



Event Season is Here!

We are definitely into a busy event season! Here are just some of the events that Anderson Auto and Powersports Group sponsored within the community or held at our dealerships in October.



Jeep Expo



London Bridge Days Parade



Hardyville Haunt



Fall Fun Fair



Powersports & Marine Show



Boo Bash



BHC Chamber Mixer
@ BHC Powersports



Colorado River Corvette Club
Donuts & Coffee



Turquoise Queens
Fastpitch Golf
Tournament

Healthy Hub

Handling the upcoming holidays with less stress, prioritize self-care by maintaining healthy habits like enough sleep and exercise, set realistic expectations, practice mindfulness techniques like deep breathing, establish boundaries by saying no when needed, plan ahead, and focus on the people and values that truly matter to you, rather than trying to achieve an "ideal" holiday experience; consider creating new traditions that align with your needs and reduce pressure.

Key strategies to manage holiday stress:

- Set boundaries: Identify triggers and say no to commitments that overload your schedule.
- Prioritize self-care: Make time for relaxation activities like exercise, meditation, or hobbies you enjoy.
- Practice mindfulness: Use deep breathing exercises or guided meditation to stay present and manage anxiety.
- Plan ahead: Make shopping lists early, book travel arrangements in advance, and delegate tasks to reduce last-minute stress.
- Maintain routines: Stick to your regular sleep schedule and healthy eating habits as much as possible.
- Practice gratitude: Focus on the positive aspects of the holidays and appreciate what you have.
- Communicate needs: Talk openly with family members about your expectations and boundaries.
- Set realistic expectations: Don't try to create a perfect holiday, accept that things might not go exactly as planned.
- Ask for support: Don't be afraid to ask for help from loved ones or delegate tasks.
- Manage finances: Create a budget and stick to it to avoid financial stress.
- Take breaks: Step away from stressful situations and allow yourself time to recharge.

NOVEMBER EVENTS

Save the Date!

**The Anderson Auto & Powersports
Holiday Party is December 14.**

Saturday, November 2, All Day

Anderson Ford Bullhead sponsors the 28th Annual Los Matadores Charity Golf Classic.
Location: Laughlin Ranch Golf Club

Saturday, November 2, 4-8pm

Anderson Ford Bullhead sponsors the 27th Annual Community Achievement Awards.
Location: Aquarius Casino

Saturday, November 9, All Day

Anderson Powersports sponsors the Hole in One for Hav-a-Sis benefit Golf Tournament.
Location: Lake Havasu Golf Club

Wednesday, November 13, 6:30-9pm

Anderson Powersports sponsors the Cancer Fashion Show.
Location: London Bridge Resort

Thursday-Friday, November 14-15, All Day

Anderson Powersports sponsors the Hole in One for Classie Ladies Golf Tournament.
Location: Lake Havasu Golf Club

Friday, November 15, 7:30-9am

Anderson Powersports sponsors the Breakfast with Champions
Location: College Park Community Park

Thursday, November 21, 5:30-7pm

Anderson Ford Bullhead Hosts the Chamber Mixer
Location: Anderson Ford Bullhead

Saturday, November 23, All Day

Anderson Ford Bullhead Sponsors the Hole in One for Turkey Tee-Off Golf Tournament
Location: Hukkan Golf Club

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in November with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Jay Johnston	11	Toyota

Congratulations!

**If you would like to share something in the newsletter, send it to Michelle G at
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