

Group Meeting

December 21, 2011

10:00 – 12:00

Our Annual Holiday Meeting

This is one meeting you will want to attend!!

At our December meeting we have the opportunity to get together during a busy holiday season. We share our stories and embrace each other's strengths. We know you are all busy with your families, but this is the ONE time you are doing something for yourself.

We have lovely pictures of past holiday meetings and we want to make sure that you are included in this one.

Your **Project GRANDD** team has been working with community partners and other volunteers, planning to make sure that each of you are able to go home with something to make your holiday easier. You qualify by being an active member of Project GRANDD. **To make sure you receive yours before the Christmas holiday, please call us and let us know that you will be attending.**

Please RSVP

Lula 678-788-4166
Janice 678-595-4854

Note change in meeting date

Project GRANDD meetings are held at the **Helene S. Mills Senior Multipurpose Center**, 515 John Wesley Dobbs Ave.

DIRECTIONS:

HELENE MILLS SENIOR CENTER:

By Car:

- 1) Take the Freedom Pkwy. Exit 248C — toward the Carter Center.
- 2) Stay straight to go onto Freedom Pkwy.
- 3) Turn right onto Blvd. NE
- 4) Turn left onto John Wesley Dobbs Ave.

By Bus:

from 5 POINTS STATION, take #113 Auburn Ave. (get off at the Center) or
#99 King Memorial/North Avenue Station

Upcoming Meeting Dates for Project GRANDD - 10:00 - noon

December 21, 2011

January 18, 2012

February 15, 2011

HOW TO MANAGE HOLIDAY STRESS

Delegate: Believe it or not, you don't have to do everything yourself. There's no shame in asking somebody to help you prepare meals or clean and decorate the house.

Breathe: When it all gets to be too much, step back, take ten seconds, and breathe deeply. You'll find yourself more focused and calm.

Manage expectations: Nothing ever turns out perfectly. Make sure you're comfortable with that, and instead try for "best possible."

Take care of yourself: Eat regular, healthy meals, avoid caffeine, get enough sleep, and try to do some kind of regular physical activity and focus on getting plenty

of fruits and vegetables every day.

Carve out personal time: Even if it's 15 minutes a day or an hour a week, devote a little bit of time to restful, rejuvenating activities that you enjoy.

BRING YOUR SIDE DISH



At our December meeting we will share our bounty. We ask that you each bring a side dish (a serving for 4). It can be one of your favorite recipes for a salad, a vegetable, a casserole, bread or dessert. Also, kindly write your recipe and put your name on it. We will compile all the recipes for you into our very own cookbook.

Happy Holidays to all!

