

PARK RIDGE PARK DISTRICT

# SENIOR CENTER

DECEMBER 2011

100 SOUTH WESTERN AVENUE

847-692-3597

WWW.PRPARKS.ORG



## “Holiday Music Celebration”

This will be the final event of the Senior Center’s 30th Anniversary Year. Join us for a casual musical afternoon featuring three of the Center’s performing groups. A group from the Men’s Follies, our ukulele group - the Uketones, and the Senior Center Chorus have prepared programs celebrating the holidays. There will be light refreshments served. All members are invited.

Day	Date	Time	Fee
Sun	Dec 18	1pm	\$5

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## Reminder!

Please be aware that the Senior Center will be closed the following days and times.

*Christmas-* Center closes at Noon on Friday, December 23 and will be closed all day on December 24-26.

*New Year-* Center closes at Noon on Friday, December 30 and will be closed all day December 31, January 1 & 2.

*Annual Maintenance-* The Senior Center will also be closed on January 3-5 for cleaning, painting, and maintenance. There will be no activities on these days. The Center will re-open on Friday, January 6 at 9am.

## Membership

Memberships are important to the Senior Center and its programming. We are always seeking new members and encourage you to reach out and tell your friends of the wonderful activities, programs and events they can be a part of at the Senior Center.

Membership dues are:

- Single - \$45 resident/\$63 nonresident
- Couple - \$68 resident/\$97 nonresident

# CLUB NEWS

## Men's Club

*Monday, December 5* - All Senior Center members are invited to attend the Men's Club Holiday Party. See the December Events section of this newsletter for more details.

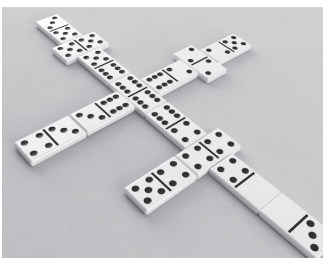
*Tuesday, December 6* - Continental breakfast is at 8:30am. Meeting begins at 9:30am. Discussion will be on upcoming programs, speakers, and events.

## Genealogy Group

*Monday, December 12 at 10am* - Trace your family roots with the help of the Genealogy group. Come with questions or information to share. Barb Ingolia leads the group.

## Gamers

Friday afternoons are fun and friendly at the Senior Center. Join the Gamers group beginning at 1pm. You can play Dominos, Hand and Foot, Scrabble, or Rummikube. All are welcome. There will be a domino tournament on Friday, December 2, The entry fee is \$2. Sign up by November 30.



## "Book Worms"

*Thursday, December 1 at 1pm* - We will meet following the conclusion of the Women's Club Christmas Party. Members of the group will stay and discuss the book they received in November. For those who are not attending the party, the next meeting of the book discussion will be on Thursday, January 12 at 1pm.

## Camera Club

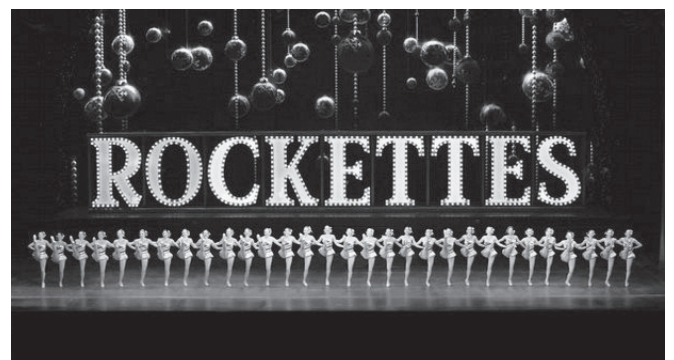
There will be no meeting in December. The next meeting of the Club will be on Tuesday, January 24 at 10am. Watch upcoming newsletters for information. Be sure to stop and see the ongoing photo exhibit of member, Alex Andersen. The display is in the hallway at the Senior Center.

## Money Matters with Chris Valentine

*Monday, December 5 & 19 at 10am* – Chris Valentine from Edward Jones presents a program of financial tips and answers your questions. Anyone is welcome to attend. There is no charge.

## Opera Arts - Thursday, December 8 -

There will be only one get-together this month due to the holiday. By popular demand, we are presenting the "Radio City Christmas Spectacular" with the world-famous Rockettes. This is one of the grandest holiday traditions in the U.S. The precision choreography in "The Parade of the Wooden Soldiers" is unbelievable. And there is lots, lots more with "New York at Christmas" to the awe-inspiring "Living Nativity."  
*Attention:* The "admission price" for each of you is to bring one or more of your delicious eatables, such as a dip, salad, cake, candy, etc. Leo will provide some main dishes. Come one, come all and enjoy! Programs for the New Year will be discussed.



## FUN & GAMES

**Bowl** at River Rand Bowl in Des Plaines on Thursdays at 1pm. \$4.50 for two games or \$6.25 for three games. This is not a league so you can attend anytime. New or experienced bowlers are welcome!



**Wii Bowling** - December 14 & 28 at 1pm. New bowlers welcome. If you don't know anything about Wii Bowling, stop in and check it out. It's easy and fun and very social. Hank Hughes is the Wii Master. Free.

**Table Tennis** -Tu/W/Th at 1pm. All abilities are welcome to participate. Free.

**Bingo** - Wednesday, December 14 at 1pm is Bingo Only; the fee is \$1 at the door. We will only be playing once this month.

## CLASSES

### Yoga

New eight-week session begins December 13. Instructor is Trish Nealon. New students may try the first class for free.

Level	Day	Time	Fee
All levels	Tu	1:30pm	\$40

### Exercise with Jo Buck

This class gives you a variety of activities from stretching, to strength training, and floor exercise. Jo makes it possible for you to go at your own pace! Come and give it a try. Your first class is free.

Day	Time	Fee
M/W/F	9am/10:30am	\$2 per class

## DECEMBER EVENTS

### Golf "End of the Season" Banquet

All of our golfers (and their guests) will wind up their season with a luncheon at the Park Ridge Country Club. On the menu - soup, roasted stuffed chicken breast with potato, vegetable and the Chef's holiday dessert. A short program and announcement of the Ladies and Men's Golfer of the Year follows.

Day	Date	Time	Fee
Tu	Dec 6	11:30am	\$30

### "An Afternoon at the Oscars"

Put on your party clothes and be prepared to walk the "red carpet" during the exercise class holiday party. Lunch will be catered by Inglenook with entertainment to follow by vocalist, Greta Pope. Of course, there will be extra fun planned by instructor, Jo Buck!

Day	Date	Time	Fee
F	Dec 16	Noon	\$14

### Senior Center Holiday Party

Join us at Casa Royale Banquets in Des Plaines for lunch, a holiday musical program and Santa bearing gifts! Menu includes cream of chicken rice soup, your choice of salmon with dill sauce or London broil and chicken combo, potato, vegetable, and dessert. Tables of 10. Let us know your seating preference.

Day	Date	Time	Fee
Tu	Dec 13	11:30am	\$29.50

### New Year's Cabaret

Celebrate the arrival of 2012 at our Senior Center Cabaret. There will be music by Laura Freeman, games, refreshments, and a chance to bring in the New Year with friends.

Day	Date	Time	Fee
Th	Dec 29	1:30pm	\$13.50

# DECEMBER PROGRAMS

## Women's Club

Our annual holiday party will be held at Chamber's Restaurant in Niles. Menu choice will be Chicken Marsala or barbecue ribs and shrimp combo. There will be games, singing, and socializing. Of course, there will be a visit from Santa Claus. This event is always sold out, so call the Center to check on ticket availability.

Day	Date	Time	Fee
Th	Dec 1	Noon	\$24

## Pancake Breakfast

This breakfast, sponsored by the Senior Center Men's Club, includes all-you-can-eat pancakes, sausage, orange juice, and coffee. Bring your family and friends. Advance reservations are encouraged although some tickets are available at the door.

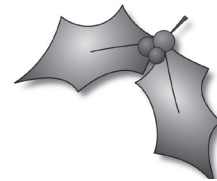
Day	Date	Time
Sat	Dec 3	8am-11am

**Fee:** \$4.50 adults, \$3.00 for children

## Men's Club

The Club's holiday party will be at the Senior Center. There will be a lunch catered by Inglenook, so we know that the food will be plentiful and delicious. Following lunch, the group will be entertained by Edizon Dayao on the keyboard. Any members of the Senior Center are invited to attend. You do not need to be a member of the Men's Club.

Day	Date	Time	Fee
M	Dec 5	12:30pm	\$14



## "Meet Eleanor Roosevelt"

Historical dramatist, Roberta Randall presents a portrayal of Eleanor Roosevelt's life from her shy, lonely childhood to becoming first lady, UN delegate, Chairman of the Commission on Human Rights, mother, wife, and world traveler. Lunch precedes the program. The menu will be Portillo's Italian beef with a gourmet salad, and chocolate cake.

Day	Date	Time	Fee
W	Dec 7	12:30pm	\$14.50



**PARK RIDGE POLICE  
BREAKFAST CLUB**

This monthly program is brought to us by the Park Ridge Police Department. Topics are of current interest to seniors. Breakfast is provided free (courtesy of Panera & Jewel) and begins at 9am. The program follows. There is no charge, but please let us know if you plan to attend.

The December date is Tuesday,  
December 20.

## SERVICES

*These services are offered to any area senior, members and nonmembers.*

**Blood Pressure and Blood Sugar** screening will be on December 16 from 9am-10:15am. No appointments necessary and no charge. Blood pressure will be taken by Nurse Nora and blood sugar taken by St. Matthews for Health.

**Free Notary Service** is available weekdays by appointment. Bring proper identification and the document to be notarized.

**Cynthia Phon, social worker**, is at the Center on Wednesday's from 9:30am-Noon. Cynthia has a wealth of resource information that can assist you in any concerns. Drop in.

**Rules of the Road Review** will not be held in December. The next review course is scheduled for January 10 from 9am-11am at the Senior Center. There is no charge for the course, but please let us know if you plan to attend. Take advantage of this great opportunity to review for your upcoming driver's license test.

**Driver Safety**, sponsored by AARP, is a defensive driving course, that upon completion may entitle you to a discount on your automobile liability insurance. The class dates are December 6 & 8 from 9am-1pm. The charge is \$12 for AARP members; \$14 for nonmembers. Make checks payable to AARP. Pre-registration required. Call 847-692-3597.

**Senior Center Lending Closet** has canes, walkers, shower benches, wheelchairs, and other items. If you are in need of a short-term equipment loan, give us a call. Also, if you have any items you might like to donate to the lending closet, we happily accept them.

## COMMUNITY SERVICE

*Thanks to all our members* who contributed items to send to our troops in Iraq and Afghanistan. We collected 677 items for 140lbs. These items have been taken to Marquette Bank who have an "Adopt a Soldier" program. They will be boxing and sending them overseas. We appreciate everyone's cooperation and support of this program.

*Pop tabs for Ronald McDonald House* are still being collected and delivered regularly. The last collection that was delivered to Ronald McDonald house was 52lbs. of pull tabs.

*Our final project of the year* will be the "Angel Tree" project for Salvation Army. This is the third year that we will be donating gifts to children in need. Our commitment this year is for gifts for 20 children. Anyone interested should stop in to pick up a card which will tell you the age and gender of the child and what they might like for Christmas. You will return the tag and unwrapped gifts to the Senior Center by the date on the tag.



### December Event Reminders

December 9- "Hooray for the Holidays"  
Time: 10am Cost: \$92

December 12- Just Lunch  
Time: 12:30pm Cost: \$6

December 21- Donny and Marie  
Time: 12:15pm Cost: \$110

## DECEMBER BIRTHDAYS

Viola Jager . . . . .	1	Millie O'Brien . . . . .	20
Irene Eadie . . . . .	2	Clarice Rossi . . . . .	20
Mary Petersen . . . . .	2	Jeanette Benedetto . . . . .	22
Joe Fetsch . . . . .	3	Thomas Brandt . . . . .	22
Mary Redmann . . . . .	3	William Ohl . . . . .	22
Jerry Simon . . . . .	3	Nelle Posner . . . . .	22
Mary Winikaitis . . . . .	3	Kevin Mayer . . . . .	23
Frank Mitchell . . . . .	4	Virginia Pestka . . . . .	23
Mildred Anderson . . . . .	5	Ronald Dohr . . . . .	24
Judith Cecchini . . . . .	5	Joanna Fallico . . . . .	24
Vanda Mazeika . . . . .	6	Norman Hewitt . . . . .	24
Elisabeth Adam . . . . .	7	Irene Korte . . . . .	24
Roland Guay . . . . .	7	Bill Mester . . . . .	24
Henrietta Osborn . . . . .	8	Diane Berthold . . . . .	25
Carol Sipe . . . . .	9	Mel Blomberg . . . . .	25
Joan Bleiceffer . . . . .	10	Irene Lombardo . . . . .	25
Reuben Erickson . . . . .	10	Patricia Dohr . . . . .	26
Patricia Lupo . . . . .	10	Judith Hedberg . . . . .	26
Earl Nicholas . . . . .	10	Larry Rowells . . . . .	27
Mary O'Leary . . . . .	10	Joy Sutphen . . . . .	27
Adrienne Chabowski . . . . .	11	Virginia Brauweiler . . . . .	28
Elaine Wittendorfer . . . . .	11	Pat Jackson . . . . .	29
Gloria Skomasa . . . . .	12	Richard Johnson . . . . .	29
Frances Bond . . . . .	13	Patricia Donaldson . . . . .	30
Marie Mickey . . . . .	13	Lee Logeman . . . . .	30
Dottie Wilkinson . . . . .	13	Robert Shallenberger . . . . .	30
Henry Caldwell . . . . .	14	Joan Cole . . . . .	31
Alexandra Domashovetz . . . . .	14	Lorraine Kieser . . . . .	31
George Krtous . . . . .	14	Georgia Purtell . . . . .	31
Ann Minasola . . . . .	14	Jerry Warych . . . . .	31
Julie Toomey . . . . .	16		
Chuck Berthold . . . . .	17		
Margaret Mistak . . . . .	17		
Norine Murphy . . . . .	17		
John Desmond . . . . .	18		
Lorraine Kelleher . . . . .	18		
Ted Otto . . . . .	18		
Mary Hallihan . . . . .	19		
Sue Nugent . . . . .	19		
Lana Seelig . . . . .	19		



## *Tidbits From Teresa*

The 30th Anniversary year is almost over and what a great time we had celebrating! Thanks to all the groups who volunteered to plan the parties, serve the food, sing the songs, decorate the rooms, lead the games, and help everyone have a great time. By the end of the year we will have had 11 special events and almost 1200 members and friends enjoying them. Yea for us!!

The Senior Center Bazaar was a huge success. The ladies who work in the Bazaar Workshop every Friday are to be thanked for the time and energy they put into this event. Also, to the group who set up the white elephants (that is a HUGE job), those who contributed baked goods, and those who worked the day of the event. Another volunteer success. Proceeds from the day of the event was nearly \$3400. The best year in the past five. Thank you everyone.

Happy Holidays to all of our Senior Center members! We wish you the best this season and look forward to another fabulous year in 2012. Stay healthy and have fun.

*Teresa Grodsky*

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Noon - Women's Club Holiday Party	<b>2</b> 1 - Domino Tournament	<b>3</b> 8-11 - Pancake Breakfast
<b>4</b>	<b>5</b> 10 - Money Matters 12:30 - Men's Club Holiday Party	<b>6</b> 8:30 - Men's B'Fast 9:00 - Driver's Safety 9:30 - Men's Planning 11:30 - Golf Party	<b>7</b> 12:30 - "Eleanor Roosevelt"	<b>8</b> 9 - Driver Safety Noon - Opera Holiday Party 1 - Couple's Bridge	<b>9</b> 10 - "Hooray for the Holidays"	<b>10</b>
<b>11</b>	<b>12</b> 10 - Genealogy 12:30 - Just Lunch 1 - Pinochle	<b>13</b> 11:30 - Senior Center Holiday Party	<b>14</b> 1 - Bingo 1 - Wii Bowling	<b>15</b> 1 - Pinochle	<b>16</b> 9 - Blood Pressure & Blood Sugar Screening Noon - Exercise Holiday Party	<b>17</b>
<b>18</b> 1 - Holiday Music Celebration	<b>19</b> 10 - Senior Senate 10 - Money Matters 11 - Writer's Workshop	<b>20</b> 9 - Police Breakfast	<b>21</b> 12:15 - "Donny and Marie" 1 - Bridge Mixer	<b>22</b>	<b>23</b> Center Closes at Noon	<b>24</b> Center Closed
<b>25</b> Center Closed	<b>26</b> Center Closed	<b>27</b>	<b>28</b> 1 - Wii Bowling	<b>29</b> 1:30 - New Year Cabaret	<b>30</b> Center Closes at Noon	<b>31</b> Center Closed
<i>Sunday</i> 1—Bridge Mixer	<i>Monday</i> 9 & 10:30—Exercise 9:30—Ceramics 10—Art Workshop 2:30—Uketones	<i>Tuesday</i> 9:30—Ceramics 11:30—Yoga Noon—Cards 1—Table Tennis	<i>Wednesday</i> 9 & 10:30—Exercise 9:30—Social Work'r 10—Discussion Gr'p 1—Table Tennis	<i>Thursday</i> 9—Computer Club 9—Diet Club 9—Woodcarving 10:15—Humanities 1—Table Tennis/Bowl'g 1:30—Yoga 2:30—Ukulele	<i>Friday</i> 9 & 10:30—Exercise 9—Duplicate Bridge 1—Gamers	<i>Saturday</i> 1—Pinochle

# JANUARY EVENTS

## Elvis' Birthday Party

Elvis will be here with his songs and his moves as we celebrate his birthday!! There will be a pizza lunch before "E" appears and gives us a real show!! It's sure to be a great afternoon. Guests are welcome.

Day	Date	Time	Fee
W	Jan 11	12:30pm	\$15

## Monthly Luncheon

We'll begin with a catered meal of Yankee Pot Roast with mashed potatoes, salad, and dessert. Vito Zatto, a Las Vegas style singer and performer will entertain us with his comedy, impersonations and incredible singing. Vito has been at the Center in the past and gave us a great performance. Warm up a cold winter afternoon with friends at the Senior Center. Doors open at Noon.

Day	Date	Time	Fee
M	Jan 16	12:30pm	\$15

## Movie Memories -

### Dynamic Duos: Favorite Screen Couples

What do Tracey and Hepburn, Newman and Redford, Fred and Ginger, and Laurel and Hardy have in common? Relive memorable scenes featuring these and other Hollywood screen teams. Bob Burton, Professor Emeritus from Oakton Community College will present the program.

Day	Date	Time	Fee
M	Jan 23	1pm	\$5

## Book Review with Jenny Riddle -

### It's the Journey... not the Destination.

Dramatist, Jenny Riddle will review the books "Life on the Line" by Grant Achatz, "I Totally Meant to Do That" by Jane Borden, and excerpts of books by Erma Bombeck. A lunch of Chicken Parmesan with pasta and salad will be served before the review. Doors open at Noon.

Day	Date	Time	Fee
W	Feb 1	12:30pm	\$14

Surprise your child, friend or family member with a gift of fun & recreation...



Park District  
**GIFT CARDS!**



Purchase a gift card for a friend or family member in any amount to enjoy the spectrum of fun activities at the Park District.

# JANUARY PROGRAMS

## "Just Lunch"

"Just Lunch" will begin its second year in January. The menu will be chicken noodle soup with bread and dessert. This is a very successful program thanks to the support of the membership. Remember.... Sign-up is limited to 60 participants.

Day	Date	Time	Fee
M	Jan 9	12:30pm	\$6



## Hospice 101

Dave Sampson from Rainbow Hospice will be giving a program explaining Hospice. There are many misconceptions about Hospice, what it does, for who, and when. Come with your questions. Please let us know if you plan to attend.

Day	Date	Time	Fee
M	Jan 9	1:30pm	Free

*Reminder* If you make reservations for an event, we will need your payment within 3 business days. If we don't receive it by that time, you may lose your reservation. Please remember to fill out the registration form completely with your name and phone number. We try to be flexible and accommodate everyone, and appreciate your cooperation. Let us know if you have any questions. Thanks for you help.

# JANUARY TRIPS

## Viva Vegas at the Fireside

Vegas! All you have to do is say the name and you can instantly imagine the sights and sounds of the greatest entertainment capital in the world. There will be a live band with singers performing music of the Rat Pack, Elvis, Liberace, Bette Midler, Celine Dion and more! The Fireside is known for their fabulous food. The menu will include French onion soup, Roast Boneless Pork Loin with stuffing and whipped potatoes. Don't miss this great opportunity for fine food and entertainment.

Day	Date	Time	Fee
W	Jan 25	8:30am	\$95

*Last Chance for  
30th Anniversary  
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*Looking for a  
last minute stocking stuffer?  
Pick up a copy of our cookbook and  
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Limited quantities - get yours now!*

# WRITER'S WORKSHOP

## OUR VOLUNTEERS

From Roger Loeffler, PRSC Senator

The Writers' Workshop has asked me to use this issue to reprint the results of the recent survey you filled out. One thing stood out above all else. You not only volunteer in the community and Senior Center, but you are multi-taskers. Many of you use your whole day doing for others in many and varied ways. And those who cannot, wish they could. Several mentioned they could not volunteer because they are babysitting. I cannot think of a higher volunteering cause. My thanks to the Writers' Workshop for allowing me to use their space.

### HOW DO SENIORS SPEND THEIR DAYS?

#### VOLUNTEERING

In a recent survey of over 120 seniors at the Park Ridge Center, seniors told us they:

- Made blankets for wounded vets from Iraq and Afghanistan
- Made hospice throws for Lutheran General Hospital
- Sent CARE packages to military personnel in Iraq and Afghanistan
- Collected children's gifts and clothes for the Salvation Army
- Saved 50 pounds of pop can tops for Loyola Medical Center
- Collected empty prescription bottles for Doctors Without Borders
- Contributed over a thousand pounds of canned food.

LOCAL CHURCHES ARE HUGE RECIPIENTS OF SENIOR VOLUNTEERING: Lectors, Ministers of Care, Distributors of Communion, Choir Members, Ushers, Sunday Supper Helpers, Sunday School Teachers, Food Pantry Helpers, Home and Hospital Visitors.

OTHER ORGANIZATIONS ALSO BENEFIT FROM SENIOR'S ENERGY: Women's Groups, our Symphony Orchestra, Citizens Patrols, Hospitals, Nursing Homes, Schools, Center for Concern.

THE SENIOR CENTER COULD NOT OPERATE WITHOUT VOLUNTEERS: They are chefs for steak fries, pancake breakfasts, lunches. They are singers, dancers, stage crews for follies and variety shows, members of the governing body, committee chairs, program designers, go-fors, getters, movers and shakers, and the list goes on. Seniors respond to requests for involvement and assistance, whenever and wherever the need arises.

***This issue closes the 30th year celebration of activities and opportunities at the Park Ridge Senior Center. A big THANK YOU to Teresa Grodsky and her staff . . . AND HOORAY FOR US!***

The next Workshop meeting will take place on Monday, January 16, 2012 in the PRSC Library, 11am until Noon. We have articles for the January and February issues in process, but we always welcome those who seek discussion, peer review, or offer suggestions. Submissions on seasonal topics should be presented for consideration at least six weeks in advance of the appropriate month. For more information e-mail [Renatahg@msn.com](mailto:Renatahg@msn.com) or call: 1-847-865-9044.

# REGISTRATION

NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

Please have a separate check for each event. Failure to do so may delay your request.

Event	Day	Date	Cost	# of People
Just Lunch	Monday	Jan 9	\$6.00	
Elvis' Birthday Party	Wednesday	Jan 11	\$15.00	
Monthly Lunch	Monday	Jan 16	\$15.00	
Movie Memories	Monday	Jan 23	\$5.00	
Viva Vegas!	Wednesday	Jan 25	\$95.00	
Book Review by Jenny Riddle	Wednesday	Feb 1	\$14.00	

Registration must not be mailed until the 10th of the month. If the 10th falls on a Sunday, the 11th becomes the mail date. "Postmarks" prior to mail date, will be placed at bottom of stack for 2 days. We will process mail as we receive it—as stacked and bundled by the carrier, top letter first. **WALK-IN OR PHONE-IN REGISTRATION BEGINS THURSDAY, DECEMBER 22**

Make checks payable to: PARK RIDGE SENIOR CENTER • 100 S. Western, Park Ridge, IL 60068

Credit Card Payment:     Visa     Master Card

(PRSC reserves the right to change a payment to reflect the correct fee)

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Authorized Signature \_\_\_\_\_

Be aware that in signing up and participating in this program/trip/outing, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damage or loss which you might sustain as a result of participating in any or all activities connected with and associated with the above trips and events. (including transportation services and vehicle)

I agree to waive and relinquish all claims I may have as a result of participating in the program(s) against the Park Ridge Park District and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I may accrue to me on account of my participation in the program(s). I further agree to indemnify and hold harmless and defend the PRPD and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, or in any way associated with the activities of the program(s). I have read and fully understand the above Program Details and Waiver Release of all Claims. **WAIVERS MUST BE SIGNED BY PARTICIPANT(S).** Facsimile signatures will be considered as original by the District.

PARTICIPANTS NAME \_\_\_\_\_

DATE \_\_\_\_\_

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