



# ACTIVE Y'VES FRESNO CENTRAL Y'S MENETTES OCTOBER 2021

President:  
Karen Johnson

Editor:  
Louise Coleman

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10

LET'S DO LUNCH!!

Our meeting on TUESDAY, OCTOBER 19<sup>th</sup> will be lunch at Yosemite Falls Café at Granite Park. It is located on Cedar Avenue between Dakota and Ashlan Avenues. We will meet at 11:30 a.m. and everyone will order off the menu.

RUMMAGE SALE

The big sale is just a month away on SATURDAY, NOVEMBER 13<sup>TH</sup>. Items in the storage unit will be picked up on the 12<sup>th</sup> and set up for the sale will start at 6 a.m. on the 13<sup>th</sup>. Everyone's help is needed as well as any family or friends who can help during the sale and clean up at the end.

The truth about women our age

We've seen it all, done it all and been around the block. We're living large and so in charge. Old ladies? What a crock.

We've just begun to have our fun and earned each little wrinkle. Say it loud!

We're downright proud, and when we laugh, we tinkle.

Real women feel it's no big deal to add another candle. We're old! We're bold! We're solid gold ...There's nothing we can't handle!!

## AWARD

Congratulations to Jan and Russ Suydam who are this year's recipients of the Roy Naylor award from the Pacific Southwest Region. This award honors a Y's Man or Woman who has been active 10 years or more in the YMCA, church or community and has served in the Y's Mens movement at the club, district, region, US Area or International level. This couple has been a role model for all of us by being leaders for the YMCA and Y's Men. An award well deserved.

## FUTURE MEETING DATES

Be sure and put these dates on your calendar so you don't miss all the fun.

OCTOBER – 19<sup>th</sup> lunch at Yosemite Falls, 11:30 a.m.

NOVEMBER – 13<sup>th</sup> yard sale 6 a.m – 2 p.m. Nov. 16<sup>th</sup> lunch & a movie

DECEMBER – 6<sup>th</sup> hopefully caroling at the Veterans living center

7<sup>th</sup> – Christmas Brunch at Marie Callenders

## SENDING GOOD THOUGHTS

During a quiet moment in your day, think of Connie Claes and Sheron Lewis who have some health issues and all the members of our club who have struggles in their everyday lives. Think of our nation as we deal with COVID, and whether to be vaccinated. Remember the firefighters who have been working in our area trying to protect homes, businesses and our wonderful big trees as they try to put out the fires. Take a moment to enjoy the beauty of the trees as the leaves change color and enjoy the clean air and cool temperatures.

## WORTH AN AMEN

Me and God have this little arrangement,  
If he wakes me up to see another day,  
I promise to try and be better  
Than I was yesterday.

