Main #: 489-3891	
Crisis Line: 388-3691	

	the https://thrive4hea 2110 Woodridge Drive, Hendersonville, NC 28739 WORD: STAY CONNECTED E	Ith.org/media/blog/
<b>Dec 2</b> —	-DEC 6 <b>NEWS</b> BE KIND TO	EACH OTHER
	HOUSE MEETING	
UPCOMING SOCIALS Maggie's social is on Sat Dec 14th to the Asheville Mall. Maggie's Christmas Day social will be on Wed Dec 25th.	Grace Lutheran Christmas Party will be on Thursday <b>December 5th.</b> You can bring up to 2 guests. Sign up on the social board and put +1 or +2 if you plan to bring people. Our clubhouse Christmas Party/Anniversary and birthday celebrations will be on Wed <b>Dec</b> 18th! We will be <b>closed Dec 25th through Jan 1st</b> for the holidays. We will have social's on Wed <b>Dec 25</b> and Wed <b>Jan 1</b> .	WELLNESS TIPS FROM MEMBERS: "Do exercise." "Hydrate." "Sleep a lot." "Journal." "Be safe." "Use structure."
Ali's New Years Day social will be <b>Wed Jan 1st</b> .	There are still supplies in the dining hall and the back room up for grabs for members.	UPCOMING CLOSURES Dec 25 - Jan 1 Christmas to New Year

## THRIVE CAFÉ: MENU



Monday	Sweet and Sour Meatballs
Tuesday	Broccoli Fettucine Alfredo
Wednesday	Turkey Noodle Soup
Thursday	Grace Lutheran Christmas Party
Friday	Broccoli Cheese Casserole with Kielbasa



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