

# TOPS are OK

## SEPTEMBER 2011 Newsletter

Greetings from cool Perkins OK!!!! Aaaahhhh can't you just soak in this nice cool mornings and much more manageable daytime temperatures!!! Relief at last! I have noticed in increase in people doing outdoor activities – I hope that you are in that group that is ready to get out of the house and participate in some outdoor events!!!

Just to keep you updated – I still don't know when or what is going to happen with my knee but I do have an appointment finally! Woo Hoo!!! So hopefully I can get this taken care of soon and be back up to full speed!



Hey!!!! It's me and the Fonz!!!!

WEB INFORMATION

[www.tops.org](http://www.tops.org)

[www.topswonders.com](http://www.topswonders.com)

### 2011 Fun Day dates

Oct 15

Fall Fun Day  
TOPS#OK0488, Stillwater

Nov 5

TOPS#OK0497, Mustang

\* 2012 Fun Day signups coming next month

## ON THE WEB



**25 Steps to Self Care** – if your chapter isn't aware of this program it can be found on the TOPS web site. It is an awesome program covering topics such as stress, habits, attitudes, depression, breathing and relaxation. Each lesson is chock full of information and ideas to help with each individual area! Check it out! [www.tops.org](http://www.tops.org)



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Ride your bike.	2 Read a book.	3 Exercise for 30 minutes.
4 Take a walk in your neighborhood.	5 Write a letter to a friend.	6 Take a shower with scented candles.	7 Listen to your favorite music.	8 Take a walk in your neighborhood.	9 Read a book.	10 Exercise for 30 minutes.
11 Take a walk in your neighborhood.	12 Write a letter to a friend.	13 Take a shower with scented candles.	14 Listen to your favorite music.	15 Take a walk in your neighborhood.	16 Read a book.	17 Exercise for 30 minutes.
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**Downloadable September calendar** – This is a great calendar with suggestions to Think TOPS each day! You can find it on the TOPS web site!



**SRD 2012** – Start making plans to join us for Mardi Gras Magic in Tulsa at Southern Hills Marriot – May 4-5, 2012!



**IRD 2012** – Don't forget to start planning now to join us in San Diego next summer for our International Recognition Days. There is lots of information on the web site about it!

## WELCOME ABOARD FOR THE ROAD TRIP!!!

