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| ***In this Issue***     |  |  | | --- | --- | | * [Chats with the Chair](https://outlook.office.com/owa/?path=/mail/search#Chats) * AARP: Staying Safe on Amazon * [Links to More Activities](https://outlook.office.com/owa/?path=/mail/search#MoreLinks) * [Health Tips: Vitamins and Sleep](https://outlook.office.com/owa/?path=/mail/search#Health) * [Looking For A Part-Time Job](https://outlook.office.com/owa/?path=/mail/search#Jobs) * [Going Gourmet](https://outlook.office.com/owa/?path=/mail/search#Gourmat) * [Thinking Ahead: April is for Art](https://outlook.office.com/owa/?path=/mail/search#April) * [Laugh OutLoud](https://outlook.office.com/owa/?path=/mail/search#laugh) * [Think N4NN For Gifting](https://outlook.office.com/owa/?path=/mail/search#gifting) | * [Meet Our Members: Annette Novominsky](https://outlook.office.com/owa/?path=/mail/search#Member) * [Meet Our Volunteers: Vicki Davison](https://outlook.office.com/owa/?path=/mail/search#Volunteer) * [Happy Birthday](https://outlook.office.com/owa/?path=/mail/search#birthday) * [Coming Events](https://outlook.office.com/owa/?path=/mail/search#comingevents) * [The Marketplace](https://outlook.office.com/owa/?path=/mail/search#marketplace) * [Contacting Us](https://outlook.office.com/owa/?path=/mail/search#Contact) | |

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| **Chat**  **Chat with the Chair** |

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My father came first, forgoing his Pullman berth to ride in a boxcar with his beloved Boxer dog, Major. He commissioned a small ranch house on the last street within the city limits. He oversaw the construction of the ladies' ready to wear store he was to manage. My mother, holding me by the hand and carrying my three-month-old baby brother in a basket, arrived once the house was finished. She oversaw the horse and plough it took to dig up the clay that was our backyard. I don't think she had ever seen a horse and plough other than in a book. She thought she had come to the end of the earth. Crickets formed a black carpet over the produce at the grocery store (no air conditioning in those days!). The damp weather and wet cold of the winter that followed brought ear infection after ear infection to my baby brother...his ears were lanced six times as I remember. War broke out; my father was called for his draft examination in San Antonio-he flunked it. The Naval Air Station bloomed with young pilots in training many of whom came often to dinner at our home...my parents in lieu of theirs. The city was inundated with "immigrants" from around the country like my parents. My father planted a victory garden in one of his store's windows and sold war bonds alongside dresses and lingerie. My mother taught a business course at a local high school. With their new friends they built an orchestra and started a small art museum. By the time the war ended, those "immigrants" had turned a village into a town and eventually they, with other new immigrants, turned the town into a city.    I have realized how urgent it is that we learn what democracy and a democratic government are, really are, at an early age. An article in a recent Houston Chronicle noted how important former Supreme Court Justice Souter thinks it is to our democratic form of government that civics be taught early and often to our children and thoroughly understood. He worried a few years ago that this is not happening and that authoritarian government would take over as a result. My mother belonged to a League of Women Voters chapter in Boston. No one had ever heard of the League of Women Voters in Corpus Christi. She gathered a small group of women together, and they started the Corpus Christi League. Their first project: get rid of paper ballots that lent themselves to real voter fraud and bring in voting machines. One of my earliest memories is my mother sitting cross-legged on her bed sorting through material on voting machines. She and my father were deeply engaged in supporting candidates and, on several occasions, running mayoral campaigns. I cut my teeth on government and civics; it came alive every day in our household. As a teenager I moderated a radio program protesting Senator McCarthy. And where did that all lead me? To chairing the national ERA campaign of the League of Women Voters of the U.S. and working in the Houston Mayor's Office. My mother and father would love it that their 12-year-old great granddaughter marched in the Austin Women's March and--with her parents and brother, their great grandson-- marched again at the Austin airport to protest the immigration executive order. The point is not, in this instance, so much the cause-the point is that at 12, she knows her civics. Young as she is, she knows what makes democracy work.    And finally, I have realized the greatest gift my parents gave me, aside from their love and support, was a belief that my gender didn't matter...girls and boys were equal in their capacities. They didn't preach that to me. They taught me that unconsciously through their own lives. My father never questioned my mother's abilities, where her "place" was, that she was his equal. In my family, my parents shared equally in responsibility, decision-making, following their dreams, working at what they wanted to work at. Yes, Mother did the cooking and met with the teachers, and Daddy went to the store. But Mother ran a Mayor's campaign, and Daddy did the ads. When they opened their own music store, Mother did the books and bought the records. Daddy swept the floor and bought and installed the hi-fi equipment. If there was a "stronger" person, it was probably my mother through most of their life together, but when my mother had a stroke at 75, my dad patiently took care of her until he died 10 years later.    It is a month since I wrote the last Chats column, and I still have not gone through my heirlooms and downsized...but I've revisited my memories, as you see. And realized how many of them have come full circle in my life...and the life of this country...today. I hope when you revisit your memories, you, too, will find their relevance to your life today and to the heritage you will leave, some day, to live on with those you love and leave behind.    ***- Madeleine***  [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| **Member**  **Meet Our Members: Annette Novominsky** |

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| ***(Thanks to Jeanne Saletan for interviewing our members and writing our Meet Our Members column)***     |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/5b8150da-33d3-4a6d-9131-63fb09bbe2d9.jpg | https://imgssl.constantcontact.com/letters/images/sys/S.gif |     Annette Novominsky was the first girl in 86 years born into her family. She admits  to being a little bit spoiled growing up in Corpus Christi, where her  grandfather started Lichtenstein's Department Store and which her father and his brother continued to run. The family helped found the first Jewish temple in Corpus Christi. "My father taught by example that every person, regardless of race or religion must be treated with respect. He opened the first black day care enter when he heard that  no day care centers would accept black children. Then he followed  with the Greenwood Molina Nursery for Hispanic children. He would  say, "My community is made up of all races and religions and their  support has contributed to my success so I must give back to all  groups." Her parents were avid travelers, who took their teenage  daughter and son to Europe for four months. Annette was required to  keep a diary on the trip.    "My father was Jewish and my mother was Presbyterian, and we were brought  up in both religions. They stressed that they believed in the same  God but worship differently and for us children, it was normal."    When Annette met and married Mike Novominsky, son of a poor Polish  immigrant from Galveston, she had to learn cooking and housekeeping  and how to manage on his $100 per month military salary. They  recognized in each other a hunger for family and children and a desire  to co-parent their three kids-Lynae, Steven and Amy--who were born close together. Mike put himself through college, earning a degree in accounting.    Neighborhood children were always welcome in their home,  and Mike became known as the "Pied Piper of Queensloch" because of his  popularity. Annette took to oil painting and also to antiques,  operating an antique store in Bellaire. She has a collection of  American Brilliant Cut Glass and Art Deco Glass in her home. The  paintings are on her walls. She worked at Elrod Elementary School as  financial clerk and secretary for 15 years before being forced to  retire.    The couple joined N4NN when it was forming, having decided to age in  their home because they liked their neighborhood. Why move? They  were in the process of remodeling their home to accommodate aging and  Annette's disability when Mike died in 2015. Annette decided to stay  and add some features that would insure her mobility.    "Adjusting to life without Mike has been very difficult but I am  determined to stay active and independent as long as possible. I am a  member of HBU Wellness Center and spend 3 hours each MWF in their  heated therapy pool to keep moving and maintain my limited mobility  due to severe arthritis and fibromyalgia. What can I not imagine  living without? My children, grandchildren, friends, Lilly-- my 6 lb.  Papillion shadow and constant companion, and my computer. I almost  went nuts when I had to endure 2 days with no TV or computer."    Annette says she loves "theatre, especially musicals, reading, travel and really miss it now but it is just too complicated because of needing my scooter.  I love to go to movies, out to dinner, and just have friends over. I  enjoy playing Rummicube."      Annette is a member of the N4NN Advisory Committee and frequently and generously hosts N4NN events in her home.  [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| Volunteers  [Meet our Volunteers: Vicki Davison](https://outlook.office.com/owa/?path=/mail/search" \l "Volunteer)   |  | | --- | | http://files.constantcontact.com/a4af3257001/5ca72e15-f5a6-45e8-815d-84288b211e88.jpg | |

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| Even before she learned about N4NN, Vicki Davison had her own neighborhood  network going. Growing up in Westbury here in Houston,Vicki stayed in her  family home by buying out her brother's share, so she knows many in the  neighborhood who are the age of her parents. "Right across the street from me live 3 people in their 80's," she says. One of them is terribly bent over, and I'm afraid he will topple when he leans over to get his morning paper, so I just pick it up myself and put it in his mailbox."    Not only does Vicki like seniors, but her background well qualifies her to work  with them. In 2010, she enrolled in Alvin Community College for nursing because she thought being a nurse would give her more skills in senior health. But after 18 months, she decided nursing was not for her. For one thing, working in a psychiatric ward scared her, and for another, she discovered that the medical profession is structured around prescribing medications. It frowns on letting nurses spend time with their patients discussing diet and life-style changes, and often these changes can greatly improve a patient's health.    While she chose not to pursue a career in hands-on nursing, she did see a future for herself in helping to change how we care for seniors. In UT's Nursing Gerontology program, she learned about the Ombudsman Program run by Harris County through the Texas Department of Health and Human Services. Vicki volunteered for this program, and as an ombudsman, she advocates for senior residents in long-term care, acting as liaison between the residents and the staff. She tries to make seniors more comfortable in their environment and achieve the small but important freedoms for them that make life hum. For example, if a senior who is a night owl is being awakened at 8 am for medications but wants to sleep until 10 am, Vicki will approach the staff to see if it can accommodate the request.    Her experiences have taught Vicki that our society does senior care poorly. She believes that keeping people out of retirement homes and senior living facilities will keep them happier and healthier. She now serves on United Way's Community Investment Committee for Senior Independence, on an advisory committee for Sheltering Arms and on the steering committee for N4NN. Things like the call pendant for seniors to wear, lock boxes with keys for emergency entry, and safety inspections followed by removal of health hazards can help keep seniors living in their own homes with the support of other neighbors. Right now Vicki is helping to plan for the second annual N4NN Senior Safety Fair and More to be held on April 4.    When not volunteering, Vicki works at Memorial Herman's business office of  Medicare compliance on the bookkeeping/ insurance side of the medical field.  Before that, she worked in a private medical practice for 20 years. Her free time is mainly spent on continuing to learn. Right now she is taking a free on-line class called "America through Foreign Eyes" curated by Rice University.  She would like to introduce seniors to a free resource called MOOC-Massive  Open Online Courses. By sticking to on-line educational resources ending  in .edu, .org, .net, or .gov, seniors can continue to learn a lot right in their own homes. "But stay away from .com," she advises. "Those websites just want to sell you something."    Mary Yurkovich, N4NN Volunteer  [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| **AARP**  **AARP: Staying Safe on Amazon** |

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| Health  **HEALTH TIPS: Vitamins and Sleep** |

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| **Jobs**  **LOOKING FOR A PART-TIME JOB?** |

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| |  | | --- | | http://files.constantcontact.com/a4af3257001/01e15f56-1883-4d3c-80f8-8e363db4fb3e.jpg |   One of the hardest things about retirement is not just the loss of income but the loss of structure and stimulation we retirees face.    At the same time, many of us enjoy rising a little later, reading the morning paper (in hand or electronically!) at leisure and having time to enjoy friends and family.    There is a way to bring in some income, add some structure to the day and still have time to indulge ourselves: find a part-time job.    An online newsletter for seniors, *Seniors for Living...find a new place in life*, provides a list of 10 potential part-time opportunities:     * Consultant. Take the knowledge you've acquired in your field of work and the lessons you've learned and share them, for a fee, with others. Your old employer might even higher you back part-time based on your experience and the cost of a full-time, benefits-entitled employee * Handyman. You no doubt now have time as a retiree to fix that leaking faucet, mend the fence, fix the gate. Take your toolbox and offer your services in the neighborhood! * Temp Worker. Sign up with a temporary agency. You can pick and choose the assignments you want to take and vacation in between postings. * Nonprofits. While most nonprofits look for retirees who are willing to volunteer, some would be happy to have an experienced retiree not totally dependent on salary to fill a vacant slot. You won't get rich materially but the rewards are unequaled. * Childcare. You raised your own children. You love your grandchildren. Put your energy, wisdom and love into sitting with others' children. * Retail Clerk or Greeter. All of us have been welcomed into a big box store by a grey-haired greeter with a cheery smile. * Paid companion. While N4NN stands ready to provide friendly visitors to our members, some elders need company on a daily basis...to go to lunch or knit together or play games or whatever. * Mystery Shopper. You "act" like a shopper to test and evaluate the customer experience and to check competitive pricing. * Seasonal work. Fill in for vacationing staff in the summer or help retail stores staff up during the holiday season. * Census worker. This option won't be available again until 2020 and it involves lots of walking and knocking on doors.   [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| **Gourmat**  **GOING GOURMET** |

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| **April**  **Looking Ahead: April Is For Art and Safety Fair** |

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| **birthday**  **Happy Birthday ...** |

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| MoreLinks  **Links to More Activities** |

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| *(If you know a link to an entity that sponsors senior programs that are open to the public, please send the link to N4NN volunteer, Vicki Davison, at*[*doinmypart@aol.com*](mailto:doinmypart@aol.com)*)*     |  |  | | --- | --- | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | http://files.constantcontact.com/a4af3257001/42c3fb0e-c329-4a09-a9bc-78e5ac146497.jpg |   **Platou Community Center:**713-726-7107, 11655 Chimney Rock (in Westbury) offers stretching exercise class, quilting, games, line dancing, ping pong leagues and a weight loss support group. The Center is open Monday-Thursday from noon to 8 p.m. and Friday from 11 a.m. to 7 p.m. Call for class days, times and hours.   |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/00a1c3b0-812b-4838-ab0f-dc1c25354b52.jpg | https://imgssl.constantcontact.com/letters/images/sys/S.gif |   The **City of Bellaire** has a program that is open to anyone. It offers field trips, movies, lunches, bridge, bridge and games, advanced card games, crafts and conversation.  To see the schedule go to [www.ci.bellaire.tx.us/729/LIFE](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTBAwDtNdLEppyKEsdKAPMQFH1MB8pj186lxwxtdogZeUbsA8vy9-6mEAzDr_qsPbglz8LChcWWrCwA4RrPWaXTO9qx6wwzX8VzkUG4H8NvTvQLUGkQVMAbLLrHsOSrYoSjSeXPvWwZM91F1Np28oOp5M5QsOD-Ic_OEf5QHrf1H9t5-4o_bm2jQKIfqVgpz9273QcV8kzlrN2X9n9c0Uu4lvB7XOn5boGt4mxSB0iXFFoKE5PYKmwq3KxpWxhWyXRXcxxE_PsOzBIs8EoAhWqiI=&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==).  Click on the Life Newsletter to see a full schedule of activities.  Or contact 713-662-8290 or Victoria Arevalo at[Varevalo@bellairetx.gov](mailto:Varevalo@bellairetx.gov).     |  |  | | --- | --- | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | http://files.constantcontact.com/a4af3257001/80d52e9d-b50c-499a-8d58-45e2bd570b63.jpg |   The **Weekley Family YMCA** at 7101 Stella Link Blvd., 77025, has a Silver Sneakers exercise program in which some of our members participate.  Call 713-664-9622 or go to [www.ymcahouston.org](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTC6J0HIoRNCEQL2a9ufNdqWRwpSMfMlLLygnJEqJ8xvsYu9DS7LlaWs79BRCQmJmLAqva26i7VUI92n8JzkvTs5iSt89g-4zlSdv7mJicOuDU2U9BR3VixGuSbfaSSMw7PokaktUoKxxUWdDrvLIme20VR7BKvLi43Uko30CMv-FPG0QGmdaA-YnBtR4nrCyQkByY--NB0r4m1UA-zggMgPLgTWgc-w0OnrZg5jPc1mr6C3Qf_Ys4rTSHzgNtd3DqdMGvZkD1Xv7&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==). On the left under "Find Your YMCA, select "Weekly Family", when the Weekly Family page comes up, click on Health in the menu across the top, select Active Older Adults, then you will see the description of the Silver Sneakers Program.     |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/4f0e5d1f-d33d-4b01-8c59-a8883c43f8c1.gif | https://imgssl.constantcontact.com/letters/images/sys/S.gif |   **Bayland Community Center** at 6400 Bissonnet has exercise classes at various levels, including Tai Chai.  Go to [www.pct3.com](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTC6J0HIoRNCERrSRwpn2jYzfzSAe0Nye1tcUXv8xX-lLbJEJdyFO4MUQTxl5kk3c4kWVbXfVfi4azPh0s5_vwso9DAevJODE1lcnnLCjZRucLDdL6c8M4XYhrn3p7SwQ7Q8EuHjEtTIOeAjo0Amf1N5g1Ma4i-C0SllipMjKyqlCGy_G9Dgn8O83_9R8sI1_AI_f4_kGXwvrutPicmkiU5M_OQ_CczJmuCARLjIgGyoP_IR59JwUW-E_rqrvKviGDg==&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==), click on Community Centers, Click on Bayland, scroll down to activities (on right side of page) or call 713-541-9951.     |  |  | | --- | --- | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | http://files.constantcontact.com/a4af3257001/f1b3092d-5745-434e-9967-071d78f5164d.jpg |   **The Fonteno Senior Education Center** at 6600 Bissonnet St. 77074, has a long list of classes in various areas of interest, including Legal, health,and General. Here is just a sampling of exercise type classes:  Zumba - Monday, Wednesday and Friday from 8:00 -9:00 AM  Senior Boot Camp - Monday, Thursday and Friday from 11:00 AM - 12:00 PM  Hatha Yoga - Tuesday from 9:00 - 10:00 AM  Forrest Yoga - Thursday from 9:00 - 10:00 AM  Line Dancing - Thursday from 1:00 -2:00 PM  Tai Chi - Friday from 9:00 - 10:30 AM  The Center is just a little further out on Bissonnet than Bayland. To contact, go to [FontenoSEC@pct3.com](mailto:FontenoSEC@pct3.com) or call 713-981-4703.       |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/3d89c341-1bac-4750-8db3-7cc9f9a7270f.jpg | https://imgssl.constantcontact.com/letters/images/sys/S.gif |   **Jewish Community Center**: Join neighbors  and friends at the JCC for fun and exciting programs including bus trips, cultural programs, lifelong learning courses, Kosher lunch program, films, Jewish learning, art classes, exercise, social programs and much more. Learn more at [http://www.erjcchouston.org/adultsonthego](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTHEyHElc3NaS_mXqyskB84eCWJ_zKShf2tuHKVqK2u_-gtq9A50L1644r_x0bf2sHL-Qx0KjhwVD8GnmEvlm441YG0L3fYLyBP1r9Pn4g9F2ScXgyZUnHq08Mee5kFh7oIwIw1GDa3A0qO9_bHBvjmtq330CNe5h8tO-cEHh_8gTTcvwEg9AaisqIIrKjFaxum_E8CSKrScnftTm2k2QwLDJOMlZ_vJK2dvicCrzssQttuxo872LTaZC8gsq0sVCkmvBR1jA7yk8f4qyz7ugsRI=&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==)     |  |  | | --- | --- | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | http://files.constantcontact.com/a4af3257001/c5888824-8352-4bed-a2c1-8261d7d279f4.jpg |   **West University Parks and Recreation Department:**  [www.westutx.gov](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTC6J0HIoRNCETNud5V-Zw4tx1Bl5_u2ZDLyJlkxmhdvfZtvtNvgloH9izvbfJrwnG_1XHhnKZfE3hbWzFiZgx5ffsljmeTcbnI-BIQcLcYk8hpr6vl3ijSe1Vdu6rLo5sZgLoHeWDFfmH4q34C8cJqxyZJA_rcpD-YAsFjeCy2dJJCBvNkCCfb4n2Ehlr8vTT4mAcugBSAXW3CWKsCRxq06EXDT155dUyByMpsYz9FtUuVcQiHVE0AlxW5H5to3VVg==&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==" \t "_blank)  Once you are on the web page, hover over the Services tab and click  Senior Services in the Parks and Recreation column, or call the West U Senior Services Division of the Parks and Recreation Department at 713-662-5895.  **Houston Congregation for Reform Judaism Senior Chai Program:**[HCRJ Senior Chai](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTEnfAIoxVbak_-ulC0GkGmiait7Q5fDAASIIJ0R7r1Ta3HzXPQeIRudN3b6UIEuxGaxu8eeFiTRqZlMwmUbNbPesdHIkiSOSUaeoBbukoknIC66vrPwQgJRP74GltU7_Wp366hFWfNUqSafZ9VX9Cj_eMs9EVY_0VHiKqAGSeM6uqHD5CG6Lnx2-eacPbnjAiLNdG0Dr-VhntR6_2NlWnVTvDW4udfKRSZqDVVgoHDS4aVZSqba0Bwoz8nWIPO4ahw==&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==) sponsors programs dedicated to those 60 and over which is open to all in that age demographic. The programming of social, educational and recreational activities is generously underwritten in memory of Mozelle and David Barg and Esther and Robert Shelby. Contact [admin@hcrj.org](mailto:admin@hcrj.org) or call 713-782-4162 to learn more about the classes and trips currently being offered.    [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| **comingevents**  **Coming Events** |

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| **March Events**   |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/c118fdd0-6daf-4d16-81e2-49f45327f37a.png | https://imgssl.constantcontact.com/letters/images/sys/S.gif |     March 7, Tuesday, N4NN monthly luncheon, 11 a.m., Genesis Steakhouse and Wine Bar, 5427 Bissonnet (in the strip center at the corner of Bissonnet and Chimney Rock). Lise Olsen, Deputy Investigative Editor and Investigative Reporter at The Houston Chronicle, will speak.    March 22, WEDNESDAY, N4NN monthly discussion group, 2:30 p.m., Madeleine's house, 5223 Ariel Street. Topics: Do you favor a universal draft? Should women be drafted? Do you want to see the Affordable Care Act scrapped or amended? What would you like to see in Affordable Care legislation?     |  |  | | --- | --- | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | http://files.constantcontact.com/a4af3257001/a230e5aa-86ed-4358-8f1a-3fd253c8ceab.jpg |   April 4, Tuesday, N4NN SAFETY FAIR, 10 a.m. to 4 p.m., Westbury United   Methodist Church, 5200 Willowbend. Workshops, more than 40 vendors with products and services to make life easier and safer, snacks, door prizes.    April 6, Thursday, N4NN Monthly Luncheon, 11 a.m. We will be meeting and eating at Jewish Family Service, 4131 S. Braeswood, on the second floor in the Board Room (there is an elevator). There is parking on site. Enter through the gate on Linkwood. The program is the second in our cultural arts lecture series and will take us on a virtual art tour with slides and narration by Bob Franco.  [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| **laugh**  **Laugh Outloud** |

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| **gifting**  **Think N4NN For Gifting, Honoring, or Memorializing** |

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| N4NN Connect is most grateful to its ad sponsors, MEDIC PHARMACY, RELOCATE AND RENOVATE AND GREATCALL    If you wish to sponsor an ad or an event, contact Michael Kahlenberg, N4NN Program Coordinator, at 832-998-6466    [Drop in Medic Pharmacy, Relocate and Renovate and GreatCall business card ads]     |  |  | | --- | --- | | http://files.constantcontact.com/a4af3257001/f3a7f2e7-8bbd-488c-b820-e608f69f470b.png   |  | | --- | | http://files.constantcontact.com/a4af3257001/9bf9425a-a47e-40d2-a900-d51985db2cde.png | |  |  | | --- | | http://files.constantcontact.com/a4af3257001/c38d8e16-7b3f-469a-846d-99fad3e337bd.png |     [Home](https://outlook.office.com/owa/?path=/mail/search#home) |

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| Contact   |  |  | | --- | --- | | **Michael Kahlenberg,**Program Coordinator  **Madeleine G. Appel**, Chair Steering Committee  **Gail W. Issen,**Editor | ***For more information contact:***  832-998-N4NN (6466)  [www.N4NN.org](http://r20.rs6.net/tn.jsp?f=001hfW39cBgNkm1Pj-kTgSuHtLL0jroGdO40FGJEOAKBQ0yi9Qh4oNbTAVOEkeUD3L2vWpb5WpzzEaCqqOimiuI35OheQx3pfrb4WfBFqkO1JYDdxUMmOberEC4TjnB5xiOgY3GFAccOG82ZoH_Pv6ZMb6LKJWFZ9tM-dDlDHe48oqOgQ7a6mdEL2nRfC5MGxgZebmdADHUD5UET7KsPaMowH3oZIQzXz7V44nEZO0Hp9roMet7R-9KQpUUgBE9IJCWKWYWgLohJROtJIv-LQyp9YU6iucDGB01rdCvmmgeQNWWbYT_Px1Zqw==&c=B0OTL8hQNwrz6isFHUcG4M-u4t-W1T39MlgAeMkRho-FR6f19k8qUw==&ch=1gfKtfoZQBT3fOXc1UkOMvs1cuT4cLpGs-u9aTrtTxd9TDVEHBbJbw==)  info@N4NN.org  4131 S. Braeswood, Houston, TX 77025 |   [Home](https://outlook.office.com/owa/?path=/mail/search#home) |