

**Congregational Church of Marlborough
United Church of Christ
An Open and Affirming Faith Community
35 South Main Street – PO Box 57
Marlborough, CT 06447**

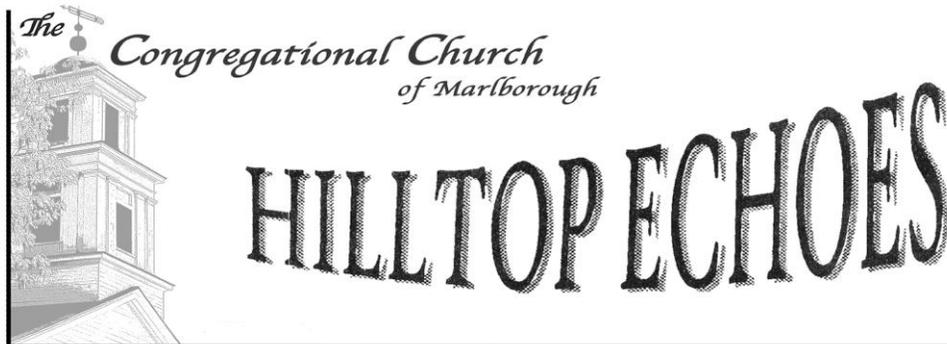
mcc.marlconchurch.org
office - 860.295.9050
Office email ~ office@marlconchurch.org
Pastor's private line - 860.295.0432
email ~ PastorVal@marlconchurch.org

Reverend Valerie Seaver.....Pastor
Gwen Lawson.....Worship Assistant
David Mulligan.....Music Director
Elizabeth Kukich.....Christian Education/Youth Director
Alice Rowley.....Church Administrator/"Echoes" Editor
Scott Reid.....Facility Manager
Cheryl Benedetto & Linda Stachelek.....Co- Moderators
Janet Bishop & Denise Young.....Co-Vice-Moderators
Keith Davis.....Past Moderator
Pam Mosdale/Marion Spaulding.....Co-Treasurers
Finance (finance@marlconchurch.org)

**Worship in person at the church
and live streamed at 10 a.m.
mcc.marlconchurch.org**

Saturday, March 7

Clocks ahead 1 hour before going to bed



No matter who you are or where you are on life's journey, you are welcome here.

Enter as a Stranger ~ Leave as a Friend

Volume 69

March 2026

Number 3



**Palm Sunday – March 29
Maundy Thursday – April 2
Good Friday – April 3
Easter – April 5**

MARCH 2026



Sunday Worship & Sunday School at 10 a.m.

The Worship service is

LIVE STREAMED
mcc.marlconchurch.org
~ Watch live or later ~

Nursery care provided

Every Sunday after worship
Refreshments
in the Thienes Lounge.



March 1

Holy Communion

Pastor Val preaching.

Bernie Odoy, reader Johnson family, greeters

March 8

Kevin McCaffrey preaching

Beth Alves, reader Armfield family, greeters

March 15

Girl Scout Sunday

Pastor Val preaching.

Pat Duffey, reader Julie Naseef, greeter

March 22

Bluegrass Sunday

Pastor Val preaching.

Suzi Roman, reader Debbie Cook, greeter
Serving the Lord, noon (Florence Lord housing)

March 29

Palm Sunday

Gwen Lawson preaching

Pastor Val downstairs with the Sunday School
Jenn Armstrong, reader Suzi Roman, greeter

Drive Thru Café, 1-1:30 pm



Community Sings!

Hosted by Carolyn Brodgerski

Saturdays, March 7, April 4

7 pm

upstairs in the lounge

(Enter through front sanctuary door.)

All who enjoy singing and musicians are invited.



Join us at one or all family-friendly

Lenten Suppers

6 to 7:30 pm

upstairs in the lounge.

Child care is available during the program

Soup sponsor and Speaker

March 4 - Missions

Bob Fleming, speaker

March 11 - Trustees

Charlie Denler & Joan Franzino, speakers

March 18 - CE and Chancel Choir

Stephanie Colocicco, speaker

March 25 - Bible study group

Julie Naseef, speaker

We Need your Soup



for our next cookbook featuring soups!

Everyone is welcome to participate!

- ✓ Bring in your recipe (can the lounge),
- ✓ send it to PO Box 57, Marlborough, CT 06447
- ✓ email it to office@marlconchurch.org



Lenten Bible Study

Thursday mornings, 11 am-noon

Evening group resumes April 9.

Pastoral Ponderings

March 2026

Do not remember the former things or consider the things of old.

I am about to do a new thing:
now it springs forth, do you not perceive it?
Isaiah 43:18-19h

Dear Church Family,

As I examine this scripture reading from Isaiah, it is hard to believe God is about to do a new thing! This has been the longest, coldest and snowiest winter we have had in a very long time. This winter has been a wilderness experience for some of us, a wilderness that feels like punishment.

As we travel through the season of Lent we are drawn to and through a wilderness time. A time that should not feel like punishment, but a time of preparation. Preparation for that which is new.

In scripture we are reminded again and again that God meets us in barren places, in wilderness places. It is in barren times we focus on work that needs to be done. Our distractions slip away and we have great clarity. In the wilderness we learn who we are and whose we are, we learn what we are made of.

The wilderness can feel uncomfortable. Wilderness time insists on stripping us from our past, stripping us from what feels familiar.

Some people move into the unfamiliar with grace, some are never able to accept that which is new.

Lent asks us to loosen our grip on “former things,” old regrets, old patterns, old wounds, those things which no longer give life.

Lent is a time to be future focused, because we are, after all, on a journey toward the Cross.

God is future focused. I do not think God wants us stuck in “what has been.” I believe God’s work leads us into “what will be.”

The path may not always be clear, but we can trust God as our guide. Let us release what belongs to the past. Let us watch expectantly for signs of new life (spring soon?).

I pray we have eyes to perceive it and courage to walk through it.

With hope in Christ,

Pastor Val

CARE MINISTRY



Reflections on the Quote....

A monthly column from church member Ruth Jones. Ruth is a retired elementary school teacher.

Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.

Luke 22:31-32

A lot of “sifting” goes on in the natural order of life. Going for a job interview puts you in a position of being separated (sifted) from the other applicants. Children choosing sides in games like Tug-O-War try to get (sift) the strongest on their side. Little League coaches sometimes show their worst side as they vie for the strongest players. Wouldn’t it be nice if the weaker were encouraged by being chosen first instead of being left to the obvious, much less wanted last?

Fortunately, God doesn’t sift His people according to value. He separates the valuable portion of us from the worthless.

I remember the first bread I baked; It didn’t rise high enough and was completely flat on top. We ate it anyway—really crunchy toast! I made all of our bread until this past year, mixing and kneading it in a heavy tin bucket with a crank. Ancestors of Larry spent a lot of time with the curve in the crank for it to imitate kneading. It won a prize at a World Fair in the early 1900s.

A grandson gave me a big electric mixer when the crank began to be too much for me. The job was certainly easier but not nearly as tasty. I guess it’s all in the crank,

James Beard, master bread maker, says, “the only way to go is to knead by hand.” I agree, but I bet he never tried my tin bucket with the crank.

The sifting in our lives can come from crisis, the result of our actions or others. Our prayer life guides us through life’s trials. With this guard we can be cleansed and

strengthened. Our fears and worries become the worthless portion sifted away, giving us the strength and courage to use the love God gives to us to serve Him through others.

Like the yeast in bread, it’s the Holy Spirit rising in us so that we can serve Jesus, the Bread of Life.

Thank you, gracious Lord,
for the presence of the Holy Spirit within
always guiding.
Help us to share and rejoice in the strengths
your sifting offers.
Amen.



**Do you or someone
you know need...
a visit, a meal,**

transportation, a note or a card?

If so, please contact

Pastor Val (860.295.0432)
PastorVal@marlconchurch.org

OR

Coordinator, Edi Dole (860.267-8543)
edidole2@aol.com

Care Ministry “Helps”

The **Care Ministry Library bookshelf** in the back left-hand corner of the Thienes Lounge

We have a collection of books to be used as a resource for both those giving *and* receiving care. There are also greeting cards for you to use,



➔ **The lounge kitchen freezer has prepared soups ready to deliver.**



Congratulations to great-grandma
Ida Spooner and great-aunt Kim Malits
on the birth of Olivia Rose
on February 27, 2026.



ABOUT THE SUNDAY SCHOOL

a note from Elizabeth Kukich
Christian Education/ Youth Director
ekukich@marlconchurch.org

Hello from Sunday School,

This past month we have been reading parables from the book of Matthew, starting with Matthew 13:31-35, **Mustard Seed & Yeast**. From this reading we learned that just as the tiny mustard seed grew into a large tree, with God's help, we too can grow to do great things. The mustard seed not only provides shade for some, but shelter for others. Such a big impact from something that started so small.

Our next parable was Matthew 13:44-48, **Hidden Treasure**. Here the kids read about the merchant who sold all he had to gain one very valuable pearl. This story relating to our lives shows us that nothing on earth is more valuable than what we gain in Heaven. We followed this lesson up with a fun game where the kids split into teams of two, digging in sand to uncover valuable pearls.

Our next reading was Matthew 19:16-30, **Treasure in Heaven** and I think once we played our game at the end of class, it helped the kids put this into perspective. Reading "Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."; this opened up conversation how to make sense of what we just read that sounds so confusing and maybe crazy.

Once we played "Hold on to your true treasure" using a ball to represent the Kingdom of God, the kids passed it back and forth in a circle and each time the ball came around, teachers would hand

the kids random items to represent items that most see as valuable. For example, they each had to hold a handful of shells that represented money, then adding a plastic cup which represented a fancy car, followed by some straws which was to be all the electronics that we think are important, all while trying to pass "the kingdom of God" and not letting in drop. We all learned quickly, while watching items fall to the ground, that once we let go of holding so much value in our earthly possessions, it is much easier to keep our eye on the Kingdom of God.

In the next few weeks, we will begin to talk about the **Lenten Season** which is upon us. We will break down the different days of the Holy week and talk about the meaning of each one. Easter comes early this year, so Palm Sunday is the last Sunday in March where we will celebrate this day followed by our **Ice Cream Seder** and **Egg Hunt**. Check the dates below to see highlighted days coming up in church.

Wishing you all a bright start to the magical season of spring.

Many blessings,

Elizabeth

Wednesdays, **Lenten Soup Suppers**

March 4, 11, 18, 25

6 to 8 pm

Sunday 3/15-**Girl Scout Sunday**

Sunday 3/29-**Palm Sunday**

Palm Parade, ice cream seder,

Easter egg hunt (grades nursery-4th)

Sunday 4/5-**Easter!** NO SS or Nursery

Sunday 4/19-**Youth Group meeting**

after coffee hour

Sunday 5/17-**Children's Sunday**

NO Nursery



YOUTH GROUP

a note from Elizabeth Kukich
Christian Education/ Youth Director
ekukich@marlconchurch.org

All youth in grades 5 to 12 are welcome!

Greetings from Youth Group,

It has been a while since we have all gotten together. I know we all get pulled in so many directions these days. My plan moving forward is to continue having our Youth Group meet, but due to less time, we will try to make it more impactful, starting with our net gathering on **Sunday, April 19.**

We would also like to invite our upcoming fifth graders to join us so they can see what we do during our time together.

This meeting will be putting together **Blessing Bags** to deliver to St. Vincent DePaul in May with our Missions Team.

Our youth made some bags in the all when they joined Hebron's Youth Group and these bags were greatly appreciated by those who received them.

The bags will include socks, hygiene supplies, and snacks—simple things we take for granted that everyone has access to.

Youth will meet in the lounge after Coffee Hour and will share some lunch before we get started. We will also take some time to talk about some fun, upcoming plans that I have been working on the Pastor Val.

I hope to see you all on April 19th!!

Many blessings,
Elizabeth



CHURCH COOKBOOK! 6 (ish) Ingredients \$10

Copies are available in the Thienes Lounge
and in Second Blessings Thrift Shop
One can be sent to you for an additional \$3.

HOLY WEEK



March 29 Palm Sunday

Sunday School Palm Parade

Homemade Cookies \$5/dozen

Chocolate lollipops - \$2/each

All proceeds will benefit

Dorcas Women's Fellowship mission projects.

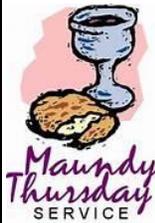


April 2

Service of Tenebrae

7 p.m.

This beautiful Communion Service provides you with an opportunity to hear a dramatic reading of the Passion Story



April 5

7 a.m. Service at Lake Terramuggus

†one sanctuary service †

Resurrection Celebration

10 a.m. at the church

Joyous Music!

Children's Message!

Spring flowers!



FOR WOMEN



Dorcas Women's Fellowship

Friday, March 13

noon to 2 pm in the Thienes Lounge.

All women are invited!

Please bring your lunch.

Dessert, coffee/tea is provided.

Guest Speaker

Sashana Merced

Marlborough Senior Center Director

For more information,
please email Rebecca at

rebecca-weller@sbcglobal.net



A Note from Your Music Director

Back on Sunday, October 19, 2025 as Shellie was driving us to church for the morning service, I received a text from Joan Franzino Denler that said her husband would appreciate getting my thoughts on something after the service. I replied that I would love to talk after church.

When we sat down together, Charlie Denler mentioned that he had become interested in seeking a church music position in the area and wondered if I had any useful information in that regard.

As it turns out, I have been contemplating for several years now retiring as your Music Director. It's quite a commute from Branford every Sunday (and most Thursdays for rehearsals of the chancel choir, bell choir and Joyful Blue). Also, I am no spring chicken and not getting any younger. I still love playing the organ for you, directing and accompanying the choirs, and playing banjo with the bluegrass band. But Shellie and I have been hoping to travel a bit more, especially in our RV, and it's hard to get away for more than a few days at a time when you are relied upon to be back every Sunday and most Thursdays.

So when Charlie expressed his interest in finding a local church to which to devote his considerable musical talents, it seemed to me like the Holy Spirit was blessing me with an opportunity to move on without creating a gaping hole in the music program that might take church leadership months to fill. Accordingly, when Charlie conveyed his deeply felt desire to return to church work (in which he has substantial experience), I asked "how about this church?"

After Charlie basically responded that it would be a dream come true, the path seemed clear. When I got home that Sunday, I immediately composed an email to Pastor Val tendering my resignation effective

May 1, 2026 (the 25th anniversary of my tenure) and recommending Charles Denler to fill the Music Director position after my retirement. I could not in good conscience resign right away, because I had promised Pastor Val that I would give plenty of notice before leaving.

This interval provides an opportunity for Charlie to become more accustomed to the unique musical environment of our church, ensuring a seamless transition to new musical leadership. It also provides me some space to adjust to the reality of saying good-bye to some of the most rewarding experiences of my life.

I thank you all for the incredible blessing of serving you as Music Director these past 25 years, and I recall with tremendous fondness all of those singers, ringers and other musicians who have graced our meetinghouse during this treasured time together. I shall not soon forget how kind you have been to Shellie and me, and how receptive you have been to the music I have presented.

While you won't be seeing me every Sunday behind the organ or directing the choir, however, you may be seeing me on Bluegrass Sundays, since I plan to continue as the Joyful Blue banjo player (at least until someone steps up to take my place)!

With immense gratitude, I bid you farewell and encourage you to welcome your new Music Director with the same spirit that I was welcomed 25 years ago. I have no doubt that Charlie will provide this church with a most excellent and innovative music program for many years to come!

Faithfully,
David Mulligan
Music Director



OUR CHURCH FAMILY

Welcome
to our
Church Family



Joined on February 22, 2026

Erin and Matt Loiacono

Matt and Erin live in Marlborough and in January welcomed a baby daughter.

Matt works as a medical researcher/scientist and enjoys photography, bird watching, hiking, cooking, playing guitar, mountain biking, tinkering with cars and driving fast in the safe environment of a race track.

Erin is a registered dietician in pediatrics who enjoys running, reading fantasy novels, farmers markets and cooking.



to our members and friends.

If a birthday is missing or wrong, please let us know at office@marlconchurch.org

- 3/2 – Janet Bishop 3/3 – Pastor Val
3/5 – Jillian LaCresse 3/9 – Matt Loiacono
3/10 – Jordan Bednarz
3/11 – Debbie Chaniewski, Michael McGuire
3/12 – Laura Robinson
3/13 – Pat Able, Denise Seifert
3/14 – Birgitta O'Brien, Michael Walls
3/16 – Scott Reid
3/17 – Bob Fleming, Sandy Girard, Susan Trafford
3/18 – Anne Dockery, Rick Jacobson
3/19 – David Bates 3/20 – Erin Loiacono
3/22 – Teresa Odoy
3/23 – Ron Carlson, Marianne Lacy
3/24 – Corey Mosdale 3/28 – Linda Stachelek
3/29 – Jenn Armstrong, Tiffany Amanta, Ben Moreland
3/30 – Joshua Susman
3/31 – Elizabeth Kukich, Megan McGuire

Count the memories, not the years.

A GRANT



THANK YOU to
Michele Sinkez who secured
a \$250 grant from The
Interreligious Eco-Justice
Network for additional

plantings in our **pollinator garden**. IREJN is a Connecticut only faith-based environmental non-profit organization, dedicated to positive, hopeful action on behalf of the earth.

We also thank the IREJN Board and Advisory Council for their decision.

MISSIONS



Serving the Lord

**Monthly meal for Florence Lord
Housing residents**

March 22 at noon

For more information
please contact Scott or Terri Reid
at manatee85@yahoo.com

Marlborough Food Bank

March Mission Giving

Please make your check
payable to MCC

memo line: *1st quarter missions*

and drop in an offering box or

mail a check to the church at

PO Box 57, Marlborough, CT 06447



**Food
Collection**

We collect food and
other non-perishable
items year-round for
the Marlborough

Food Bank. There's a collection box under
the shelf in the narthex where you can
drop off your donations. We'll take them
over to the food bank.



Drive Thru Café

March 29, 2026

sponsored this month by
Ranunculus Flower Shoppe
for Marlborough Food Bank patrons and their
families with vouchers from the food bank.

A Donation and Thank You

Second Blessings Thrift Shop
recently received a thank you note from
Outreach Director Carrie Howe of Center
Church in Hartford for their donation of \$500
to the Winter Warming Shelter Operation. The
shelter this year has served around 430
individuals, mostly elderly and disabled who
struggle to find affordable housing.

➡ Second Blessings Thrift Shop regularly donates to
various Connecticut non-profits throughout the State.

OUR NEWEST MUSIC DIRECTOR



Hello dear friends,

It is with great joy that I accept the position as Music Director for our beautiful Marlborough Congregational Church!

In 1965, I was baptized in this church and many of you were there at my baptism. It makes my heart sing to see all of you continuing to fellowship in this wonderful place and community.

I remember playing trumpet during some of our services in the 70s. I still have the Sunday morning programs from these services! My family has been part of this community since 1883. It feels so good to be coming home!

I realize that I have big shoes to fill - David has faithfully served this church for 25 years! I think that's a tremendous accomplishment, and he has certainly blessed this fellowship. My hope is to continue to build on the strong musical foundation that he has set in place.

I love this town and our loving fellowship at MCC. Thank you for being so welcoming to Joanie and me. We absolutely love all of you! I look forward to our times of worship together.

Your friend in Christ,

Charlie Deuler



party for Dave Mulligan

Sunday, April 26, 2026

Thienes Lounge after Sunday worship

All are invited.

FUN-d RAISERS



Sat., May 2, 2026

9 a.m. to 1 p.m.

LOTS and LOTS of quality goods and clothing furniture and much more!

Your "treasures" and clothing may be brought to the stage area.

Notes: clean clothing, please
We can't accept skis/poles, air conditioners, high chairs, cribs, car seats.

Building is open....

Fridays, noon to 3 and

Saturdays, 10 to 1

SECOND BLESSINGS



**THRIFT
SHOP**



Second Blessings donates to various Connecticut non-profit organizations.

➔ If you have suggestions, please let us know.

Second Blessings Thrift Shop is OPEN

Fridays from noon to 3 pm

Saturdays from 10 am to 1 pm

First Sunday of every month 11:15 to noon

Donations accepted during shop hours.

Our eBay shop (thank you, Stephanie Bunting)



is open **year round**

Follow the link below to go directly to our store front to see what's for sale. New items are listed weekly.

<https://bit.ly/MCCebay>

♥ **Thank You Volunteers** ♥

March 1 – Suzi Roman, Laura Robinson

March 6 – Sheryl Scheidel, Bob Wargo

March 7 – Debbie Cook, Julie Naseef, Margie Rauza

March 13 – Bob Wargo **Need one more person**

March 14 – Bonnie Anderson, Debbie Cook, Linda Garrett

March 20 – Betty Merritt, Bob Wargo

March 21 – Cathy Glynn, Betty Merritt, Daphine Vail

March 27 – Nancy Titchen, Bob Wargo

March 28 – Kathi Karp, Julie Naseef, Peggy Poresky

April 3, 4, 5 – CLOSED Easter weekend

April 10 – Kathy Burrill, Bob Wargo

April 11 – Bonnie Anderson, Debbie Cook, Linda Garrett

I SEE THERE'S MORE



Sun., March - Worship & Sunday School, 10 am
Second Blessings Thrift Shop, 11:15-12
GS Troop #65096, 2:30-5 pm (CFH)
Adult Fife and Drum, 6:30-8 (CFH)

March 2 - Care Team, 6 pm (Zoom)
Girl Scouts, 4:45-6:15 (CFH)
CT Valley Field Music, 6:30 pm (CFH)

March 3 - Boy Scouts, 7 pm (CFH)
ACA, 7-8:30 pm (Youth Room)

March 4 - **Lenten Soup Supper**, 6 pm (lounge)
AA, noon-1 pm (Youth Room)
AA, 7:30-8:30 pm (Comm. Fell. Hall)

March 5 - Bible Study, 11 am-noon (lounge)
Bell Choir, 6 pm (sanctuary)
Chancel Choir, 7 pm (sanctuary)
AA, 5:30-6:30 pm (Youth Room)
Boy Scout Committee, 6 pm (CFH)

March 6 - *Stretch & Strengthen*, 9:45 (lounge)
Second Blessings Thrift Shop, 12-3 pm

March 7 - **Community Sings**, 7 pm (lounge)
Second Blessings Thrift Shop, 10 am-1 pm

Sun., March 8 -Worship & Sunday School, 10 am
GS Troop #61097, 2:30-5 pm (CFH)

March 9 - Missions, 6 pm (Zoom)
CT Valley Field Music, 6:30 pm (CFH)

March 10 - Boy Scouts, 7 pm (CFH)
ACA, 7-8:30 pm (Youth Room)

March 11 - **Lenten Soup Supper**, 6 pm (lounge)
AA, noon-1 pm (Youth Room)
AA, 7:30-8:30 pm (Comm. Fell. Hall)

March 12 - Bible Study, 11 am-noon (lounge)
AA, 5:30 pm (Youth Room)

March 13 - **Dorcas WF**, 12-2 pm (lounge)
Second Blessings Thrift Shop, 12-3 pm

Feb. 14 - *Second Blessings Thrift Shop*, 10 am-1 pm
CFH Rental, 11:30-4:30 pm

Sun., March 15 - Girl Scout Sunday
Worship & Sunday School, 10 am
Trustees, 11:15 am (Pastor's office)

March 16 - Deacons, 6:30 pm (Zoom)
Girl Scouts, 4:45-6:15 pm (CFH)
CT Valley Field Music, 6:30 pm (CFH)

March 17 - Boy Scouts, 7 pm (CFH)
ACA, 7-8:30 pm (Youth Room)

March 18 - **Lenten Soup Supper**, 6 pm (lounge)
AA, noon-1 pm (Youth Room)
AA, 7:30-8:30 (Comm. Fell. Hall)

March 19 - Bluegrass, 6 pm (sanctuary)
Chancel Choir, 7 pm (sanctuary)
AA, 5:30-7 pm (Youth Room)

March 20 - *Stretch & Strengthen*, 9:45 (lounge)
Second Blessings Thrift Shop, 12-3 pm

March 21 - *Second Blessings Thrift Shop*, 10 am-1 pm

Sun., March 22 - *Bluegrass Sunday*
Worship & Sunday School, 10 am
Serve the Lord, noon (Florence Lord Sr. Housing)
GS Troop #61097, 2:30-5 pm (CFH)

March 23 - Council, 6:30 pm (in person)
CT Valley Field Music, 6:30 pm (CFH)

Feb. 24 - Boy Scouts, 7 pm (CFH)
ACA, 7-8:30 pm (Youth Room)

March 25 - **Lenten Soup Supper**, 6 pm (lounge)
AA, noon-1 pm (Youth Room)
AA, 7:30-8:30 (Comm. Fell. Hall)

March 26 - Bible Study, 11 am-noon (lounge)
Bell Choir, 6 pm (lounge)
Chancel Choir, 7 pm (sanctuary)
AA, 5:30-7 pm (Youth Room)

March 27 - *Stretch & Strengthen*, 9:45 (lounge)
Second Blessings Thrift Shop, 12-3 pm

March 28 - *Second Blessings Thrift Shop*, 10 am-1

Sun., March 29 -Worship & Sunday School, 10 am
Drive Thru Café, 1-1:30 pm
(3/29 sponsored by It's So Ranunculus)
GS Troop #65096, 2:30-5 pm (CFH)

March 30 - Girl Scouts, 4:45-6:15 pm (CFH)
CT Valley Field Music, 6:30 pm (CFH)

March 31 - Boy Scouts, 7 pm (CFH)
ACA, 7-8:30 pm (Youth Room)

Senior Stretch & Strengthen



Fridays, 9:45 to 10:45 am

upstairs in the Thienes Lounge.

\$25 per session

(drop in as you wish)

Led by certified instructor

Barbara LaBlanc.

Practical strength and balance exercises.