



DOOR CODE FOR MONDAY NIGHT MEETINGS: 44005#



**Monday January 9th**  
Meeting at 7pm—Town Hall  
Theresa McSwain, from Simply Healthy. She will provide information on healthy eating, such as foods to avoid to help reduce inflammation.

**\*\*Monday January 23rd**  
Lunch Bunch - Noon  
Americana Restaurant  
Matthews

**Monday February 6th**  
Winter Enrichment Dance Class  
6pm-8pm  
1st 25 members only to sign up  
Evite to follow

**Monday February 13th**  
Meeting at 7pm - Town Hall

**\*\*Wednesday February 15th**  
Lunch Bunch  
Kabob Je Restaurant - Noon  
Matthews

**\*\* Lunch Bunch for Jan and Feb are on Monday and Wednesday respectively**

## Birthdays

Sylvia	Gill	01-06
Vickey	Heisey	01-06
Mary	Wallace	01-09
Ann	Reid	01-11
Dolly	Turner	01-15
Marilyn	Folnsbee	01-17
Margie	Slaten	01-22
Anna Mary	Mosher	01-26
Judy	Lybrand	01-27
Annette	Pace	01-28
Pat	Stanley	01-28
Marilyn	Fargo	01-31

## Hugs

Sharon Cook - Surgery

## Welcome

Jeannie Connors  
[econn47708@aol.com](mailto:econn47708@aol.com)  
birthday 11/26  
716-983-6403

### January Speaker Profile

In January we will have Theresa McSwain, the owner of Simply Healthy, LLC. She is an Integrative Nutrition Health Coach. Theresa will be speaking on holistic nutrition and reducing inflammation. She will go over the signs that your body is out of balance a what anti-inflammatory diet looks like. Theresa will help you figure out simple steps to reduce foods you might be eating that cause inflammation, support you in lifestyle changes to reduce your toxic overload, and help you identify the tools you need for growth and overall wellness. Thanks,  
Theo Black , Vice President

## Community News

### Annual Ann and Bill Litaker Exhibit

Mint Hill Arts is proud to present its Annual Ann and Bill Litaker Exhibit that is on display until **January 24th**).

This annual juried show is dedicated to long-time members Ann and Bill Litaker. Bill is with us in spirit and Ann graces our "art oasis" on an almost daily basis. Their unselfish dedication to Mint Hill Arts serves as an example to every volunteer who believes that "art matters," that everyone's life is made better because of creative thinking and expression.

The Gallery at Mint Hill Arts is located at 11205 Lawyers Road, Suite A. in Mint Hill. Their hours are Wednesday through Saturday from 10 a.m. to 4 p.m. Check out their website: [www.minthillarts.org](http://www.minthillarts.org)

## Winter Team News

The Winter Team would like to thank the members for their delicious food and dessert contributions to the 2016 Christmas Party! A good time was had by all. Congratulations to the Winners of the Christmas Movie Trivia Game (I don't know who they were or I would name them here). The toy donations were a huge success, the generosity of our members is commendable.

Respectfully submitted,  
Sandy Dimeo  
Suzanne Maddox

## December Service Project

The women pictured below went to Alexander Children Network to wrap Christmas presents for foster children.

We had two days of wrapping and helping to organize the "new girl". Fun time spreading cheer and remembering what the season is really about!

January 2017: planning a hands-on project with Bright blessings. We are waiting to hear confirmation from them with dates and times.

Thank you,  
Terri Hood - Service Chair



# Announcements

## SAVE THESE DATES - ANNUAL FUNDRAISER

All members are asked to save the evening of March 6 and day of March 7 for our annual fundraiser! We again will be hosting a Card/Game Party to be held at Philadelphia Presbyterian Church, Kerr Building from 1:00 to 4:00 p.m. **Members will be needed for set-up the evening of March 6 and for clean-up at 4:15 p.m. on March 7th.**

There will be numerous opportunities for members to contribute towards a successful fundraiser. Details will be presented during our January 9th club meeting when Pat Stanley and Toni Rollins officially "kick-off" our fundraiser efforts. During that meeting, it will be explained how the following is significant to our achieving our goals:

- Silent Auction - Collect donation items for our silent auction. If merchant asks for receipt, use attached **\*\*"Receipt Donation Letter-2017"**. Soliciting from merchants will be a coordinated effort that will begin after January club meeting.
- Buy / Sell Tickets
- Committee Chairs - Volunteers

**\*\* The donation letter/receipt is a separate attachment in this email. It will also be linked on the website below current events**

## December Activity Photos



### Christmas Tea

Mint Hill Historical Society  
20 Ladies attended this annual MH event

### Christmas Party

MH Town Hall—More than 50 ladies attended donating toys to Servants Heart. We also enjoyed delicious food, great fellowship and lots of fun with the Christmas Movie trivia game.



### Christmas Lunch

The December Christmas Luncheon was held at the Pine Lake Country Club, with 32 ladies enjoying the festive lunch.



## Scholarship News

Good News from Scholarship. All of our scholarship recipients did great during the fall semester.

- Bree Thomas**, our AA major, had a 3.82 with an overall GPA of 3.508.
- Kelly Pearson**, our Culinary Arts major, had a 4.0 with an overall GPA of 3.818.
- Taylor Cooper**, our renewal Dental Hygiene major, had a 4.0 with an overall GPA of 3.782.

I extended their scholarship monies to the Spring semester. I believe our Scholarship money has been well spent!

Respectfully submitted,  
Marilyn Folsbee

## Thank You 's

