

Main #: 489-3891  
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# WEEKLY WORD: STAY CONNECTED EDITION

FEBRUARY 12—FEBRUARY 16

## NEWS

BE KIND TO EACH OTHER

### HOUSE MEETING

#### UPCOMING SOCIALS

Maggie's social is to bowling and Three Chopt Sandwich Shoppe  
**February 10th!**

Abigail's social will be to downtown Hendersonville (or Hendersonville Mall if weather is bad)  
**February 24th!**

#### UPCOMING CLOSURES

President's Day on Monday  
**February 19th**

Grants for new fridges, art supplies, and video supplies were acquired!

Clubhouse Generalist position is being posted. We will have a hot seat for everyone to meet any potential candidates!

10:30 AM on Wednesday **February 14th** we will have a budgeting and finance class!

**February 14th** we will also have Valentines Day and February birthday and anniversary celebrations!

Monthly free soup lunch on the third Friday, **February 16th!**

We're planning to make a Thank You video for donors. Let us know if you want to be in it!

#### WELLNESS TIPS FROM MEMBERS

Drink water everyday and stay hydrated!

Eat healthy food. Cook a meal instead of eating out.

Meditate everyday!

Stretch and do yoga if you can.

Work out at the gym. The clubhouse has exercise equipment too!

### THRIVE CAFÉ: MENU

<b>Monday</b>	Open-Faced Ham, Cheese, and Tomato Sandwiches
<b>Tuesday</b>	Tom Kha Chicken Soup
<b>Wednesday</b>	Italian Meatloaf and Roasted Broccoli
<b>Thursday</b>	Herbed Balsamic Chicken
<b>Friday</b>	Soup Lunch



# Rock Music and Famous Artist

O H W E H T N F A I R D N A X E L A G N I K S A  
 Q U E J Y U K P O P Y G G I S E A G L E S H Y Y  
 U F G A U I F X T B U O D O N P B O N J O V I O  
 E T F P S T S M A S H I N G P U M P K I N S M B  
 E V Z S N W O D E N I H S G A Y K O R N L N Y T  
 N I N S P I N K F L O Y D S E N X X I I E X W U  
 Y R R E H C K C U B H G E U H B Y C I C D N I O  
 J U S X H F S C P E S N Y O I Y T Q P K Z L Y L  
 U S E P T K Y R S E O E J E R K S L Y E E S C L  
 W E L I I R Q Y B T N N R O V Y F B L L P Z L A  
 Z N T S M A M O F R O F B I E A L Y B B P M A F  
 X O A T S P I E U T R Z X L Y A N B K A E L S B  
 H T E O O N D O L U O I S E C R G E X C L G S X  
 F S B L R I J E W M V E N K D M M D S K I U I R  
 Q G A S E K G F B A R R S S O E H G D C N N C A  
 Q N L L A N K I N P U A K T T L B Y E C E S R M  
 E I C A C I E H S O B Y L A T H K A B D S N O O  
 Q L J N T L A I B B N E L S A M G D R C B R C N  
 K L C Q Y L V S A Y Y C K F M P M N U A H O K E  
 R O D U E L O T R C O X A V B Y Z E T R O S F S  
 L R S N E Y H D R R J X W J R J A E S O F E T X  
 Z I K W Z R Y U E J I M I H E N D R I X A S V B  
 K P S Z Q R E D R A P P E L F E D G D W Y M A J  
 I B O S T O I R T E I U Q A L I C E C O O P E R

ACDC  
 Black Sabbath  
 Def Leppard  
 Elvis Presley  
 Iggy Pop  
 Led Zeppelin  
 Nickelback  
 Quiet Riots  
 Shinedown

Aerosmith  
 Bon Jovi  
 Deftones  
 Evanescence  
 Jimi Hendrix  
 Linkin Park  
 No Doubt  
 Ramones  
 Smashing Pumpkins

Alice Cooper  
 Buckcherry  
 Disturbed  
 Fall Out Boy  
 Journey  
 Lynrd Skynyrd  
 Ozzy Osbourne  
 Rob Zombie  
 Styx

Asking Alexandria  
 Clash  
 Eagles  
 Green Day  
 Kiss  
 Metalcore  
 Pink Floyd  
 Rolling Stones  
 The Who

Beatles  
 Classic Rock  
 Elton John  
 Guns N Roses  
 Korn  
 Motley Crue  
 Queen  
 Sex Pistols  
 Van Halen