

## Calendar of Events

### April 2011

29 - Volunteer Recognition Banquet at Rock Valley High School Gym

### May 2011

12 - FGP Inservice at Rock Valley Senior Center

13 - SCP Inservice at Rock Valley Senior Center

30 - Memorial Day Holiday

### June 2011

14 - SCP Inservice at Rock Valley Senior Center

### July 2011

26 - Senior Citizen's Day at NCC

### September 2011

29 - "Evening with the Hegg Brothers"

## April Birthdays

02 - Esther Cleveringa

05 - Jeri Welch

05 - Esther Ernst

06 - Gerrit Baker

10 - Greg Foreman

11 - Phyllis Voss

14 - JoAnn Douglas

15 - Virginia Deutsch

18 - Zeanna Van Egdom

25 - Hermina Rozeboom

30 - Colleen Atkins



## May Birthdays

06 - Alydia Post

14 - Gert Den Boer

20 - Kay Kooistra

23 - Grace Droog

27 - Velma Garvin

27 - Retta Van Kley



## Annual Recognition Banquet

Our Annual Recognition Banquet will be held on April 29 at the Rock Valley High School Gymnasium. This will take the place of our monthly inservice meeting. An evening of food, fun and fellowship is planned. The evening will begin at 6:30 p.m. N. L. Sharp, writing consultant and author, will be the featured speaker this year. She wrote the book, *Effie's Image*, after having a Foster Grandparent in her classroom. Paperback books will cost \$7; hard cover -\$12. If you would like to order books before hand, she will autograph the books before the banquet. Please call the office to pre-order books by Monday, April 25. Books will also be available for purchase that evening.

Invite friends, family, teachers, and supervisors to share this evening with you. Guest tickets are \$8.00. Let office staff know by April 21 if you will be attending the Recognition Banquet. Please tell us how many guests will attending also. We need to hear from everyone.

## Foster Grandparent Evaluation Schedule

Included with the Update you will find an appointment with Denise. Please review this information. Denise looks forward to meeting with you. Please call the office if the scheduled time does not work for you.

If you have not already done so, please return the enclosed annual evaluation form to the FGP Office.

Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I'd gained some weight, and I didn't feel so hot. My doctor said eating right doesn't have to be complicated and it would solve my physical problems. He said just think in colors; fill your plate with bright colors; greens, yellows, reds, etc.

I went right home and ate an entire bowl of M&M's and, sure enough, I felt better immediately. I never knew eating right could be so easy...

## The Hegg Brothers



Jeremy and Jonathon Hegg perform with a simple premise that well-written music performed well is enjoyable to most everybody.

Their music features well-known classical favorites, messages for the heart, and music to lift the spirit.

**September 29, 2011**

**7:00 p.m.**

**B.J. Haan Auditorium  
Sioux Center, Iowa**

**Tickets - \$10**

Fundraiser for

**The Foster Grandparent & Senior Companion Programs**