane! ☺

- ▶ **Shawn and I met with Robert Solis with VCBHC to inquire about the use of the training room a couple of times during the week for activities. Please let us know what your interests are.**
- ▶ I hope everyone had a nice, healthy and safe summer. We look forward to seeing again those who have been away.
- ▶ Our deepest condolences to Isabel and Rich Bremner on Dick's passing. If you wish to contact them, or help in any way, their number is 497.4948
- ▶ It was wonderful having our August guest speaker, Loislyn, as she shared with us a wealth of information and left us with valuable handouts, which Shawn has graciously copied for us. It may well be that we will ask Loislyn to join us again in the future.
- ▶ Our card making evening was a lot of fun and I believe people are looking forward to doing it again.
- ▶ Everyone enjoyed our night out for desserts, so I believe it is good to repeat. This month we can venture at The Lakes in Thousand Oaks.
- ▶ I have called Terry twice to find out when we get our ceramic back, but maybe she is out of town. Her phone is 338.9853 if you would like to help coordinate getting our work of art ☺
- ▶ **This month we have a 5th meeting, and I appreciate your input in what YOU would like to DO that evening.**

~Verónica

Outings

1. **September 24th, 7:00 pm** : Meet at The Lakes (next to Civic Arts Plaza) in Thousand Oaks for dessert
2. **October:** Join to Russell Family at Pirates in Oxnard for a musical experience

SEPTEMBER Meetings

1st: Survivors meet with Dr. Donna

8th: Socialization/intros/games

15th: Speaker: Lois Lynn, survivor and advocate of TBI

22nd: Creative Expressions: Make greeting cards!

29th: Participants choice: Games? Socialization? Brainstorming?

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

72 Moody Ct. Thousand Oaks, CA

Call: Verónica 498.6851