

SPRINGTIME A Time for Renewal

It's finally spring! Spring represents newness and endless possibilities; what better time than spring to re-group, re-prioritize, and even re-invent ourselves and the lives we're living. Here are some spring "rituals" to help you get started.

- De-clutter your living space - Donate clothing and household items that are in reasonably good condition to an organization or charity and books to your local library or hospital.
- Clear out mental and emotional clutter - Get rid of things that are weighing you down and sapping your energy.
- Start a practice - A daily practice affords you a "time-out" from your every day routine. Try walking daily, journaling, using a meditation app, creating art, etc.
- Spend time outside
- Simplify your life - Slow down. As life moves so quickly, we need to find a way to quiet our minds and make quality time for ourselves.

Which of these jumps out at you the most? Which do you think could be good for you to try? Compeer wishes its clients & volunteers a happy and healthy spring!

SOCIAL UPDATE

In-person socials are indefinitely postponed at this time. We are continuing to follow official health guidelines regarding events and group gatherings. We want you to stay safe!



Enjoy a Fun Day at the Hershey Gardens!

Spring is here, and to celebrate Compeer is offering free tickets to the Hershey Gardens! Between now and May 15, call our office at [717] 272-8317 and we will purchase up to 2 tickets for you that can be redeemed at a later date.

Note: Rides will not be offered to the Hershey Gardens. The deadline to call for tickets is May 15.



Friendaversaries

April

Maryann G. & Sara Ann B.	4/2	1 Year
Gloria E. & Sara Ann B.	4/2	1 Year
Amanda K. & Stacy G.	4/3	6 Years
Mary Ellen M. & Ann M.	4/14	5 Years
Tiffany R. & Debra S.	4/22	1 Year
Charles F. & Ian S.	4/23	2 Years
Amanda E. & Danielle O.	4/28	1 Year

May

Elizabeth S. & Nancy L.	5/19	15 Years
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June

Christina R. & Marilyn V.	6/5	3 Years
Debra S. & Jill L.	6/9	1 Year
Gabi T. & Cheree W.	6/17	2 Years
Ann Y. & Kris C.	6/26	2 Years

★ Congratulations! ★



For 2021, we're taking CompeerCorps Warrior outside and on the road for a fun motorcycle poker run!

The event kicks off at the Moose's LZ Bar & Grill in Jonestown, where riders and passengers will begin their run, stopping at multiple locations throughout! The fun starts May 22 at 9 AM & will benefit veterans of Lebanon County. We hope you will join us! For more information, call our office at [717] 272-8317. To register for the event check out our website.



April

May

June

Bambi B.	4/3	Chad S.	5/5	Maritza C.	6/2
Cathy F.	4/6	Joel B.	5/8	Kathleen M.	6/2
Daniel B.	4/9	Sara Ann B.	5/12	Alexa K.	6/2
Rosemarie R.	4/9	Donna H.	5/16	Elizabeth F.	6/4
David J.	4/12	David R.	5/21	Logan R.	6/8
Andrew C.	4/15	Lisa K.	5/21	Shelli R.	6/9
Ann M.	4/19	Bret P.	5/25	Melanie G.	6/9
Candace B.	4/20			Georgette B.	6/10
Barbara F.	4/27			Sarah F.	6/16
Debra H.	4/29			Jeff W.	6/16
				Judith C.	6/21
				Kathryn R.	6/25

Have a good year!



April 13	6 PM	Free to Attend All Are Welcome
April 27	6 PM	
May 11	6 PM	
May 25	6 PM	
June 8	6 PM	
June 22	6 PM	

