

INVITATION

Event: *Matiya Picnic*

Date & Time: *Saturday, April 25th, 2009 from 10:00am - 3:00pm*

Venue: *Craig National Park*

<http://ocparks.com/craigpark/>

3300 State College Blvd.

Fullerton, CA 92835

Phone: (714)973-3180



Directions: *Orange Freeway (57) , exit Imperial west, left on State College Blvd, turn left into park (300 yards) Drive to Ted Craig Shelter.*

Agenda: *Have Fun!!!*

Games: *Volley Ball, Basket Ball, Junior Relays (Prizes,) Ubhi Kho, Senior Bingo (Prizes)*

Food: *Come Hungry!! Pani Puri, Fafada Marcha, Khichadi Matho, Jalebi, Sandwiches.....and more*

EDUCATION: *Diabetic diet/exercise/calorie counting/cooking healthy Join Club Breathing exercises/Yoga tips*

Save Dates:

Ladies Activities: *Mothers Day ladies Luncheon Sunday, May 3rd, 2009*

Father's Day Activity: *Bowling Competition - Look out for details*

Youth Activities/ Community Services: *Christmas Boxes, Serving the Hungry, Beach Party....*

Please RSVP: *to any board member or rxmd13@gmail.com So we know how much food to order.*

Please send it to your friends & family whose email we do not have & invite them.