



## Why join other seniors?

How important is social support as a person ages? This may seem like an easy question to answer. Most people would not choose isolation and loneliness versus spending time with companions. However, can lack of social support really hinder a person's overall quality of life?

Lack of social support is related to negative impacts on health and well being, especially for older people. Having a variety of positive social supports can contribute to psychological and physical wellness. Support from others can be important in reducing stress, increasing physical health and defeating psychological problems such as depression and anxiety.



Additional special programs throughout the year! Watch the bulletin or the Happy Daze newsletter for event details, dates and times. Newsletters and program reminders are emailed to members monthly if we have your email!

### St Leonard Catholic Church & School

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[www.stleonards.org](http://www.stleonards.org)



ST LEONARD CATHOLIC CHURCH & SCHOOL

## HAPPY DAZE SENIOR GROUP

# 2019



2019

MEMBERSHIP—HAPPY DAZE SENIOR GROUP

\$10.00 PER PERSON PER CALENDAR YEAR

\*  Check here if this is a renewal and no changes to your address, email or permissions.

\*Name  Couple

\_\_\_\_\_

\_\_\_\_\_

Phone (Cell) (Home)

\_\_\_\_\_

\*Email

\_\_\_\_\_

Birthday (Month & Day) (optional)

\_\_\_\_\_

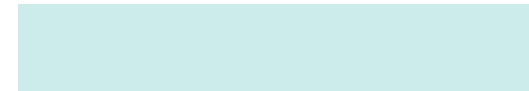
\*  I give permission that group photos containing my image may be used for promotion of St Leonard Parish activities.

\*  I give permission for my personal information listed above to be shared on a membership list with other members of Happy Daze.

Submit registration slip and due(s)

(checks payable to St Leonard)

to Bridget in the St Leonard Parish Office



## 2019 Monthly Program Schedule\*

### January 10, 2019

*Tax & Financial Update (Joe Roubik)*  
With Coffee & Cookie Social  
(Bring your leftover holiday treats)

### February 14, 2019

*Pizza Party with Board Games*  
(Bring your favorite board game)

### March 14, 2019

*National Nutrition Month*  
(Monica Saggio, RD)  
(Bring a healthy snack to share)

### April 11, 2019

*Q & A with Fr. Dan Janasik*  
(With Potluck Social to follow)

### May 9, 2019

*The Three Highs (Janice Jurak, DC)*

### June 13, 2019

*50's Sock Hop with Board Games*  
(Bring your favorite board game)

### July 11, 2019

*No Gathering*

### August 8, 2019

*Annual Picnic*  
(Bring a Dish to Pass)

### September 12, 2019

*A Bit About Saints (Bridget Klawitter)*

### October 10, 2019

*An Afternoon at the Elegant Farmer*  
(Mukwonago)

### November 14, 2019

*Popcorn & a Movie*  
(TBD)

### December 12, 2019

*Holiday Fellowship Meal*

\*Non-members - \$5 fee per meeting

### MISSION STATEMENT

To enhance the lives of St Leonard's senior parishioners through spiritual and social activities.

### WHO CAN JOIN?

Parishioners age 60 years and older are welcome to join.

### WHAT IS THE MEMBERSHIP FEE?

\$10 per person per year

**Membership year is**  
**January 1—December 31**

### BENEFITS OF MEMBERSHIP

- Meet other seniors in a spiritual, fun/social setting throughout the year.
- Discounts on group travel events
- Local discounts
- Small group activities such as
  - Dominoes
  - Watercolor
  - Sheepshead
  - Cribbage
  - Walking
  - Golf
  - Book Club

