



Heritage Club Spring
Catered Luncheon

CHANGE OF DATE

Tuesday, April 12, 2016

American Legion Hall,

West Point, Iowa

11:30 a.m.

Presenting

Barefoot Becky and Terry

Spring Reverie



I heard the maytime robin sing
His merry voice has wakened spring;
Each golden note bursts forth to soar
Where sound and blossom now restore.
The drowsy earth sheds winter's rest
And all that slept find spring confessed
That radiant song that fills the air
Brings good news beyond compare.
The birds proclaim with joyful tune
The raptures of impatient June;
With potent scent the blooming flowers
Perfumes time with fragrant hours
A nest well hidden in a tree
Holds new life we can't yet see;
The crimson rose perfumes the gale
The virgin lily crowns the vale.
Where sun and shadows come to dwell
Seductive spring will cast her spell.

-Elizabeth Wesley

4 WAYS TO STAY HEALTHY

Find a way (or a few ways) to be active every day



If you find activities that you truly love, you will find joy in being active every day, even if it's just going for a walk in your favorite place. Eliminate the "I don't have time to work out today" excuse by embracing the short but effective exercise session. Anything you can do to get your body moving will put you in a better place mentally and is better than being completely stationary. Get outside as much as possible. You could take your grandkids to the park or get outside and do some gardening!

Hydrate

Drinking more water is one of the simplest ways to achieve a healthier you. Proper hydration aids digestion, refuels our bodies for upcoming workouts, boosts energy, nourishes the skin... the list of benefits goes on and on. Keep a water bottle with you as a constant reminder to drink more H₂O. The weight of a heavier water bottle will remind you to do your best to empty it!



Eat real, whole foods

Forget counting carbs and calories; instead, focus on fueling your body. If you are eating nutritious foods with as few ingredients as possible — fresh fruits and vegetables, whole grains, healthy and clean proteins — you're treating your body well. This spring, try some delicious and healthy recipes that will have you feeling refreshed! It's a great opportunity to get out and start your garden!



Enlist a buddy

Being vocal about your goals to get in shape can be a powerful motivator and may even inspire a friend to join you. Strength in numbers!



For more keeping healthy ideas go to
<http://www.today.com/health/shape-spring-7-simple-tips-t17951>



Fun Facts about Spring



Spring fever is not just a saying. Experts say the body's makeup changes due to different diets, hormone production and temperature.



The first spring flowers are typically daffodils, lilies, tulips, iris and lilacs to name a few.

If you stand on the equator on the first day of spring, you would see the sun pass directly overhead. It only happens twice a year in spring time and autumn.



Benjamin Franklin first proposed Daylight Savings Time in 1784.

ICE CREAM SOCIALS

To show appreciation to our customers, we invite you to enjoy complimentary roast beef sandwiches and ice cream sundaes at our annual Ice Cream Socials!

Tuesday, June 7, 2016 - 5:30 – 7:00 p.m.

Packwood - Packwood Christian Church

Mt. Pleasant - Faith Christian Outreach Center

Winfield - United Methodist Church

Ft. Madison – Holy Family Parish McAleer Hall

Keokuk – First Christian Church

Thursday, June 9, 2016 - 5:30 – 7:00 p.m.

West Point - American Legion Hall

Houghton - K of C Hall

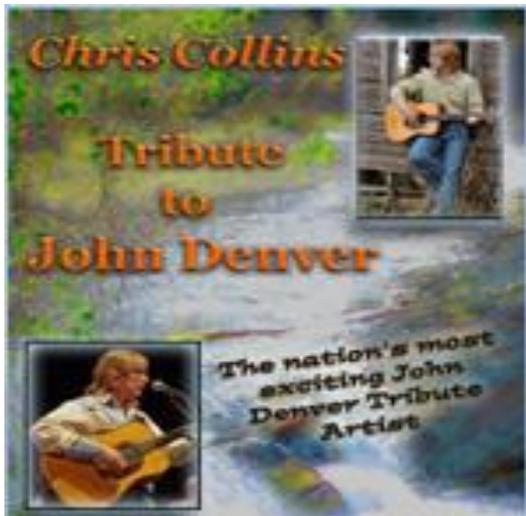
Thursday, June 9, 2016 - 4:00 – 7:00 p.m.

Donnellson - PGSB Community Room

UPCOMING TRIPS

JOHN DENVER at CIRCA' 21 in ROCK ISLAND

Thursday, April 7, 2016



Chris Collins and Boulder Canyon have toured the country together entertaining audiences with their talent, paying tribute to John Denver.

This trip is currently full! If you would like your name on a waiting list, please contact Lauren in West Point. She will notify you of any cancellations. If you have reserved your ticket, please ensure payment is sent to the West Point office by Thursday, March 31, 2016. We are excited to have you join us!

THE FOLLIES at THE PARAMOUNT in CEDAR RAPIDS

Come join us in watching the Weismann Follies showgirls, in their 35th year, reunite before their old theatre is torn down, singing and dancing their old numbers and looking back on the past in Stephen Sondheim and James Goldman's the Follies. Follies' proceeds support the St. Luke's Hospital's Auxiliary and are only \$91.00! Come on and join us Saturday, April 9th!

Saturday, April 9, 2016

We currently have a few spots open for travelers. Since dinner is not a part of this show, we will be stopping to eat at Parlor City Pub and Eatery in Cedar Rapids. Upon sign up, an itinerary along with meal options will be mailed to you. Call Lauren in West Point with any further questions.



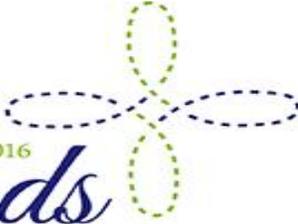
THE QUILT CONVENTION in CEDAR RAPIDS

Thursday, May 12, 2016

To celebrate it's 20th Anniversary, the Machine Quilters Association is returning to the Cedar Rapids Convention Center to showcase "Threads of Time." This year, the show boasts 400 member quilts along with a judges quilt show, raffle quilt, featured quilters, gift baskets, quilts, vendors, demonstrations and much more! Admission is only \$10 to this event with cash concessions available throughout the day. Following the event, our bus will provide a tour of downtown areas rebuilt after the Flood of 2008. Learn about how the city has overcome many obstacles in order to rebuild their downtown and surrounding neighborhoods.

The conclusion of our tour will take us into the heart of Czech Village to Sykora Bakery. Sykora Bakery has been serving Cedar Rapids and the Czech Community since 1903. They offer hand made rolls, breads, cakes, and pasties, as well as Czech specialties, including Kolace, Houska, Rohlik, and Babovka.

Seating is still available for this trip. We hope you will join us on our journey to the City of 5 Seasons!


MQS 2016
Threads
20th Anniversary OF TIME



RECAP

Thank you to everyone that traveled with us to see Riverdance in Des Moines!

Some of the travelers were still in the St. Patrick's Day spirit as some arrived wearing green and Irish apparel. One traveler even colored part of her hair green!

The performance offered a variety of dances and musical numbers that had the crowd clapping, tapping their feet and cheering along with the performers! The show was truly an amazing experience and one we will never forget.

Despite the fact that Old Man Winter accompanied us on our travel home, it didn't stop us from sharing stories about our families, trading gardening tips and learning of places we have traveled.

We truly enjoyed our first "solo" trip and hope to meet more travelers along our journey!

Activity Days

All of our activity days are located in the Donnellson Community Room. Bingo and cards start at 9 a.m. with a meal and dessert served at 11 a.m. We have cash prizes as well as door prizes. Come on out and enjoy the fun on these dates:

Tuesday, May 10

Tuesday, June 14

Tuesday, July 12

Tuesday, August 9

Tuesday, September 6

Tuesday, October 4

Tuesday, November 8

Hope you to see you there!

Pilot Grove Savings Bank Heritage Club
2016 Calendar of Events

Thursday, April 7
John Denver at Circa 21

Saturday, April 9
The Follies at the Paramount in Cedar Rapids

Tuesday, April 12
Spring Dinner in West Point

Tuesday, May 10
Activity Day


Thursday, May 12
Quilt Convention in Cedar Rapids

Monday, May 30- Memorial Day
ALL LOCATIONS ARE CLOSED

Tuesday, June 14
Activity Day

Monday, July 4- 4th of July
ALL LOCATIONS ARE CLOSED

Tuesday, July 12
Activity Day

Tuesday, July 26
Menopause at Circa 21

Tuesday, August 9
Activity Day

Monday, September 5- Labor Day
ALL LOCATIONS ARE CLOSED

Tuesday, September 6
Activity Day

Wednesday, September 28
Million Dollar Quartet at Circa 21

Tuesday, October 4
Activity Day

Wednesday, November 2
Nana's Naughty Knickers at The Old Creamery in Amana Colonies

Tuesday, November 8
Activity Day


**Friday, November 11-
Veteran's Day**
ALL LOCATIONS ARE CLOSED

Tuesday, November 15
Packwood Dinner at Packwood Christian Church

**Thursday, November 24-
Thanksgiving**
ALL LOCATIONS ARE CLOSED

Tuesday, December 6
Mt Pleasant Dinner at FCOC

Sunday, December 25- Christmas Day
Holiday Hours to be determined

*ALL TRIPS AND DINNERS ARE
SUBJECT TO CHANGE.