We are not scheduling Friday Programs until the closure is over. When we reopen, please plan to come for lunch and stay to play games or socialize with friends.

Hope to see you soon!!

Songbirds

According to Daniel H. Pink, in his book *When: The Scientific Secrets of Perfect Timing*, "Choral singing calms the heart and boosts endorphin levels. It improves lung function. It increases pain thresholds and reduces the need for pain medication," Pink claims, citing research published in *Evolution and Human Behavior*. It also seems to improve your outlook, boosting mood and self-esteem while alleviating feelings of stress and depression.

These aren’t simply effects of singing. “People who sing in a group report far higher well-being than those who sing solo,” he notes. It’s about synchronizing with others.

Rowers and dancers have similarly shown a greater capacity to endure pain when performing in time with others. What can explain this? According to Pink, it’s due to the sense of belonging that synchronizing with others brings.

So come on out and join us and bring some suggestions. We can use you, and it’s fun!

FRIDAY LUNCH PROGRAM

May 1st
Birthdays, Anniversaries and New Member Welcome
Musician: Debbie Lease

May 8th
Game Day
Musician: Mary Vincent

May 15th
Game Day
Musician: Treva Boardman

May 22nd
Game Day
Musician: Lucy Herndon

May 29th
Game Day
Musician: John Bercaw

**Friday lunch and program subject to change dependent on our closed status**

THANK YOU for your generosity

A sincere Thank You to all our sponsors who contribute to our luncheons! Their generosity is greatly appreciated.