



## FROM THE CREATIVE MIND OF GRAY

NEWSLETTER OCT 2011

Hello all my TOPS & KOPS family! I hope everyone is doing well. Now is the time to start thinking about moving around more and getting exercise in the beautiful fall weather.


Even though it's early and we have 3 months, you need to start thinking about chapter resumes and making sure all the weight charts are signed. Make sure that all memberships are up to date, as they need to be a current member in order to be eligible for any awards. Also, remember to be eligible to be a division winner or if you are a new KOPS in 2011, you need to have at least one weigh in during December.

I hope people have been going to TOPS.ORG for the self care classes, they are really neat. Also check out Kramer's Health Educational Library, which is linked through TOPS.ORG. It has great chapter programs and health and wellness information.

There is a funday coming up in Burkburnett on Oct 29, 2011. SRD is April 13-14, 2012 at the Intercontinental Hotel in Addison, Texas. More information will come soon. The theme is InVest In TOPS, Denim, Diamonds and Lace. Starting in February, chapter programs will be in TOPS News. Door signs are being designed for you to hang on the front door of your chapter meeting place each week. That way people who come to visit will know that there is somebody there to help them each and every week.



### **SNACK IDEA OF THE MONTH**

Have you ever tried frozen grapes  or frozen banana slices?? They are very good with very little calories.



### **INSPIRATIONAL THOUGHT**

“It's not whether you get knocked down, it's whether you get back up.”

By Vince Lombardi

TAKE CARE, I CARE!

KAY GRAY

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