

Madison Court Newsletter

Volume 12, Issue 10

2016

SUNSHINE

Jeanne Slosser could use some cards of cheer



Birthday

12/10 Mike Whiting
12/15 Michelle Kuerbitz
12/29 Ray Abbey
12/20 Jeanne Slosser
12/22 James Welch
12/29 Jill Roark
1/4 Sandy Meldrum
2/2 Harry Walbridge
2/3 Etta Jane Sickelsteel will be 100!



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Anniversary

12/25 Hazel & Ed Chapman
2/14 Sean & Dawn Brady
2/21 Jill & Jack Roark



ANNUAL HOLIDAY PARTY DECEMBER 1, 2016 5:00 P.M. MEETING PARTY TO FOLLOW

The annual Christmas party will be delightful again this year. Good food, good times and fellowship. Please make plans to attend this wonderful evening. RSVP to HL Nancy Moulthrop, 989.345.4824 ASAP.

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Type 2 Diabetes Tip

Bring your own lunch

Avoid eating lunch at restaurants or fast-food joints. Restaurant meals can go out of control easily. They tend to have large portions, lots of calories, and high amounts of fat. Research has found an association between eating out more and having a higher body weight.

When you make your own lunch, you control the ingredients and your portion sizes. If making your own lunch every day is too much, you might want to try twice a week to start.

Are you on Facebook?
So is Amaranth!

CALENDAR OF EVENTS

**JANUARY
DARK**

**FEBRUARY
DARK**

**MARCH 16, 2017
ADVANCE NITE
LUNCH HOSTS: SEAN & DAWN BRADY**

Ways & Means

LOOKING TO HAVE A BAZAAR IN THE SPRING – KEEP YOUR EYES POSTED FOR MORE INFORMATION

DUES

THOSE ATTENDING THE DECEMBER MEETING CAN PAY IN PERSON OR RECEIVE THEIR LIFETIME DUES CARD.

THE ANNUAL DUES NOTICES WILL BE MAILED AFTER DECEMBER 1, 2016.

PLEASE BE ADVISED THAT THE SECRETARY IS

HL DAWN MOULTHROP-BRADY.
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