

Taking Off Pounds Sensibly

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2011

Let's get this party started! May is the beginning of a busy season. Be kind to yourself and don't forget you are on the road to success.

*Happy Mother's Day
Sunday, May 8th*



SRD (State Recognition Days)

TOPS Goes Country May 13th & 14th, 2011! We have contests, parades, and even a few talent shows. Special Speakers are lined up that you won't want to miss. Water aerobics, a walk, and least we forget the hospitality room. And that is just the first day! Then we celebrate our KOPS, our graduates and crown our state King and Queen.

We even have a Chinese Auction, so don't forget to bring a chapter basket and a ticket container.

SRD will be held at the Renaissance Tulsa Hotel, 6808 S. 107th E. Ave., Tulsa, OK.

FUN DAY

Fun In the Sun

TOPS #OK694, Pryor is hosting the Fun Day on Saturday, June 11th from 10am-2pm. They will be hosting it at the Claremore County Building in Claremore. The lunch menu will consist of a Baked Potato Bar, Cole slaw, dessert, coffee, tea, and water.

There is a contest!!! It's a Flip Flop contest. Decorate your flip flops for Fun In the Sun. They must be wearable because you will be modeling them.

The award period is for the 1st Quarter, January 1st - March 31st 2011.



IRD (International Recognition Days)

Happy Days with TOPS is the theme for IRD to be held in Milwaukee, Wisconsin on July 7-9, 2011. Make plans to visit the hometown of TOPS.



CHAPTER VISITS

5/5 TOPS #OK409, Tahlequah

6/20 TOPS #OK504, Sapulpa

6/23 TOPS #OK648, Wagoner

(I want to thank my chapters for letting me reschedule my visits with them due to my total knee replacement.)

FUTURE FUN DAYS

8/13 TOPS #OK451, Claremore

Back To School is the theme and will be held in Claremore.

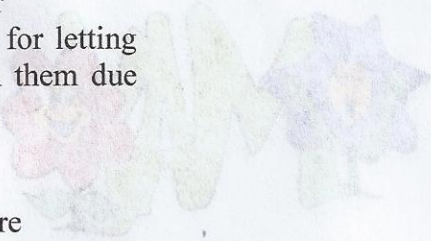
We are still in need of a chapter to host a fun day in October. If you are interested, or have any questions, please let me know. I am here to help your Fun Day be a success.



Losing together a pound at a time.

~Kathy Journagan

Oklahoma Area Captain



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Happy Member's Day
Sunday, July 26



SRD (State Recognition Days) TOPS Cox County May 13th & 14th 2011! We have contests, puzzles, and even a few talent shows. Special speakers are lined up that you won't want to miss. Water aerobics, a walk, and last we forget the hospitality room. And that is just the first day! Then we celebrate our KOP's, our graduates and crown our state King and Queen. We even have a Chinese Auction so don't forget to bring a chapter basket and a ticket container. SRD will be held at the Renaissance Tulsa Hotel, 6808 S 107th E. Ave. Tulsa, OK

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