

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

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

Karen Ireland called the meeting to order at 6:45 AM..

The Club recited the Lord's Prayer.

We recited the Pledge of Alliegence.

Another thank you for all that helped work, tear down Christmas tree lot and put away the Christmas tree trailer and equipment. We had a good year.

December 27th: Dr Jim Walsh, Founder and Owner of Aspire Rehab Center, LLC. 3512 SW Fairlawn Rd., Ste 200. This is a place for relief with non-surgical spinal decompression. They treat neck pain, back pain, and sciatica caused by bulging/herniated discs, degenerative disc disease, facet syndrome, failed back surgery, without the use of drugs, injections and surgery. Experts surmise that NSSD stimulates the body's repair mechanism, providing the building blocks needed to mend injured and degenerated discs. NSSD enables the body to get to work and heal itself. Also covers Osteoarthritis of the knee.

SUNRISE OPTIMIST
NORTH TOPEKA
Meetings: Every
Tuesday 6:45 AM
720 NW 50th St, Topeka

January 3, 2017: Marshall Madill, Integrity Insurance. Speaking on his motorcycle ride touring 48 states delivering Bibles in 10 days.

February 4, 2016: Zone meeting in Paola. Mark your calendars and plan to go for a learning more about Optimist and a meet and greet other Optimist members in other clubs in our zone.

No Drawings this week:

QUOTE OF WEEK:

In life, you will realize that there is a role for everyone you meet. Some will test you, some will use you, some will love you, and some will teach you. But, the ones that are important are the ones who bring out the best in you. They're the rare and amazing people who remind you why it's worth it.

Closed with the OPTIMIST CREED.

