



# Mint Hill Women's Club Newsletter

Service, Social, Self-Improvement

## Upcoming Events

# MARCH 2009

**Monday, March 9**

Monthly Club Meeting @ MH  
Town Hall – 7:30 pm  
Tai Chi – Martha Bowen

**Wednesday, March 18**

Bingo at Lawyer's Glen  
Retirement Center - 6:30 p.m

**Friday, March 20**

**Lunch Bunch – Noon @ Fresh  
House, Locust, NC**

**Thursday, March 26**

Noon -Lunch @ Johnson &  
Wales University  
1:30 pm Tour- Federal Reserve

**Monday, April 1**

Making of Easter Baskets for  
Seniors @ home of Phyllis Griffin  
at 1:00 pm

**Monday, April 13**

Monthly Club Meeting – 7:30 pm  
@ MH Town Hall – 2009-2010  
Planning Session

**Friday, April 17**

**Lunch Bunch – Noon – Mint  
Hill Historical Society (\$15)**

**Wednesday, April 22**

Tour of Daniel Stowe Botanical  
Garden – 10:30 a.m. (\$3)

**Monday, May 11**

Covered Dish & New Officers  
Installation – Litaker's Home

## **MONTHLY CLUB MEETING**

**Monday, March 9**

Come dressed to have freedom of movement! Martha Bowman will be demonstrating **Tai Chi**. She will be encouraging participation. **Tai Chi** has been developed by the Chinese as a martial art/movement and breathing system. It is practiced very slowly and gently. Completely non-impact - yet involving the entire body. **Tai Chi** promotes strength, stamina, and flexibility, while tempering the joints of practitioners.

### **Bring :**

- Soda can tops (Mary Ann Gatz)
- Campbell Soup Labels (Mary Wallace)
- Party Favors for *Birthdays Blessings*
- Used Books for *Mint Hill Library*
- Pet Foot

## **MONTHLY CLUB MEETING**

**Monday, Feb. 9**

Linda Gross informed us on common myths about healthy eating. As an example, we learned that the number one deficiency in American diet is lack of sufficient Vitamin D! Not only did she explain what we need, but how to obtain!

Those attending who bought 50/50 tickets had opportunity to win two prizes. Sharon Allen won the 50/50 money and Ann Litaker won bottle of fragrance.

## **BINGO Lawyers Glen Retirement Center**

Volunteers needed to offer BINGO to residents of Lawyers Glen Retirement Center located at 10830 Lawyers Road. It will start at 6:30 pm on Wednesday 3/18. Our club members provide refreshments, game accessories, assistance in playing, and prizes. If interested, contact:

**Phyllis Griffin**

704-545-9041 or  
PhylGrif@yahoo.com



## **LUNCH BUNCH – MARCH 20** **Fresh House Restaurant**

The Old School Mill opened a restaurant in August, 2005 named *The Fresh House* at 805 Main Street in Locust, NC. (Telephone 704-888-1460).

*The Fresh House* is a General Store and Restaurant. It has a full menu for lunch. Acclaimed nationwide - you just have to experience it yourself! You'll be glad you did. We will be carpooling to arrive at noon. If interested, contact:

**Sharon Allen**

704-545-0103 or  
POLO04069@AOL.COM

## TOURS

### **FEDERAL RESERVE TOUR – 3/26**

Did you know that Charlotte has a Federal Reserve and it offers tours? It is located at 530 E. Trade Street. We have scheduled a tour at 1:30 pm. Those going could meet for lunch at Johnson-Wales University beforehand. We will arrange a meeting spot for those that just want to join in the tour. If interested contact:

**JoAnne Horanday 704-545-7160 or  
HORNADAY@CAROLINA.RR.COM**

### **DANIEL STOWE BOTANICAL GARDENS – 4/22**

With 110 acres of themed gardens, a dozen sparkling fountains and ever-changing displays of the best of Southern horticulture, it's easy to see why DSBG was recently named one of the nation's "20 Great Gardens" by HGTV.

We plan on taking a tour of the garden at 10:30 a.m. on April 22 and maybe a picnic lunch afterwards. The cost will be \$3 each. We will be carpooling.

**Sharon Allen**  
704-545-0103 or [POLO04069@AOL.COM](mailto:POLO04069@AOL.COM)



- 03/10 – Margaret Almond**
- 03/11 – Jo Mann**
- 03/15 – Dixie Helms**
- 03/15 – JoAnn Hornaday**
- 03/16 – Lois Carr**
- 03/18 – Becky Hamilton**
- 03/24 – Mary McGinnis**

## DONATIONS – SERVICE PROJECTS

Birthday favors are being collected for children located in 6 Homeless Shelters within Charlotte. ([www.birthdayblessings.org](http://www.birthdayblessings.org).)

Friends of the Library are collecting used books to sell on 5/15 & 5/16. Proceeds will benefit Mint Hill Library.

Pet food is being collected for Charlotte Mecklenburg County Care & Animal Control for pet owners in need.

### **APRIL 1st – EASTER BASKETS**

Volunteers are needed to help prepare Easter baskets for seniors. We are going to identify seniors living in local nursing homes who normally don't have frequent visitors or without family. We will be meeting at my home (5811 Foxcrest Drive – in Farmwood) on April 1<sup>st</sup> at 1:00 pm. The club will purchase contents of Easter Baskets.

**Phyllis Griffin**  
704-545-9041 or  
[PhylGrif@yahoo.com](mailto:PhylGrif@yahoo.com)

### **WINTER / SPRING TEAMS**

The Winter Team concluded their leadership at the end of February. Through their endeavors, our members were offered a variety of activities during December, January, and February. We appreciate their creativity and enthusiasm. They tried some new things that may become a yearly event. Through their efforts, we served our community and had a lot of fun!

We now welcome the members of the Spring Team. They will have responsibilities for scheduling for March, April, and May. You will notice that they are well prepared to take over – notice their offerings listed under "Upcoming Events".

### **Planning Ahead**

Our April club meeting will serve as a Planning Session for our 2009-2010 structure. Be thinking how best we accomplish our goal to promote activities that exhibit our vision of service, social, and self-improvement.

Think about –

- How should MHWC be organized?
- Who will our leaders?
- What can we expect from our members?
- How will we distribute funds raised?

This is a time of reflection and planning for the upcoming year.

### **HUGS**

We miss our dear friend Sandy Renne since she moved to Florida a year-ago. However, Sandy remains active in our club by serving as our webmaster. Check out

[WWW.MINTHILLWC.COM](http://WWW.MINTHILLWC.COM)

**Barbara Banister**