



San Ramon Valley Newcomers & Friends September 2026

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Camille Thompson-Editor



September Luncheon

Where: * **NEW** * Hazy Barbecue, 200 Hartz Ave, Danville, CA 94526

When: Thursday, September 17, 2026

Time: 11:30 am Social; Meeting and luncheon at 12 noon

Entrees: \$20 PER PERSON includes entree, drink (soda, iced tea), tax, and gratuity

ENTREES:

1. Smoked BBQ Brisket – Fixins, garlic bread, and sweet potato waffle fries
2. Tri Tip Melt Sandwich – Melted pepper jack, grilled onions, bbq sauce on a steak roll, and regular fries
3. Chicken Tender Tucson Salad – Romaine lettuce, cheddar cheese, black beans, sunflower seeds, corn, cilantro, red onion, green onion, tomato, tortilla chip strips, and BBQ ranch dressing

Non-member guests are invited to attend our luncheons. If you are interested in attending the luncheon, please contact Tina Craver at craver.tina@gmail.com by the September 10 deadline. If you are interested in joining the club, please contact Bernice Pelicas at bernice.pelicas@comcast.com.

PROGRAM

Holly Reese, MSOM, L.Ac. is a Healthy Aging Coach specializing in the older adult population. She is a board-licensed acupuncturist, motivational speaker, and best-selling author. In addition, she holds certifications in Medical Qigong, Hypnotherapy, and as a NASM CPT with specializations in Corrective Exercise and Senior Fitness. Holly is also currently a candidate for a PhD in Health Education and Promotion at Walden University.

Holly has rigorously studied kinesiology, qi, energy work, and meditation for more than forty years. Holly has trained in the martial arts since the age of 12 and has earned two black belts in Tae Kwon Do and the other in Choy Lay Fut Kung



