



January 31, 2013 Issue #27 Editor: Irene Bourdon

This Week:

Fran DeRuyter, owner of Covina Hills Travel will be here to give us tips and info on vacation planning. Do you know what will be the hot destinations of 2013? Do you know the benefits & limitations of booking your trip online? What things should you think about before selecting a destination or trip? (Okay...other than cost?) Get the answers to these and many more important questions so that you can plan and take the best vacation for you this year.



Last Week

Our lunch speaker Barbara Johnson, LCSW, MSW from Azusa Pacific University gave our Club an excellent overview of services and facilities for ...well, for us, the aging Baby Boomers. It was great information that no one thinks about but everyone should know about for retirement planning.



Next Week: The American Heart Association

In 2003, the American Heart Association faced a challenge; Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an “older man's disease.” To dispel these myths of heart disease as the No. 1 killer of women, the American Heart Association, along with the National Heart, Lung and Blood Institute created **National Wear Red Day®** to raise awareness of this critical issue. Each year, on the **first Friday in February**, millions of women and men come together to wear red, take action and commit to fighting this deadly disease.

Next Thursday, we will have two speakers from the American Heart Association tell us more about heart disease, prevention and its impact on all of us...men and women.

Groundhog Day

**Groundhog Day** is a day celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will continue for six more weeks.



Upcoming Dates

Sunday, February 10 at 3:00 pm: Concert to End Polio. A District-sponsored event at Segerstrom Concert Hall in Costa Mesa

Thursday, February 14: Valentine’s Day at Covina Rotary Club. Bring your spouse/partner.

Wednesday, February 20 at 12 Noon: Board Meeting at YWCA San Gabriel Valley, 943 N. Grand Ave., Covina

Thursday, February 21 through Sunday, February 24; 7:00 am. PETS- President Elect Training Seminar at LAX Marriott, 5855 West Century Blvd., Los Angeles