

2016-2017 Officers

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Mark Your Calendar

Sat, Dec 3	12:00 Sale at Presbyterian Manor
Mon, Dec 5	NO SOCIAL AT PANERA'S
Wed, Dec 7	6:00 Christmas Dinner at DeFazio's
Thurs, Dec 8	10-5:30 Autism Ave Re-opening
Sat, Dec 10	10-4 Pilots helping at Autism Ave
Wed, Dec 14	9:30 Work day at Levy
Mon, Dec 26	NO BINGO IN DECEMBER
Mon, Jan 2	6:00 Social at Panera's
Tues, Jan 10	11:00 Executive Board at Copper Oven



Dec/Jan Birthdays

Connie Gibson....Dec 2
 Barb Pint.....Dec 15
 Mary Malone.....Jan 3
 Peggy Jensen.....Jan 17
 Kathy Tucker.....Jan 20

Christmas Dinner

Wed, Dec 7 at 6:00 DeFazio's
2706 N Amidon

Husbands welcome

Bring 50/50 tickets and \$\$
The winner will be drawn!

We will take up a collection for a
Wichita charity



Welcome to Mona!

Cloud 9 Therapeutic Equine

What a treat to hear from Jamie Wohlgemuth, director of Cloud 9, and Madonna Smith, whose daughter receives therapy there. They are hosting a Christmas event Dec 16-18 and we have been invited to participate by decorating tree. I'm guessing we could also supply them with homemade cookies. If you are interested in helping decorate a themed tree or baking cookies, let Carol know ASAP at 650-9598 or at cghirsh@sbcglobal.net



Time is running out!! **SELL, SELL, SELL!**
Let's sell more than we expect...maybe we can make up the shortfall of Holiday House. The drawing will be on Dec 7.

Autism Ave Re-opening!

For invited guests...that's us!

Thurs, Dec 8 10-5:30
2401 W. 13th St N

Next to Cameo Cakes in Indian Hills Shopping Center

Then on Sat, Dec 10, we will be serving cookies and drinks.

CAN YOU HELP with baking cookies and/or serving refreshments from

10-12, 12-2, or 2-4?

Let Carol know ASAP.





By Sharon Comstock

OK, so I can't talk about healthy eating because if you're human, that probably ain't gonna happen this time of year!!! But we ALL can do SOMETHING to take care of ourselves every day! No, not a drive thru McDonalds, but something that is healthy for us every day!!! I know first thing everyone says, I can't exercise, I can't walk, I can't....fill in the blank for whatever you can't do. BUT we can all move SOMETHING! Yes, I mean our bodies! It's called an energy burst....move whatever part of your body moves, fast, for a minute or two to bring up your heart rate. On your feet or not, it doesn't matter! If you can, stand in place and do jumping jacks, if that's too much for you, sitting down you can kick your feet or flap your arms, anything to get your heart rate up. Try and do your bursts four times a day. You know the old adage, if you don't use it, you'll lose it, so keep on moving! At your own speed!!! We are all pretty darn good at being caretakers, but sometimes we don't do so well taking care of ourselves!!! We NEED everybody around for a long long time!!! Do it for YOU!

LEVY **does** need our help this month. The work is easy and the company is great! Join us from 9:30 to 11 or 11:30 on Wed, Dec 14 at 400 N Woodchuck. We would love to have some new volunteers join us! For more info, call Kathy at 721-1245.

ANNUAL HOLIDAY BAZAAR AT PRESBYTERIAN MANOR

If you are planning to help with our table at the event, please plan to arrive between 12 and 1 to help with the setup. The sale runs from 2-4. If you have questions, you can reach Barb at 942-2598.



BRING YOUR 50/50 RAFFLE TICKETS AND THE MONEY YOU COLLECTED TO CHRISTMAS DINNER AT DEFAZIO'S ON THE 7TH. WE WILL DRAW THE WINNER DURING THE EVENT.

Thanks to all our volunteers for your hard work! You are a gift to our community!

*Merry
Christmas and
Happy New Year*

