

MOOSE LIVE WIRE

NEWSLETTER OF THE HAYWARD-CASTRO VALLEY MOOSE LODGE 1491

MAY-JUNE 2023

20835 Rutledge Road, Castro Valley, California 94546 510-537-0830

Loyal Order of the Moose 1491 & Women of the Moose Chapter 934 "A Family Fraternity"

Coming Events

Weekly & Special Events Meetings

Always check flyers at the lodge for other special events that may pop up. We are only successful with your support. Come on down, bring your family, invite a friend. Hope to See you soon!!!!

Mondays

6:30 - 9:30pm City wide Pool League - Social Quarters

7:00 - 10:00pm Poker - Game Room

Tuesdays

10:00am Poker Game Room

6:30pm Cornhole Main Hall

Wednesdays

7:00 - 8:00pm Lodge Meetings 1st & 3rd Wednesdays

6:30pm Women of the Moose Meetings 2nd Wednesday

6:30-9:30pm City wide Pool League in Social Quarters

Thursdays

Will now be GAME NIGHT. Starting soon in social quarters.

Fridays

6:00 to 7:30pm Dinner Specials (Dinner available till 9:30pm)

7:00pm Poker Game room

7:30pm Legacy Karaoke with Julie 7:30 till??

Saturday

10:00am Poker Game Room

Sunday

CHECK CALENDAR FOR EVENTS



HUNGRY?

Kitchen is
open during
lodge hours.

Administrators Message



President Anthony Soares
Administrator Dina Munday

LODGE OFFICER

Jr. Past President	Earl Munday
Chaplain	Bonnie Russell
Vice President	Michael Haze
Treasurer	Fannessia Williams
Trustee	Damon Russell
Trustee	George Newkirk
Trustee	Michael Perkins
Sgt. At Arms	Red Bass
Inner Guard	David Castro
Outer Guard	VACANT

STANDING COMMITTEES

Activities	Dina Munday
Application Review	Christina Soares
Financial Review	Tighe Boyle
Communications	Teri Castro
Chapter Activities	Earlene Jensen
Heart of the Community	Karen Clay
Government Relations	Stephen West
Loss Prevention	Jeff McDonald
Membership	Damon Russell
Moose Charities	Tanya Peacock
Moose Legion	VACANT
Ritual	Mo Khan

Well another Moose year has come to a close and May 1st brings a new year with a new group of officers and chairman for both the lodge and the Women of the Moose. I have full confidence that these officers and chairman will help our lodge continue to grow and be successful this lodge year. However, with that being said they can not be successful without the help of all our members. We need each and every one of you to continue to pay your dues, come to events, volunteer your time and attend our meetings. We currently have over 1100 members yet we only see a small portion at the lodge. We have a lot of fun events coming up and we hope that you participate in these events if you are able. If you have some ideas of new things we can try please come to a meeting and let us know. Our next event is a Comedy Night on May 13th and tickets are available in the social quarters and it is sure to be a lot of fun. On May 24th we will have our first Wednesday Night Car Show and BBQ of the season. Check out the flier in the newsletter. Lastly I would like to thank all the volunteers who help us keep the lodge up and running. There are many things done in the background and we are grateful to those volunteers and our bartenders for all they do.

Until next time see you at the lodge.

Dina Munday



President's Message

Greetings Moose 1491 members, from the new gavel holder for our lodge. This Moose year will hold many of the same challenges upon us as the last years had and we as a group will hopefully face them all as we've done valiantly in these past years. I would love to see us all grow and excel in our lives. Similarly, I want our lodge to diligently support Mooseheart and Moosehaven in every endeavor we accept, understanding that these are our biggest priorities in all we do as members. We've been on a positive path these last two Moose seasons and a hearty thanks to all of our board members and WOTM In whole for the efforts imposed. Certainly, a hefty round of applause and a thank you is due from each of us to Earl D. Munday III for all of his dedicated work as my predecessor. In closing, I ask only that you put forth the time for a meeting, look into a committee and always seek out a volunteer assignment to help in pushing our efforts forward. There is never work not needing to be done and I thank you for all of the support provided in our name. I personally extend thanks to all our volunteers helping with all the things being done on a daily basis currently as our lodge would not function without all of your efforts.

Thank You
Anthony Soares

**Women of the Moose
BOARD OF OFFICERS AND
CHAIRMAN
2021-2022**

Sr. Regent **Melissa Mahar**

Officers

Jr. Past Regent	Bonnie Russell
Treasurer	Tina 'Renee' Belk
Secretary	Earlene Jensen
Guide	Patty Castro
Membership	
Mooseheart/Moosehaven	
Higher Degrees	
Fraternal Activities	
Audit Chairman	

**WOMEN OF THE MOOSE
MEETINGS
2nd WEDNESDAY OF THE
MONTH**

Ladies and gentlemen, I would like to thank every single one of you for all of your support during my year as the senior region for chapter number 934. Thank you for coming out to support the activities and fundraisers throughout the year. The talent show, the Valentines for Veterans dance and the Easter bunny car hop .

I'd like to extend my greatest appreciation for all of you who baked every single week for our Friday night pastry tables. This, more than any other thing that we've done throughout the year, has helped us to raise the funds necessary to support our Mooseheart and Moosehaven charities.

As I hand, the gavel over to my successor, Melissa Mahar, be assured that we have elected someone who is going to not only fill the shoes of senior regent but exceed all previous expectations. Melissa is a go-getter, and she is ready to jump right in and have a successful year.

With all my gratitude,

Bonnie Russell

Senior Regents Message

Hi everyone, I'm Melissa Mahar, and I am delighted to accept the position of Senior Regent and become a part of this wonderful organization that is committed to serving our community and supporting great causes.

Let me take a moment to introduce myself. I am a Castro Valley native, born and raised, and I bring with me a diverse set of skills and experiences that I believe will serve our organization well. With a background in event planning, graphic design, and wholesale printing, I have honed my artistic talents and developed strong organizational skills that will be invaluable in my role as Senior Regent.

As Senior Regent, I am committed to fostering a collaborative and inclusive environment where all members feel valued and supported. I believe that together, we can accomplish great things, and I am excited about the opportunities that lie ahead. Thank you for electing me to this position, and I look forward to getting to know each and every one of you as we embark on a new and exciting year!

Thank You! Melissa Mahar



DESSERT TABLE

Every Friday night

Sponsored by the

WOTM

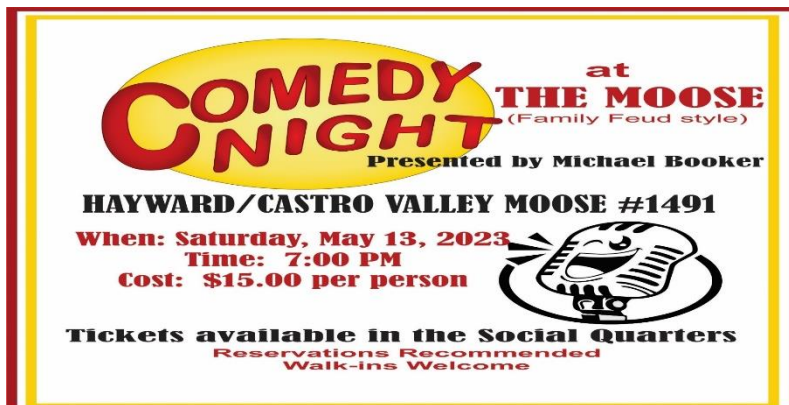
Only \$2.00 per

dessert


Please support



**CURRENTLY POSTPONED.
PLEASE CHECK NOTICES FOR NEW DATE.**



COMEDY NIGHT at **THE MOOSE**
(Family Feud style)
Presented by Michael Booker
HAYWARD/CASTRO VALLEY MOOSE #1491
When: **Saturday, May 13, 2023**
Time: **7:00 PM**
Cost: **\$15.00 per person**



Tickets available in the Social Quarters
Reservations Recommended
Walk-ins Welcome



Breakfast

June 18th, 2023

Bring your fathers and family out for a great breakfast!

More details to come!



The Moose could help pay your child's college education!

How? Enter your High School JUNIOR (Graduating Class of 2024) for a chance to win up to a \$5,000 scholarship with the Moose - The Heart of the Community Scholarship Program.

*There is no better way to help the youth of the Fraternity than to offer them the opportunity to further their education, and that is exactly what the Moose "Heart of the Community" Scholarship is all about. The following requirements must be met in order to be eligible for the **Moose - The Heart of the Community Scholarship Program.***

The applicant must:

- Be a student of the high school graduating **Class of 2024** (to be verified by a high school official).
- **Have a father, mother, step-parent, grandparent or legal guardian who is a current member of the Moose in good standing** (Applicant is NOT required to reside in the same household).
- **Have a cumulative grade point average (GPA) of 3.0 or higher on a 4.0 scale or equivalent verified by a copy of student's transcript.**

(Completing the above criteria qualifies for a chance for a **\$1,000** scholarship.)

If the applicant completes one or more of the optional criteria below. He/she will qualify for a chance for a **\$5,000 scholarship:**

- **In-School / Extra-Curricular activities** (i.e. school sports teams, band, chess club, theater, etc.)
 - To satisfy this requirement a school official must verify this by completing their section of the application.
- **Out-of-School activities** (i.e. employment, scouting programs, music lessons, non-school related sports)
 - To satisfy this requirement **Moose International must receive a letter or email from the student's supervising adult (boss, troop leader, etc.) no later than June 30, 2023.**
The letter should include: 1) The name, title, email, and phone number of the supervising adult; 2) Details of the student's participation; 3) The type of activities they engaged in; and, 4) The dates/date range of their participation.
- **Volunteer on behalf of a fraternal unit of the Moose.** (To be verified by Lodge Administrator, Chapter Treasurer or Moose Legion Secretary on the application or by email, fax or U.S. mail.)

The application can be found in the **Members Area** of www.mooseintl.org. Click on the **Programs & Events** link located on the far left of the page, then scroll down and click on the **Moose - The Heart of the Community Scholarship Program** link.



Applications may be faxed to (630) 966-2225 or mailed to:
Moose - The Heart of the Community Scholarship Program
Attn: Brian Schimek

155 S. International Drive, Mooseheart, IL 60539-1172

Faxed applications must be received by **June 30, 2023**. Mailed applications must be postmarked on or before **June 30, 2023**. Application must be completed in its entirety to be valid.

Winners are randomly drawn and will be notified by November 17, 2023.
Scholarship checks will be mailed directly to the college of their choice.

Questions on the Moose - The Heart of the Community Scholarship Program can be directed to Brian Schimek at bschimek@mooseintl.org or by calling (630)-966-2257.

APPLICATIONS ARE AVAIABLE IN THE OFFICE



HAYWARD/CASTRO VALLEY MOOSE LODGE hosts

MOTHER'S DAY

Brunch Buffet

SUNDAY MAY 14TH

10:00 AM - 12:00 PM

FREE BREAKFAST for
Hayward/Castro Valley Member MOMS
(INCLUDES A MIMOSA)

\$7 Kids 10 and under
\$10 for Adults

\$15 includes Breakfast & Bottomless Mimosas
\$5 Bottomless Mimosas for Lodge Moms Only

INCLUDES:

Biscuits and Gravy, Sausage, Potatoes,
Build Your Own Omelette,
Fresh Fruit and Mimosas

**ALL Active Moose Members and
Qualified Guests WELCOMED**

Tickets available in Social Quarter



MOOSE PROUD PAST, BRIGHT FUTURE

May 1, 2023 - April 30, 2024

We are proud of the history of this great Fraternity. While keeping our past successes in mind, we look forward to the bright future with like-minded members who continue to play an important role in their local communities and supporting Mooseheart and Moosehaven for years to come.
Working together, our future is bright.

Sponsor 1 Member

Proud Past, Bright Future lapel pins are presented by your Lodge, Chapter or Moose Legion to individuals that sponsor their first member during the campaign.



Lodge pin

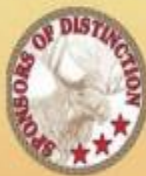


Moose Legion/
WOTM pin



Sponsor 5 Members

Funds will be used toward the AAA project at Moosehaven. 5 Club members will be providing equipment for the sports complex including a top of the line golf simulator. Exercise is important for our residents and they look forward to perfecting their golf swing even in inclement weather. Contributions are courtesy of your Association, the Women of the Moose and the Moose Legion.





















Sponsor 25 Members Members attaining Sponsors of Distinction status by sponsoring 25 members during the **Proud Past, Bright Future** membership drive will receive free basic registration for our 2024 International Moose Convention in New Orleans, LA. Additional information can be found on www.mooseintl.org.

MOOSE REWARDS

Earn Rewards simply for doing things that strengthen The Moose. Now is a great time to sponsor a member; serve in office; renew your dues or complete training. Each activity generates points automatically that you can use to pay dues, contribute to Mooseheart/Moosehaven, or redeem for Moose gift store purchases. Check your Moose Rewards points total today at www.mooseintl.org to see how many you have earned! Also, look for special promotions throughout the year for your chance to earn greater rewards.


















May

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>Buon Tempo Dinner 7:00</p>  <p>Poker 7-10</p>	<p>2</p> <p>Cornhole 6:30</p>  <p>Poker 10:00am</p>	<p>3</p> <p>Lodge Meeting 7:00</p>	<p>4</p>	<p>5</p> <p>Poker 7:00</p>  <p>Karaoke 7:30</p>	<p>6</p>	<p>7</p>
<p>8</p> <p>VFW Meeting</p>  <p>Poker 7:00-10:00</p>	<p>9</p> <p>Cornhole 6:30</p>  <p>Poker 10:00am</p>	<p>10</p> <p>WOTM Meeting 6:30</p>	<p>11</p> <p>5 Spot Dance group</p>	<p>12</p> <p>Poker 7:00</p>  <p>Karaoke 7:30</p>	<p>13</p>	<p>14</p> <p>MOTHERS DAY BRUNCH</p>  <p>Poker Omaha 11:00</p>
<p>15</p> <p>Buon Tempo Dinner 7:00</p>  <p>Poker 7:00-10:00</p>	<p>16</p> <p>Cornhole 6:30</p>  <p>Poker 10:00am</p>	<p>17</p> <p>Lodge Meeting 7:00</p>	<p>18</p>	<p>19</p> <p>Poker 7:00</p>  <p>Karaoke 7:30</p>	<p>20</p> <p>Poker 10:00am</p> 	<p>21</p> <p>Toy Show 10:00-2:00</p>
<p>22</p> <p>American Legion Meeting</p>  <p>Poker 7:00-10:00</p>	<p>23</p> <p>Cornhole 6:30</p>  <p>Poker 10:00am</p>	<p>24</p> <p>CAR SHOW 3:00-7:00</p>	<p>25</p> <p>Ladies Cornhole 6:30</p> 	<p>26</p> <p>Poker 7:00</p>  <p>Karaoke 7:30</p>	<p>27</p>	<p>28</p> <p>Poker Tourney 11:00</p> 
<p>29</p> <p>Poker 7:00-10:00</p> 	<p>30</p> <p>Cornhole 6:30</p>  <p>Poker 10:00am</p>	<p>31</p>				

June

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
				Poker 7:00  Karaoke 7:30	Poker 10:00am 	
5	6	7	8	9	10	11
Buon Tempo Dinner 7:00 Poker 7:00-10:00 	Cornhole 6:30  Poker 10:00am	Lodge Meeting 7:00	5 Spot Dance Group	Poker 7:00 Karaoke 7:30 		Poker Omaha 11:00 
12	13	14	15	16	17	18
VFW Meeting Poker 7:00-10:00 	Cornhole 6:30  Poker 10:00am	WOTM Meeting 6:30		Poker 7:00 Karaoke 7:30	Poker 10:00am 	FATHERS DAY BRUNCH
19		21	22	23	24	25
Buon Tempo Dinner 7:00 Poker 7:00-10:00 	Cornhole 6:30  Poker 10:00am	Lodge Meeting 7:00		Poker 7:00 Karaoke 7:30 	Poker 10:00am 	Poker Tourney 11:00
26	27	28	29	30		
American Legion Meeting Poker 7:00-10:00 	Cornhole 6:30  Poker 10:00am	CAR SHOW 3:00-7:00	Ladies Cornhole 6:30 	Poker 7:00 Karaoke 7:30 		

MOOSE LEGION INFORMATION

POKER TOURNAMENT
11⁰⁰ AM **1 JULY - SATURDAY** **MOOSE LODGE 1491**

ALACOSTA 70
TEXAS HOLD'EM
buy in **\$65**
Starting amount **20,000**

10,000 BONUS CLUB
\$100

20835 RUTLEDGE RD CASTRO VALLEY

CONGRATULATIONS, ALACOSTA 70 MOOSE LEGION!

Alacosta 70 Moose Legion finished up a **BANNER YEAR** in the 2022/2023 Campaign. We finished #14 Nationwide in the Award of Excellence program, with our charitable donations exceeding expectations and finishing up at over 150% of our membership production goal! With your continued support and devotion, along with our **NEW** Board of Directors, we will reach even greater levels of service to our Fraternity and have even more fun doing it! In this newsletter, you'll see a few of the things we've got coming up, and you'll get a chance to hear from some of our new Directors. Let's welcome all our new Directors and get this party started! I look forward to continuing to work with you in the coming year.

ALACOSTA MOOSE LEGION

#70 IS 97 YEARS STRONG!

ALACOSTA 70 @ MOOSE LODGE 1491

20835 Rutledge Road, Castro Valley



12-5pm

Delicious Fish

Fries

Coleslaw

\$15

per plate



Join us in Reno for the 2023 International Moose Convention from June 20th-23rd, 2023!

The Opening Session will take place on Tuesday, June 20th and the Installation of Officers will take place on Friday, June 23rd. Auxiliary meetings, training, etc. may begin beforehand starting on June 17th.

Reno Tahoe offers an eclectic array of dining, activity and nightlife options and is a destination beyond all expectations. Moose members will love to visit the "Biggest Little City in the World," not only for what this unique area offers, but also for the chance to reunite with friends from across the country and an opportunity to learn more about what makes the Moose so special.

Make plans to visit today! Registration and housing now open.

BIRTHDAY CELEBRATIONS

WE WILL HAVE CAKE AT THE 3RD WEDNESDAY OF THE MONTH AT THE LODGE MEETING

MAY BIRTHDAYS

Vic Demello
Shirley Fleming
Rudolf Smith
George Tehada
Phillip Hunt
Bill Quarry
Robert McKinney
Bernard Remoaldo
Gloria Leite
Frank Bisbiglia
Mary Gordin
Gilbert Canto
Leroy Milam
Diana Swing
Noel Anklam
James Coleman
Wayne Bebb
Domenick Maselli
Al Proietti
Bill White
Stephen Perry
Laura Tapia
Mary Gonsalves
Rose Valerio
Azucena Sierra-VanDyke
Karl Yetter
Kenneth Felton
Gary Kettwig
Joan Butler
Ce Ce Guajardo
Bill Yeoman
Mary Jane Gonzales
Ed Burnette
Margaret Speranza
Vicki Cosgrove
Joe Divecchio
Michael Green
Raul Alcaraz
Paul Berlin
John Halseth
Hector Torres
Nick Chimento
Janet Nordgren-Taddie
Roger Martinelli
Christine Flesuras
Fred Reichmuth
David Camacho
Dan Green
Art Goyeneche
Keith Romick
Jack Jacobson
Deb Boatwright
Felipe Zamora
Catherine Amyot

Monica Dahl
Paul Martin
James Hazelwood
Sandy Self
Mark Tabaracci
Jeff Colantuono
Michelle Gile
Danielle Keil
Alicia Peirson-Pope
Jon Macias
Margaret Wirkkala
Brent Wirkkala
Karl
Vonmecklenburg
Jess Garcia
Samantha Jacobs
Sherry Taunton
Anthony Soares
Christina Soares
Daniel Navarro
Antonio Atuaki
Brandon Burton
Matt Minall
Anthony Ford
Margarito Garcia
Rodney Holbert
Laura Demello
Amber Koster
Vanessa Hopkins
Mazie Fitzgerald
Greg Lee
Robert Sheppard
Shyanne Knudsen
Justin Rice
Winston Sanchez
Cristobal Hernandez
Morgan Murphy
Carlos Gonzalez
Dakota Hicks
Jerrame Johnson
Ronald Grant
Eric Rubio
Victoria Dobbs
Andres Duran-Cortes
Michael Leung
James Mason
Paul Wilson
James Gantt
George Dutchover
Elena Flores
Steven Morgan
Gina Perry

JUNE BIRTHDAYS

Art Pedemonte
Kenneth Kremer
Augie Tassielli
Richard Souza
Cynthia Vogt
Linda Nakhai
Nelson Gomes
Fred Seaman
Joe Acosta
Arlene Benigni
Steven Dalcino
Patricia Bell
DoreneDonaldson
Susan Williams
Lillian Griep
Yolanda Wilkerson
David Oppocher
Dean Seaquist
Sandra Hart
Al Isola
Liz Lucero
Greg Souza
Michael Saunders
Ana Daudlin
Jody Nelson
Roxanne Leon
Jack Bail
Mark Rezente
Ron Squiers
Albert Traille
Terrie Walker
David Castro
Veronica Moreira
Troy DeHerrera
Martin Maher
Philp Barthman
Cheryl Godfrey
Teresa Stoddard
Barbara Smith
Wendy Howe

Debbie Hampton
Denise Charles
Jeanenne Deorsey
Steve Schirado
Sinath Thi
Desiree Furlough
Oscar Perdomo
Bridget Galli
Kenneth Hanney
Scott Edgar
Sheila Giles
Suzanne Goodman
Michael Casa
Ariel Pineda
Carisa Hosey
Stephanie Ramos
Shanell Mora
Anna Lupian
Aaron Flanagan
Michael Mallie
Gina Apodaca
Joe Ilmberger
Michael Saunders
Marcus Bosworth
Lc Ballesteros
Casey Marie Silva
Jorge Tauil
Joanna Hewitt
Amy Berger
Shana Doucet
Jonathan Day
Armando Cruz
Richard Oyarzo
Michelle Korbas
Stacy Poulos
Deanna Jordan
Scott Caviglia
Jennifer Klein
Washingtoni
Sunee Medeiros
Nancy Philcox
Edward Azevedo
Sherry Bennett
David Fasoli



Castro Valley 3-7pm
 WHEN: Wednesday
 May 24, June 28
 July 26, & August 23

• food • drinks • live music • fun

**2023 SUMMER CAR SHOW
 BBQ GET TOGETHER**

FREE ENTRY

BBQ events hosted at the Hayward Castro Valley Moose Lodge 1491, 20835 Rutledge Rd., Castro Valley, CA 94546
 No entry fee - just a casual get together of Cool Cars, Food, & Fun / Bring your friends
 For more information visit CastroValleyCarshow.com or call 510.688.0396

Moose Lodge



MOOSE LODGE
SUMMER CAR SHOW BBQ GET TOGETHER
 CDC PROTOCOL FOLLOWED

Castro Valley **2023**
 CastroValleyCarshow.com

510.537.0830
 Hayward Castro Valley Moose Lodge 1491,
 20835 Rutledge Rd., Castro Valley, CA 94546
 Behind Burger King
 MEMBERS & INVITED GUESTS

Vintage Toy Show
 All collectables are here!
 Sunday May 21, 2023
 10:00-2:00 Admission \$2.00 / 8:00am early buyer entry is \$10.00
 Any interest or questions please all
 Dave The Toyman at 510-886-3195 or Toyman5169@att.net

WOMENS CORNHOLE

Last Thursday of the month
 Registration starts at 6:30.
 Games start at 7:00.
 \$5.00 entry fee

HAPPY HOUR
 Did you know that the
 lodge has this?
Monday-Friday
4:00-6:00
.75 off any drink

**CORNHOLE FUN
COME DOWN AND
PLAY SOME
CORNHOLE
COMPETITION.
EVERY TUESDAY
6:30 MAIN HALL
\$5.00 ENTRANCE
FEE**

Lodge T-Shirt

Purchase your very own
and show your support
and wear
your Moose T-Shirt
when
visiting the Lodge
Only \$20
T-shirts for sale on Friday nights.



**Souvenir License Plates
available at the lodge
SPECIAL \$10 ONLY**



Did you know that the Buon Tempo a nonprofit Italian American Club has dinners at the Moose Lodge on the 1st and 3rd Monday of every month which all Moose Members are invited to? In fact, all Buon Tempo members are Moose Members!! The 1st Monday of the month is their family night dinner, and the 2nd Monday of the month is their members only business meeting/dinner.

Upcoming Menu's

May 1st

May 15 Lasagna (Members Only)

June 5 Flat Iron Steak

June 19 Italian Mac and Cheese (Members Only)

Dinners are served with Antipasti, Dessert & Wine

Call the Dinner Line if you are interested in attending as reservations are required.

(510)483-6929

Do you want to learn more about the Buon Tempo Club and all the good things they do visit their website at www.buontempoclub.org

We are very excited to be partnering with a group that does so many great things for the community. We are also very appreciative the time and donations they have made to our lodge home.

WHO WANTS TO PLAY POKER? **THE LODGE HAS SEVERAL GAMES!**

CHECK OUT THE GAMES DAYS AND TIMES!

- Mondays 7:00pm
- Tuesday 10:00am, Dealers Choice
- Fridays 7:00pm
- Saturdays 10:00am, Dealers Choice
- Sunday, 2nd Sunday 11:00, OMAHA
- Sunday 4th Sunday, 11:00 Tournament



Heart Centered Healing Academy
Expect Miracles!


All One Sacred Services

510-925-6776
Rev. Dr. Bonnie M. Russell linktr.ee/BonnieMRussell
Natural Healer, Speaker & #1 International Best Selling Author


Event space

Looking for a great place to have a private party?

The banquet room is available to rent. Please call the office to check availability.



Bonnie's Tips for Wellness



If you're having trouble starting a wellness routine, begin by turning everyday activities into muscle building, fat burning movements:

- Do squats while brushing your teeth.
- Do lunges when sweeping the floor.
- Stretch & reach for the sky to put away dishes.

Reach out if you want to know more

NEWSLETTER

We would love to get your event in the newsletter. We print every 2 months. Please contact

Teri Castro
Blossom01b@aol.com
510-828-0313

ADVERTISEMENT

Have a business?
Want to advertise?
Invite Moose members?
Coupon give a way?
Discounts?

We can advertise for you.

Business card \$50
¼ page \$100
½ page \$150
Full page \$200

Call the lodge for further details
510-537-0830

Please remember that all our helpers are volunteers.
Be kind and pitch in.
We need you!