

50+ski club

PO BOX 774 WESTBURY, NY 11590

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Tom Clifford

NEXT MEETING

Thursday, May 19th, 8:00 PM

SYOSSET – WOODBURY COMMUNITY CENTER

**On entering park, turn right at stop sign and follow
the road to end.**



Important Health Information

Please join us at our May 19th meeting for an informative and important presentation. As we gear into the bicycle riding season, learn how to cycle strong by eating the right food before, during, and after your ride. Deena Teschner will be enlightening us with a talk on Basic Nutrition for Better Bike Riding. This information will also prove useful in any of your athletic activities.

Happy Hour Reminder

Please join us on May 13th for another Happy Hour at the Black Forest Brew Haus in Farmingdale. A great time to recall this past winters' ski adventures, renew old acquaintances, and meet new friends.

The get together will include a free buffet, and reduced price drinks averaging about \$5.00 each. It will take place from 3:30 to 6:00 PM on the 13th which is coming up quickly.

The address is 2015 New Highway, Farmingdale, NY 11735. They also have a link <http://www.blackforestbrewhaus.mcjr.net/>. if you are interested. And don't forget to invite anyone who may be interested in any of our activities.

Trips and Events

For trip info call Lois at 518-945-2667 or Eleanor at 516-938-7078

Grand Canyon, Sedona, Lake Powell, Bryce & Zion by Lois Robbins: Wow! What a beautiful country we live in. Several 50+ club members went on this trip which included the Grand Canyon, Lake Powell, Bryce and Zion National Parks. The weather was quite cool and was perfect for all the hiking we did. The lodges we stayed at were right inside the parks, and the views were fantastic. The hiking trails were great, and the food was

delicious. We all had a great time as usual, and now onto our next adventure.



Western Ski Trip 2017:

The following destinations are being explored for next seasons' Western Ski Trip. They are: Sun Valley, Snowbird/Alta, Banff/ Lake Louise, and Beaver Creek. Selection will be based on price and accomodations. If anyone has a favorite location they would like included, give Lois a call and she will include it in the search. We also added Steamboat, as requested. The time to speak up is NOW!



Tentative trip to Cuba, October 27th to November 4th, 2016. This trip would accommodate only us and space would be made available for all who are interested. **We must have a minimum of 15 participants to qualify for a group discount, so it is imperative to let Lois know**

NOW if you have any interest in this trip to Cuba. The cost will range between \$4000-\$4500 with all but two meals included (three meals a day). It will also include visas, entrance and/or exit fees, group transportation, and trip insurance up to \$1000. Sightseeing will include Havana, Cienfuegos, Trinidad, and include the Bay of Pigs. Most likely, we will never see Old Cuba again as it exists today. And from what I understand, now is the time to go, before modernization changes it into just another tourist destination. So, if you are interested, call Lois at the above number so she can nail down the details and confirm a reservation.

TRIP CANCELATION INSURANCE STRONGLY RECOMMEND

HAVE A BALL!

Answer to riddle.

I was glad to see a number of you replied and gave the correct answer. You just have to throw the ball straight up to have it come back to you.