

"WE ARE HERE"

# Siamo Qui

ISSUE 542

MARCH 2019

THE ITALIAN AMERICAN COMMUNITY CENTER FOUNDATION INVITES YOU TO OUR ANNUAL



## St. Patrick and St. Joseph



**Mass & Brunch**  
Sunday, March 17 - Mass at 10:30 am

BRUNCH SERVED AFTER MASS

*Menu*

- Scrambled Eggs • Bacon and Sausage • Baked Ziti • Cauliflower and Broccoli Fritters
- Corned Beef and Cabbage with Carrots and Potatoes • Pasta Cece
- Rolls and Italian Bread • Seasonal Fresh Fruit Royale • Cookies
- Assorted Juices • Coffee, Tea, Milk • St. Joseph's Zeppole



**COST: \$25**

OPEN TO THE PUBLIC

ITALIAN AMERICAN COMMUNITY CENTER 257  
WASHINGTON AVENUE EXT. ALBANY

**RESERVATIONS:**

CALL THE IACC OFFICE AT 456-IACC (4222)  
AT [WWW.IACCFUNDATIONALBANY.ORG](http://WWW.IACCFUNDATIONALBANY.ORG)

# Family Easter Party

SATURDAY, APRIL 6th,  
12:00 – 3:00 PM



MASS & BRUNCH  
March 17, 2019  
10:30 AM

An intimate evening with



SAVIO DE MARTINO

March 9, 2019  
6:00 PM

## SOCIAL CALENDAR



- 3/02 ~ CARNEVALE CALABRESE 2019 6:30 PM-11:30 PM
- 3/06 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon \*
- 3/06 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm \*
- 3/07 ~ Chair Yoga 6:30 pm
- 3/09 ~ An Intimate Evening with Savio De Martino
- 3/13 ~ Women's League Meeting: Guest Speaker Christine Fox-6:30 pm
- 3/14 ~ Chair Yoga 6:30 pm
- 3/17 ~ St. Patrick and St. Joseph Mass & Brunch 10:30 am
- 3/21 ~ Chair Yoga 6:30 pm
- 3/25 ~ Men's Bocce Organizational Meeting 6:30 pm (Buffett at 5:30pm)
- 3/28 ~ Chair Yoga 6:30 pm
- 4/06 ~ Family Easter Party Noon-3:00 pm

\* Co-Ed and Men's Poker are held every Wednesday



## NEWS & EVENTS

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President of the Italian American Community Center
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Easter frame: Designed by Dines\_Sajith/Freepik

### Upcoming Events

- 4/13 ~ Experience Little Italy: Arthur Ave Bus Trip 8:30 am
- 5/17 ~ Friday Nights At The Pavilion (Opening Night)
- 5/18 ~ Member Exclusive: Pool Pre-Opening Party & BBQ
- 5/19 ~ The Mother/Daughter Luncheon & Fashion Show
- 6/02 ~ St. Anthony's Mass/Lunch
- 6/19 ~ Best of The Bronx: Yankees Game & Arthur Ave Bus Trip

\*Unless otherwise noted, Treviso's Sunday Brunch & Monday Night Grand Buffet Occur On A Weekly Basis.\*



## President's Message

Last month when I said things were heating up here at the IACC, I meant it regarding the many events coming in March and April, certainly not literally as in a fire. Overnight on February 9-10th in the Men's Bathroom on the first floor, the thermostat in our old space heater malfunctioned and sparked causing a very small fire that was quickly self-extinguished. Luckily, the electrical system functioned as it should have. The circuit breaker kicked off and there was no damage done whatsoever except for some black soot on the tile wall. We quickly had our electrician come and we totally removed the unit. AFD came and inspected inside the wall cavity. We will soon be replacing the unit with a more modern, safer one. There's never a dull moment when it comes to maintaining our massive complex. Many thanks to Dave Quadrini, our house committee chair, for his quick and decisive actions in this matter.

Our Super Bowl party was a huge hit again this year and the crowd continues to grow to the capacity our banquet room will allow. This year's game was a low scoring affair but for me it was the most exciting because for the first time in 35 years of hosting the Super Bowl Party, I won one of the pools, not once but twice, for a total win of \$1000. I have donated the winnings back to the club to fund future projects and events. I would like to thank all who helped out to make this event the huge success it is every year, Angelo Tarantino-promotions, Pete Scavullo-games of chance, Joe Mirabile-AV specialist, Frank Zeoli-event co-chair, Donna Zumbo, Nancy Sano, Roger Fucilli and John Green- raffles and prizes and, of course, the Mallozzi Group and Pam for the food, planning and set up to make this day run so smoothly.

This March is different in that our Carnevale celebration is the latest on the calendar it has ever been. If you have not made your reservations yet, please come out and attend this fun-filled evening of fellowship, great costumes, dancing and, of course, great food.

The following weekend we have a very special event direct from Italy, "An Intimate Evening with Savio De Martino". Mr. De Martino is quite an accomplished artist having appeared at many prestigious music festivals including San Remo. He has over 10 albums to his credit and many television appearances on RAI, the International Italian Television Network. This event is limited to 40 people and it's open to the public. The cost will be \$20 and you must make reservations which will be handled on a priority basis (first paid guarantees a seat).

The next weekend, Sunday, March 17th, will be our annual Saint Patrick's/Saint Joseph's Day Mass and Brunch. Please see the cover for more information. Our Family Easter Party will be held in the Caruso Room (second floor) on Saturday, April 3rd. It is a fun day which will include lunch with the Easter Bunny, various activities, and will end with an Easter egg hunt for the kids.

On Saturday, April 13th, we will be taking our annual spring trip to Arthur Avenue in the Bronx. We have cultivated such a following for this event that without any advertising this event is almost sold out. If you want to go, call the office immediately. We have less than 15 spots left. Frank Zeoli and I have been busy putting together an overnight trip to Boston's North End on August 24-25 to celebrate the 100th Anniversary of the largest and oldest Saint Anthony festival in the United States. This event will be selling out as well and will soon be advertised in the next issue of the Siamo Qui.

Sunday, May 19th, will be the date for the Annual Mother-Daughter Luncheon and June 19th is the date for the annual Best of the Bronx New York Yankee game vs Tampa Bay and Dinner at Arthur Avenue. Is your head spinning yet with all these upcoming fun events? One can easily see why we are the Capital District's Premier Social Club. Thank you to all our wonderful members who spend countless hours planning these activities for all of us to enjoy. I look forward to seeing you at these events.

**JIM SANO**  
ITALIAN AMERICAN COMMUNITY CENTER  
PRESIDENT



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HOURS: M-F 9:30AM TO 2:30PM  
THERESA LAJOY- OFFICE MANAGER  
PHONE # (518) 456-4222  
EMAIL: IACCOFFICE@ITALIANAMERICAN.COM



**To make a reservation call the I.A.C.C. Membership Office at (518) 456-4222 or visit [www.italianamerican.com](http://www.italianamerican.com)**

*Reservations need to be paid in advance: no payment at door. Deadline for reservations is May 16th.*

**Date:** May 19, 2109

**Time:** 12:00 noon

**Location:**

Italian American Community Center  
257 Washington Extension  
Albany, NY 12205

**Price:** \$25.00

(Children under 12 are free)

There will be raffles

**Fashions provided by:**

Children: Justice (Colonie Center)

Adult fashion store: to be announced

**Menu:** Penne Marinara

Tossed Salad

**Adults Choice of Mimosa**

Chicken Francaise

Steak Amalfi

Eggplant Parmigiana

Potato and Vegetable

**Children Choice of Shirley Temple**

Chicken Fingers

Maccaroni and Cheese

French Fries, mixed vegetables

Rolls & Butter

Dessert, Coffee, Tea and soda



# Family Easter Party

SATURDAY, APRIL 6th,  
12:00 – 3:00 PM

*Join us upstairs in the board room for all the fun!*

**EASTER CRAFTS  
EASTER EGG HUNT in our GARDEN  
VISIT WITH THE EASTER BUNNY  
AND DON'T FORGET YOUR CAMERA!!**

**PIZZA AND REFRESHMENTS WILL BE SERVED  
MEMBERS AND THEIR CHILDREN – FREE  
NON-MEMBER ADULTS - \$8.00/CHILDREN 5-15 - \$5.00**

*Please call the office at 456-4222 with your reservations!*



Bunny Photo: "Designed by jannoon28 / Freepik" / Vectors "Designed by Ardisign / Freepik" / Opposite page: Background: "Designed by starrine / Freepik"

An intimate evening with

With over 10  
CD's to his  
credit

International  
Recording Star

As seen on RAI

# Savio De Martino



You are invited to an evening of music at the I.A.C.C as we welcome Savio De Martino International Recording Star from Italy as seen on RAI, San Remo and other music festivals.

Savio is from the Naples Region of Italy and will be in the US for a limited time. His music which is pop and jazz by nature, has taken Italy as well as other countries he has visited by storm. You won't want to miss it.

Open to the public. Light Refreshments will be served.

**Saturday, March 9, 2019 - 6:00PM**

Don't wait, make your reservations today seats are limited and will sell out quickly.  
Call 518-456-4222 - Cost \$20

ITALIAN AMERICAN COMMUNITY CENTER



Caruso Room - 257 Washington Avenue Ext., Albany, NY 12205

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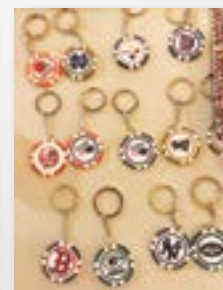
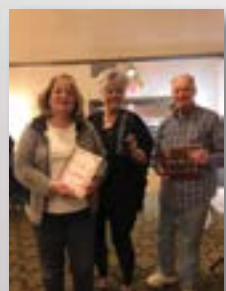


LIII  
SUPER BOWL  
SUPER BOWL 53 PARTY



Super Bowl 2019 was another record setter. There were over 150 people who attended this year's Super Bowl celebration. If you enjoy a good defensive battle this year's game was for you. The game was very strategically played and, in the end, the New England Patriots captured another Championship. I would like to thank all that help make this event the huge success it is every year, Angelo Tarantino-promotions, Pete Scavullo-games of chance, Joe Mirabile-AV specialist, Frank Zeoli-event co-chair, Donna Zumbo, Nancy Sano, Roger Fucilli and John Green raffles and prizes and of course the Mallozzi Group and Pam for the food, planning and set up to make this day run smooth.

Be sure to join the party next year!!



Start Spreading The News...

**BEST OF THE BRONX**



**6/19/19**

**Cost:** \$45 I.A.C.C. Members / \$55 Non-Members

**Location:** The Italian American Community Center

**Time:** 8:00am (Depart From Albany) / 1:05pm (Game)

**Call (518) 456-4222 To Reserve Your Spot Today!**

NY Yankees vs. Tampa Bay Rays - 1:05pm  
\* Post Game Dinner Stop At Little Italy On Arthur Ave. \*



# ABRUZZO



Abruzzo Flag

## REGIONS OF ITALY

By JIM SANO



**A**bruzzo (Italian: [a 'bruttso]; also called **Abruzzi**). Abruzzo, although geographically it may also be considered central Italy, it is also considered a region of Southern Italy in terms of its culture, language, history, and economy, and historic association with the Kingdom of the Two Sicilies. Abruzzo occupies 4,156 square miles and has a population of 1.2 million people. It is divided into four provinces: L'Aquila, Teramo, Pescara, and Chieti. Most of the region is mountainous, stretching from the heart of the Apennines mountains to the Adriatic Sea. This mountainous land is occupied by a vast plateau, and home to the highest peak of the Apennines, the Gran Sasso, at 9,554 feet above sea level. Abruzzo is known as the "greenest region in Europe" due to its large number of national parks, landscapes, and natural beauties. Nearly one-third of Abruzzo's territory is set aside for these parks and reserves, including the National Park of Abruzzo, the Gran Sasso National Park, and the Maiella National Park. Abruzzo's Adriatic coastline is characterized by long sandy beaches to the North and pebbly beaches to the South. Abruzzo's characteristic hillside areas have some of the best vineyards and olive groves in all of Italy.

### History

Human settlements in Abruzzo have existed since at least the Neolithic times dating back 5,000 years. These early inhabitants developed a thriving agricultural economy which consisted of farming and raising sheep. The Metal Age brought the arrival of people from Asia. Sheep farming and herding developed even more. In fact, traditions of sheep-herding are still present in modern-day Abruzzo.

While the tribes of Abruzzo flourished independently, the Roman Empire on the opposite side of the Apennines was becoming stronger and growing larger. Romans began to conquer the tribes of the Italic period around 300-400 BC. However, the tribes of this region were known for their aggressiveness and fiercely opposed their new enemy. The greatest piece of artwork from this time period is the incredible statue Warrior of Capestrano. This statue can be viewed at the National Archaeology Museum of Abruzzo in Chieti.

Eventually, the Romans overcame the tribes and by the Augustan era, all of Abruzzo was considered Roman territory. While the road to Roman colonization was costly to the local inhabitants of early Abruzzo, the influence the Romans had on the area was highly impactful. The Romans destroyed existing cities to create new city-colonies that featured theaters, spas, baths, amphitheaters, and other important public spaces and buildings. The most important role the Romans played in advancing Abruzzo and the Roman Empire, however, was the construction of new roads which would connect Rome to the Adriatic Coast.

The productivity of Abruzzo's expansion was stopped at the fall of the Roman Empire. After the fall of the Roman Empire, there were a string of invasions and rulers in the region. In the 6th century, the Lombardi arrived and colonized the area calling it Aprutium. Under the rule of Charlemagne, some of the area's most notable architecture was built. Many of the important buildings from this time are still around to be seen today including various abbeys and religious structures.

Around 1000 AD, the Normans arrived and would take control of Abruzzo in a little over a century. Frederick II of Sweden unified the territory of Abruzzo, reorganizing the region and naming Sulmona as the capital city. The city of L'Aquila was founded in 1254 and would become one of the main cities of Italy second only to Naples. For the next few centuries, the region flourished both culturally and politically. Abruzzo went through economic highs and lows as it transitioned from being dominated by the French to being taken over by the Spanish who would rule until the early 1700s.



Following the Spanish rule, Austria ruled Abruzzo until 1734. Napoleon took over in 1815 establishing the Kingdom of the Two Sicilies and ruling until Italian unification. During his time as the leader of the region, Napoleon would abolish feudalism and reform the region in a variety of ways. The economy of Abruzzo thrived, but mainly near the coast.

After World War I, fascism thrived in Abruzzo due to the vast gap between the region's social classes. During World War II, the region was devastated by the Nazi army, who killed many of Abruzzo's civilians and destroyed a large portion of the area. The reconstruction and rebuilding of the region was slow and the bulk of its repairs didn't occur until the '60s. Until 1963, Abruzzo was part of the Abruzzi region with Molise. The term Abruzzi (plural of Abruzzo) derives from the time when the region was part of the Kingdom of the Two Sicilies. The pinnacle of the area's growth was in the mid-'70s to '80s. Today, Abruzzo is a developed area that preserves its agrarian and rural background.

### Culture

The Abruzzo culture equates an artist with a craftsman. The region's tools of craftsmanship are varied, including precious metals, lace, copper, and wrought iron. The grand architecture is example enough of this as Abruzzo features art in the form of castles, monasteries, and medieval villages. Stone and wood carvers, master goldsmiths, and blacksmiths built the town one magnificent building at a time. The province of L'Aquila is home to one of the grandest churches in the area, Basilica of San Bernardino. It was built in the mid to late 1400s in honor of St. Bernardino of Siena. The building houses the saint's body still today inside the mausoleum. The Teramo Cathedral is one of the Teramo province's most notable landmarks. The Roman Catholic cathedral boasts a Romanesque architecture that is just slightly more beautiful than its mountainous backdrop. Pescara offers one of the most breathtaking views of the city and the Adriatic Sea when strolling down the Ponte del Mare, a pedestrian bridge over the Pescara River. The view of the sea at dawn, dusk, or during the day is simply unparalleled with the blue expanse melting into the sky on the horizon. One of Chieti's most popular landmarks is the Museo Archeologico Nazionale d'Abruzzo. The building, dating back to the 1830s, is a neoclassical villa that sits atop a hill, offering a grandiose view of Abruzzo's mountains. The Art Nouveau style structure was a school before it became a museum in 1959. On the outside, the simple but well-crafted brick exterior features beautiful arched windows that offer a breathtaking view of the countryside. On the inside, the museum offers visitors a view of the ethnic and topographical aspects of Abruzzo's history.

### Climate

The Abruzzo region has two types of climate, maritime along its Adriatic Coast and its interior Apennine mountainous climate which is continental. Coastal areas have a Mediterranean climate with hot dry summers and mild winters. The Apennine mountainous area's average annual temperature is between 46- and 54-degrees F with the warmest temperatures in the summer months, around 68 degrees F.

### Language

The dialects spoken in the Abruzzo region can be divided into three main groups: Sabine dialect, in the province of L'Aquila (central Italian dialects) Abruzzo Adriatic dialect, in the province of Teramo, Pescara and Chieti, (southern Italian dialects) and Abruzzo western dialect, in the province of L'Aquila.

### Food and Wines

One of the most popular regional dishes is Spaghetti alla chitarra which is made by pressing or cutting pasta through a chitarra, an implement to form long thin noodles like spaghetti. The pasta is served with a tomato-based sauce, often flavored with peppers, pork, goose, or lamb. This dish is complemented by regional side dishes, such as the bean and noodle soup, sagne e fagioli. This soup is traditionally flavored with tomatoes, garlic, oil, and peperoncini.

Other popular dishes include Gnocchi carrati, flavored with bacon, eggs, and pecorino cheese. Scrippelle, a rustic French-style crêpe served either mbusse (a type of soup) or used to form a sort of soufflé with some ragù and stuffed with chicken liver, meatballs, hard-boiled eggs, and cheese. Pastuccia, a polenta stew with sausage, eggs, and cheese. Rustic Easter pizzas are also very common. Across the region, roast lamb is enjoyed in several variations. Some of these variations include Arrostiticini, a skewered lamb dish. Pecora al cotturo, lamb stuffed with a variety of mountain herbs and cooked in a copper pot. Seafood is also popular, especially in coastal areas. The variety of fish available to the area has resulted in several fish-based Brodetti (broths). These broths are often made by cooking fish, flavored with tomatoes, herbs, and peperoncino in an earthenware pot.

Organic wineries can be found throughout Abruzzo but particularly in Chieti and Teramo. Abruzzo wine is recognized both nationally and internationally. One of Abruzzo's most famous wines is Montepulciano, which is named as such because it is produced with the Montepulciano grape. Most of this wine is made in the Chieti province and is famous and highly revered by wine connoisseurs. This medium-bodied red wine is divine with meats and roasted winter vegetable dishes. Trebbiano and Sangiovese are also popular wine varieties found in the region. Trebbiano white wine pairs fabulously with seafood, pastas, and risottos. Sangiovese is a dry red wine that pairs splendidly with hard cheeses, rich meats, and cured sausages.

### Desserts

Sweets have been part of the Italian culinary tradition forever. The ancient Romans covered fruit, flowers, nuts, and kernels in honey to make sweet treats. Most of the sweet treats of Abruzzo are almond-based and often have a hint of honey.

Perhaps one of the most colorful and aesthetically beautiful almond desserts is Italian Confetti (Jordan Almonds), a traditional offering of the city of Sulmona. It was in Abruzzo where confetti were first invented in Sulmona. In the 15th century, the nuns at Santa Chiara monastery wrapped pieces of almond candy in silk and gave it in homage to noble brides, bishops and royalty. Ordinary people's only chance to taste the sweet was during the Ferragosto processions when the magistrate threw confetti to the crowds. The almonds are peeled and coated in sugar and come in virtually every color of the rainbow. While this dessert can be served loose in a bowl, both the eyes and taste buds delight at confetti that is fashioned into gorgeous bright flower bouquets and other aesthetically pleasing designs. Sulmona is home to this exquisite combination of food and art.



Continues on Pg. 12



# WOMEN'S LEAGUE

Hello Ladies,

I am very excited to tell you about our first guest speaker who will be joining us for our March 13, 2019 Women's League meeting. Our guest this month is someone that I have known for several years and it is wonderful to be able to introduce her to all of you. Her name is Christine Fox and she will be telling us about her new and exciting business called LENDING HAND & HEART, an adult errand service. She was greatly inspired to start this business by her grandparents, as I am sure she will explain. Christine will be providing us with more details as she joins us for dinner.



If you belong to the Italian American Community Center, you are automatically a member of the Women's League and if you have not been to one of our meetings in the past, I hope you will join us. We have a great time and make many friends.

Our meal choices for this evening will be: Corned Beef and Cabbage with carrots and potatoes or Manicotti and the dessert will be Lemon Sponge Roulade. Please make your dinner reservation by contacting Marilyn Quadrini at (518) 438-7602 with your meal choice no later than March 9, 2019. Cancellations can be accepted no later than March 12, 2019. Cost for the meals will be \$22.55 per person.

I am looking forward to seeing everyone at our first meeting in 2019.

Thank you,

*Gretchen VanValkenburg*  
President



This page photo: Designed by jcomp / Freepik; Opposite page: Mother-daughter photo: Designed by Beartides / Freepik; - Background: Designed by Freepik.

## Chicken & Peas ALPHABET SOUP

This is a great make-ahead meal to store in the freezer and have on hand when the kids are hungry! I remember this being one of the freezer meals I prepped right before having my son, for when we'd be home with a newborn and no time to cook. At the time my daughter was 2 and she loved this soup, so I made a batch of it for future meals for her. I would just take it out of the freezer, thaw it, and cook the alphabet pasta right in there...so easy...easy is needed with a toddler and newborn!

In a large pot, heat a little olive oil over med-high heat. Season 2 or 3 thin sliced chicken breasts with salt & pepper. Brown the chicken on both sides. Add about 1 cup of frozen peas and 8 cups of chicken broth. Cover the pot, bring to a boil, then turn the heat down to low. Simmer for about 30 minutes.

When you are ready to serve, heat a separate small pan on med-high heat. Ladle some of the soup into the pan and bring it to a boil. Pour in alphabet pasta and cook according to instructions. When the pasta is cooked, remove the pan from heat. If it needs more broth, ladle some in from the larger pot. Take one of the chicken breasts and shred it with two forks right into the soup. The kids will be getting their protein, grains, and vegetables all in this soup...a 3-in-1 meal...win, win, and win!!



For other great recipes by Nata Paghialonga go to: [MangiaMom.com](http://MangiaMom.com)

# ABRUZZO

Another favorite in the Abruzzo region is torrone, or nougat. These can be found in almost any restaurant in a variety of flavor combinations. Pastries are a given in this region of Italy. Rustic pastries called Bocconotti are often stuffed with almonds and chocolate, although they can be found in a variety of flavors. Cicerchiata are small balls of fried pastry with accents of honey served as an oval-shaped cake. A more unassuming dessert category that is often underestimated is that of cookies. Ferratelle, also known as Pizzelle, is a light, wafer-thin cookie flavored with anise. The Ravioli Dolci or pasta with sugar, is much like the classic international version of ravioli, except larger and with some unusual additions such as sugar, lemon, and cinnamon.

## Conclusion

Abruzzo is truly a year-round destination with ancient villages, castles, lakes, and rivers nestling between soaring mountains. Many people flock here in the winter months since this area offers some of the best skiing. Some think late April to mid-May is the best time to visit Abruzzo for a holiday or long weekend break to witness the many flowers in their full spring blooming state. Others believe the summer and the beaches are the perfect time to visit. Whatever your preference, Abruzzo is certainly a unique province and one worth visiting. If you or your ancestors are from this region in Italy, we would love to know that so please contact us.



Continues from Pg. 11

REGIONS  
OF  
ITALY

# CARING & SHARING

## March

### Birthdays

- Jeanette Anziano
- Mary Anziano
- Mark Babie
- Paul Berghela
- Jaclyn Brilling
- Marie Bubonia
- Thomas Burns
- Pasqua Cafaro
- Linda Carducci
- Barbara Carroll
- Vincenza Davis
- Paul DeRusso
- Karmel DeStefano
- Sante DiCarlo
- Daniel Dillon
- Eric Dratler
- Karlyne Drimalas
- Courtney Fosco
- Stefan Fosco
- Andrea Goldberger
- Ann Marie Grady
- Doreen Grosso
- Joseph Guastamacchia
- Neil Jennings
- Ray Joyce
- Kathleen Mailloux
- Gail Marcklinger
- Mary McCarthy
- George McHugh
- Belinda Mex Moreno
- Tim Milos
- Beth Musella
- Janet Nardolillo
- Jeanne Owens
- Joseph Padula
- Karen Park
- Arnie Prindle
- Matthew Ruth
- Kathryn Sano
- Charlie Schmoegner
- Lidia Schuch
- Darlene Simmons
- Patricia Tibbitts
- Carl Trichilo
- Erin Turner
- Daniel Wall
- Antonietta Weijola
- Jason Wolf
- Frank Zeoli



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## CONDOLENCES



OUR DEEPEST  
CONDOLENCES TO MEMBER  
JACLYN A. BRILLING  
ON THE PASSING  
OF HER FATHER,  
JOHN ALBERT "JACK" BRILLING

CONDOLENCES TO  
SHERRI BELLUCCI  
ON THE PASSING OF  
HER BROTHER  
FRANK P. BELLUCCI



Get well soon **TESS BONANNI**



## WELCOME

*new members*

GEORGE WITKO  
PATRICIA TIBBITTS AND  
BRUCE SCOTT  
AMANDA LASKY  
BRENDA GAUSBY  
STANLEY AND MARIA PADDOCK

Flowers: Designed by Freepik

*This course is great for people wanting to reclaim healthy movement, build strength and joint mobility, and regain your best body regardless of your age and fitness level!*



*Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using the chair for support. Remember to wear loose comfortable clothing!*

## CHAIR YOGA IS RETURNING TO THE IACC

This class is enjoyed by so many and is returning for an 6-week spring session on Thursday evenings, March 7, 2018 through April 18, 2019 (no class on March 21st). The class will be held upstairs in the IACC Boardroom and begin at 6:30 pm for 1 hour. Classes are open to men and women. Please call the membership office at 456-IACC (4222) to sign up.

**The price will be \$50.00 for the session or \$8.00 a class to "drop-in."**



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