



Newsletter

Monfort Heights • White Oak Community Association
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"It's not just a community. It's our home."

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Board Members And
Officers Will Be Elected
in January 7



HOW TO ACHIEVE A HEALTHIER LIFESTYLE IS THE TOPIC OF OUR JANUARY MEETING

Wednesday January 18, 7:00

Green Township Senior Center, 3620 Eply



Is your primary New Year's resolution all about losing weight? Getting in better shape? Feeling healthier and looking good? If so, you are not alone! Polls of Americans reveal that the three most popular resolutions center on exercise, diet and weight. But the process may seem a little overwhelming. Do you know how to begin a healthy lifestyle program? Could you use a little incentive to get started? How do you get the most benefit as a result of your efforts? We have invited certified physical fitness trainer, Andy Miller, to give you some guidelines, strategies and tips to help you achieve your goals. He is in his 4th year at the University of Cincinnati, majoring in Exercise Science. Andy has been working as a personal and group trainer at Workout Anytime for about 1.5 years. He has experience and knowledge with the exercise needs of adults of all ages, from younger folks to seniors. He will welcome your questions throughout his presentation. Give yourself a healthy dose of information and inspiration to help you succeed in your desires for a better quality of life in 2023!

MHWOCA PARTICIPATED IN THE GREEN TOWNSHIP WINTERFEST

On December 2, Green Township again hosted a full Christmas experience for local families at the Nathaniel Greene Lodge on Wesselman Road. Attractions included photos with Santa, live reindeer, Christmas food and drinks, holiday crafts, a model train display and more, all located throughout the beautifully decorated building. This is an extremely popular, free event for families to attend to begin the Christmas season.

At our table, five MHWOCA volunteers helped children assemble a Christmas ornament. In two hours and forty-five minutes, we helped assemble 400 ornaments with the kids. It was a whirlwind of activity but fun for all! This was our second year to participate but probably not the last as you can see it was not only a fun time for the kids but for our volunteers as well!



Left to right, Barb Piatt, Lin Huelsman and Robey Klare helping some little ones assemble a snowman Christmas ornament.



Standing, l. to r., MHWOCA volunteer Barb Piatt, Township Administrator Frank Birkenhauer and Township Trustee Triffin Callos. Seated l. to r., volunteers Lin Huelsman, Robey Klare, Mary Ungrund and Sandy McCann.