

March 2016 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. Charles Dickens I would like as mild a March as we had a February!!!! Happy March everyone

SRD UPDATE

SRD is coming very quickly.....and that ain't no APRIL FOOLS. This year, we're back at the Seacrest Hotel in Falmouth - April 1 and 2nd. Come join the fun.

The next letter is due to go out - get those registrations in and come and be inspired. You won't regret it. If you need any forms, let me know.

Information from Headquarters

I did send this to all chapter leaders - Please read on. If you have any questions, please let me know.

TO All US Chapters:

About 200 of the chapters that applied to be covered under TOPS Group exemption (nonprofit status) may receive a letter from a CPA firm in Florida telling them they have lost their tax exemption status. In the letter, the CPA firm in Florida offers to help them get it back.

Please let your chapters know not to do anything with this firm as the chapter will be charged a large fee for this service.

TOPS Headquarters is aware that there was an error message on these tax returns. I have called the IRS, and they will get back to me within 60 days. When I get the information needed, I will personally contact each of the affected chapters and work with them to get this cleared up.

Thank you,
Leslie Brown – TOPS Headquarters

INSPIRATION WORKSHOP

Barbara and I have the next Inspiration Workshop planned for Saturday, May 14th at the Senior Center in Abington. We will send more information out in April as to the location, etc. Please put this on your calendar and save the date.

INSPIRATION

Since it's March and getting closer and closer to outside spring like activities, here are some do's for MARCHING or walking in place for healthy exercise. Good to use in your chapter meeting as well. Have fun.

Marching or walking in place provides exercise to keep your heart healthy and manage your weight. Aerobic exercise, exercising "with oxygen," makes your heart and lungs more efficient, increases your energy, improves your mood, reduces stress and tones your muscles. Marching and walking in place require no specialized equipment and provide an option for at-home exercise or a means to maintain your fitness routine in a hotel room while traveling. Walking in place warms up your muscles as part of a fitness routine on the go.

Step 1

Put on walking shoes. Walking shoes protect your feet and reduce impact on your joints when you walk or march.

Step 2

Walk in place at an easy pace, swinging your arms naturally, for five minutes to warm up your muscles. Warming up pumps blood to your muscles and gradually increases your heart rate to prepare for exercise.

Step 3

Perform basic stretches before continuing your exercise session. For example, put one foot on a low stool or sturdy chair and reach for your toes to stretch your hamstrings. Perform this stretch twice for each leg. Reach toward the ceiling, alternating hands to stretch your sides and shoulders.

That's it for March. Let me know if you need anything.

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