



Doris Gannon and Patrick Satcher

Be sure to say hello to our newest members
(and our guests)!



HAPPY BIRTHDAY
FEBRUARY BIRTHDAYS

02/03	Christine Bernardo	02/22	Marty Burman
02/04	Geri Sweatt	02/22	Tom Dugan
02/05	Roberta Peters	02/22	Sylvia Moreno
02/12	Frank Booth	02/24	Rose Benalcazar
02/20	Dowene Gregory	02/26	Jennifer Birkenstock
02/21	Mike Smith	Many happy returns!	

ARE YOU INTERESTED?

Do you have a lot of "stuff" you aren't sure you want to keep? You are not alone!

Several members have expressed interest in reading and discussing a book by a Swedish author, Margareta Magnusson. She wrote **The Gentle Art of Swedish Death Cleaning** which is a guide to decluttering your life (known as *döstädning*) to ease the burden on your family after you're gone, but it's also a great way to simplify life now. (And I, for one, could use some simplifying!)

The book offers a practical and humorous approach to getting rid of unnecessary belongings, focusing on what truly matters and making the process uplifting rather than overwhelming. It encourages you to tackle clutter at any age.

If this sounds like something you're interested in, call Nancy at 760 716-9000 for more info.



Dance Lessons

Want to learn to dance? Join several of our NCWW members who are learning to ballroom dance!

Lessons are offered at the Gloria McClellan Senior Center, 1400 Vale Terrace Dr, Vista by Palomar Smooth

Dancers on Mondays (every week). Beginners lessons are 7-8 PM, and intermediate lessons are 8-9 PM. The cost is \$10/week for one lesson or \$15/week for both.

(Visit www.palomarsmoothdancers.com for more info or call their president, Penny Elliot, at (760) 917-5763.

NCWW Board Positions

If you are considering volunteering for the board for any of the positions, please contact a board member and let us know. Thank you.



Do you know someone who could use a little sunshine?

Sending Erin O'Neill our healing thoughts and prayers.

Sad to announce the passing of long-time member and friend, Austin Caywood. We will let everyone know about plans for a memorial service when we know more.

If you know someone who could use uplifting, please let Diane Phillips know. Call 760-419-1655.