

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

President Ernie Douglas rang the bell and called the meeting to order at 6:45 AM. Al Ferrell gave the invocation. Then we all recited the Pledge of Allegiance.

BIRTHDAYS: The celebration choir gave a hearty rendition for Charlie Galligher's birthday.

ANNOUNCEMENTS:

Basketball Pancake Feed, February 10, 8:00 – Noon.

Feb 23-24,. Junction City: Kansas Optimist District quarterly meeting. Chili/soup contest on Friday night.

Board meeting rescheduled for Monday, February 12, 5:15 pm.

Program: February 6, 2018

Joe Robinson, Exercise Director & Sports Performance Director, Rebound Physical Therapy

Rebound started in 1994 and has two current locations: 17th & Fairlawn shopping center with a water therapy pool and satellite location at 37th & Burlingame.

Physical training for athletes includes sports performance for injury prevention as well as emphasis on health and wellness.

As a person ages and enters retirement, regular exercise is required to maintain muscle mass and flexibility.

Commenting on youth sports, there is concern for specializing in a specific sport at an early age when a young person's body is not fully developed. Burnout fatigue has been observed when a young person is ready for college level competition.

Joe is available to provide free training sessions for coaches to talk about injury prevention and related topics.

Free iPhone and Android app allows you to shop at Target, Starbucks, Amazon, and Walmart with 20% of purchase made to Optimist club. Download the app and select the Sunrise Optimist Club as your beneficiary. www.benefit-mobile.com.

Looking Ahead:

February 13

Tawny Stottlemire, Exec Dir of Community Action

February 20

Nancy Griese, Auschwitz Holocaust Survivor #34207

Drawings this week:

Weekly: Charlie Galligher

Progressive: #17 Ernie Douglas

50/50: Dale Long

Vice-president vacancy needs volunteer.

Closed with the OPTIMIST CREED.



Meetings: Every
Tuesday 6:45 AM
720 NW 50th St, Topeka

SUNRISE OPTIMIST

NORTH TOPEKA

PRESENTS A

PANCAKE FEED

Featuring

All the pancakes you can eat!

Also serving: Sausage links, juice, coffee and milk.

TO BENEFIT THE

Boys Basketball Program

Price: \$5.00/each

Saturday, February 10, 2018

8:00AM – 12:00 Noon

Logan Elementary School

1124 NW Lyman Road

Support Sunrise Optimist Basketball!

**Games at Logan Elementary School
every Saturday starting at 8:30 AM.**

3rd & 4th Grade Boys

5th & 6th Grade Boys