

Admin / Tech Pro Meeting
8/28/2009
Theme: Health and Fitness

Present: Marsha Camblin, Michele Haney, Marilyn Kenfield, Dana Kobold, Kim Rein, Kathy Schissler, Jacquelyn Stanton, Andrew Stevens, Thyra Powers, Suzanne Sullivan

Several of us gathered on the south lawn for an hour of Tai Chi with RRCC instructor, Jacqueline Shumway.

Following the session, we sampled three teas compliments of Luna. Luna teas are available in the RRCC Coffee Bar. Thanks go to Kelly McDermott for coordinating the tea.

Our next meeting falls on the date for “brain rules” by Dr. John Medina, from 9:30 – 11:30 a.m. at the Sheraton Denver West Hotel on 360 Union Boulevard in Lakewood. All are encouraged to attend and to car pool.