



## ENJOY DECEMBER AND LOOK TO THE NEW YEAR!

December is a busy month for everyone, so enjoy the season with friends and family! Registration for classes will come in January and you will have decisions to make regarding how you will spend time with CALL friends! What an exciting 2017 we will have! Make some resolutions to try something new this coming year, to introduce yourself to some new people, and maybe try some of these hacks!



Perry Raley	12/1
Cynthia Moffett	12/3
Kathy Perkins	12/5
Connie Ussery	12/6
Connie Dervan	12/8
Christa Chapman	12/10
Elaine Claridy	12/11
Almeda Medlin	12/12
Deborah Pugh	12/17
Dianne Wages	12/20
Nettie Stoer	12/22
Cathy Metzler	12/23
Susan Bryant	12/25
Zaiga Mion	12/26
Eric Maddox	12/29

## life hacks

#1987

### Top 10 Biggest Brain Damaging Habits (According to the World Health Organization)

1. No Breakfast
2. Overeating
3. Smoking
4. High Sugar Consumption
5. Air Pollution
6. Sleep Deprivation
7. Head Covered While Sleeping
8. Working Your Brain During Illness
9. Lacking in Stimulating Thoughts
10. Talking Rarely

@1000LifeHacks  
1000LifeHacks.com



# IMPORTANT DATES

12/9	Birthday Lunch/Holiday Celebration 11:30am Green Island Hills Country Club
1/6	Curriculum Meeting 10am CSU EBT
1/13	Board Meeting 10am CSU EBT
1/18	<b>REGISTRATION</b> <b>1:30 CSU EBT</b>

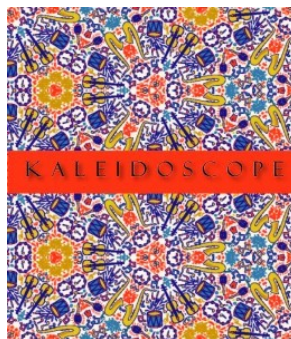
## What in the world can I do?

- ⇒ Attend a curriculum meeting or board meeting to add your ideas to planning for future CALL events
- ⇒ Help a committee chair with an event
- ⇒ Attend birthday lunches or socials and meet people in a relaxed atmosphere!
- ⇒ Enjoy in town or out of town trips that are coming up . You'll hear more about the next ones at registration
- ⇒ Remember the groups that meet year round: Walk in the Park, Mah Jongg, Book Club, Games.... Get involved with them! Ask where and when to join them when CALL isn't in session



## COMING!

- ◆ There will be a class dealing with Trivia again this Winter (back by popular demand)! CALL will sponsor at least 1 team for the **Trivia Bee to support the Literacy Alliance** this year, so plan to participate as a contestant or as part of the cheering section! We had the #1 team and the BEST cheering section last year and want to do the same this year! **February 28, 6:30pm**
- ◆ **Kaleidoscope** will be **April 1, 2017**, so be on the lookout for getting tickets for this years performance! More information coming!



If you have pictures from events, please send to Sue Watson. I'm always looking for shots to include in the newsletter!  
zazzsu@gmail.com

Games continue at CSU in room 212 on the following dates:  
Dec 7, Dec 14, Jan 4, Jan 11, Jan 25  
Pinochle players get there about 2pm others about 2:45. Even if you do not play already, join and they will teach you! Plus you can teach them your favorite games!