



January 2019

[WWW.harlestonneighbor2neighbor.com](http://WWW.harlestonneighbor2neighbor.com)

## **Saturday, January 26, Free Program on Senior Exercise**

You can learn about exercise for those eager to move but hard to get started at the upcoming FREE Saturday morning seminar, January 26, 9:30-11:30 a.m.. Gage Hall. 4 Archdale Street. This program continues our series of information sessions to help us Age in Place. There will be light refreshments. Leading the session will be **Sally Flowers**, a professional trainer, who specializes in physical exercise for older adults. Many people know Sally for her long-time connection with the Lowcountry Senior Center. No registration is required, and there's no charge for attending, but HN2N is asking for donations to help cover the cost of refreshments and room rental. For more information please contact Susan Bisette at 843-723-2970 or [susangarro@bellsouth.net](mailto:susangarro@bellsouth.net).

## **Programming Plans for Neighbors Luncheon, Wine Tasting**

When our recent survey showed an interest in more social activities, the Program Committee started plans for an early-evening Neighbors Wine Tasting in February at Bistro A Vin, 40 Archdale Street, and a mid-day Neighbors Luncheon in March at Millers All Day, 120 King Street. Dates and times will be announced soon. These local restaurants are delighted to have us come in, and we are very eager to support neighborhood businesses. The Program Committee meets monthly and is always looking for new members and suggestions for new HN2N programs. Please contact Susan Bisette at 843-723-2970 or [susangarro@bellsouth.net](mailto:susangarro@bellsouth.net).

## **HN2N Website Informative With Timely Dates**

We have a very useful and informative website: [WWW.harlestonneighbor2neighbor.com](http://WWW.harlestonneighbor2neighbor.com) that lists the dates and times of upcoming **Events** related to Aging in Place. You can also contact members of our Board and use the Contact section to reach us, to make program suggestions, or to ask questions about us. Possibly the most useful section of the website is the **Vendors List**. Found in the Resources section, the list includes names of contractors and service professionals recommended by our neighbors. To be listed they must be licensed and insured. Please let us know if you have a Vendor you'd like to add to the list. Please contact John Milkereit at 843-722-1185 or [johnmilkereit@icloud.com](mailto:johnmilkereit@icloud.com).

**Save the Date: Annual MUSC Senior Expo,  
9:00 a.m.-1:00 p.m., Thursday, April 11, 2019**

**North Charleston Area Convention Center, intended for all seniors, caregivers, senior services providers, free health screenings**

***2nd WEDNESDAY NEIGHBORHOOD HAPPY HOUR—February 13, 2019  
Sixty Bull Street Cafe, 5:00-6:30 p.m.***