The Peaks Bungalow News

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I want to wish all the Bunglers a happy and healthy New Year. Thank you for all your help and support during my first 6 months at the Peaks.

Sheila

Antelope, Roads and Restoration

Jan. 20, Noon—1:00 PM

The 3rd Friday of each month AZ Game and Fish are hosting talks, which includes a free lunch.

Transportation provided. Please RSVP to Sheila at 774-7106, ext 2018 by Tues, Jan. 17.

EATING FOR ENERGY AND VITALITY

KATHRYN NELSON, M.S.

Ms. Nelson is a graduate of the *Institute for Integrative Nutrition.* Her approach to healthy eating is not to dwell on calories, carbs, fats and proteins, but to create a happy, healthy way of eating that is fun, flexible and rewarding.

Tues., Jan. 17 1:30 PM—3:30 PM at the Flagstaff Adult Center.

Transportation provided. Please RSVP to Sheila at 774-7106, ext 2018 by Friday, Jan. 13.

January Birthdays

Marion P.	Jan. 1
Tommy P.	Jan. 7
Veronica E.	Jan. 8
Helen Robb	Jan 21
Marjory M.	Jan 18
Phil D.	Jan. 19
Robert S.	Jan. 25
Dorothy S.	Jan. 29

Flagstaff Symphony Orchestra

Showcasing the FSO

January 27, 7:30 PM

If you would like transportation, please RSVP to Sheila at 774-7106, ext. 2018 by Tues. Jan. 24.

Lodge Activities

Jan 16., 1:00 PM— Dr. Hamm will present part 4 of the Big Bang Theory in the Bistro.

Jan. 18, 3:00 PM— Winter Party, entertainment by Jazz Trio in Alpine Room

Jan. 24, 1:00 PM—Residents' meeting with Janet Simpkin-Mars in Alpine Room

Resident and Staff Health Fair

Friday, January 27, 7 AM—2 PM

North County HealthCare will be sponsoring the fair in the Alpine Room. They will be providing free cholesterol screening, blood pressure checks, bone density screening, BMI and weight checks and much more.