

Station Times Station Clubhouse

Phone 641-236-5325
Web site www.pcmmentalhealth.org

Lunch Reservations in by
10:00am
Mon.'s, Wed.'s, and
alternating
Thursday's - Friday's

Dec.. 2010

Thanksgiving Feast

This year we had over 90 people attend our dinner. Up over last year's 80 The food was excellent and abundant. Friends and family, along with the center's staff, and a varied guests from the community attended. We were all Thankful for so many things. Like The Clubhouse being there for us and all the support we have from our community. The two walking miracles, Betty and Carol, on deaths door, and recovered so miraculously. It is so good to have them back with us. It has been a thankful time for us all.

Busy December

The month of December will be a very busy time for us. We have to decorate, bake and cook for our Christmas Party to be held on Tuesday December 21st. There are the usual outings. And December 9th we will be going to De Moines for our annual shopping trip. Merle Hay mall will be our shop 'til you drop day. After the shopping we will go to the Machine Shed for our Christmas dinner. After we are full, we will load up and go to all the decorations and lights at "the Jolly Holiday Lights". Then we will be come home and I imagine drop from such a full day. I know I sure will. We have another "light" trip the 2nd of Dec. in downtown Grinnell. Also in December we pick up our Christmas Share boxes on Sat. the 18., followed by a continental breakfast at Clubhouse. We will also be baking for the 21st, if there is time. Dec. 31st Julie A. will be hosting a special breakfast @ CH for our New Year Celebration. We wish you all Merry Christmas and a very Happy New Year.

Wishing all our Members and staff of Station Clubhouse, a wonderful year to come with all our "family"



Useless Facts and Information

By L.M. Boyd

Submitted by Luke White

You've seen antique quill pens. Making them was a little more complicated than most knew. They were boiled and baked.

On a statue of a woman, the head is a third as wide as the shoulders, if a sculptor follows the traditional dimensions

An 1864 federal law permitted any woman to divorce her husband if he were in the military.

How you read body language depends on where you are., evidently. In a business situation, you know it's time to go when the host gets up from his desk chair. In a social situation, you know it's time to go when the host leans back in his armchair. Or says a student of such matters.

Q. The Music capitol of North America is now said to be Tennessee's Nashville. Where was it first? **A.** Bethlehem, Pa.

Real poker players understand this: if you are dealt a pair, odds go up your opponent is dealt a pair, too.

Help Needed

We are having a shrinkage problem at Clubhouse. We are short a lot of plates, cups bowls and silverware. If you would be so kind as to search your cupboard and drawers for anything that should be at Clubhouse, please bring it in. We realize how busy it gets and you forget, but we are in need of some returns. Thank

You to all the supporters of Station clubhouse with all that is given and enjoyed by the members.

December Highlights

- 12/04/10 Shop Grinnell 9:30am
Wal-Mart Hy-Vee
- 12/09/10 Des Moines Shopping 10:30
- 12/11/10 Shop Newton 9:30am
Wal-Mart \$1.00 Tree
Lunch Out at Culvers
- 12/18/10 Pick up Christ. Share 8am
Cont. Breakfast @ CH after
Followed by Baking for party
- 12/30/10 New Year Social 1:00pm
- 12/21/10 Christmas Party 11:30am
- 12/24/10 Clubhouse Closed
- 12/25/10 Christmas Day
Movie And Treats 1:30pm
- 12/31/10 Breakfast by Julie A. CH
9:30AM

All Mon.. IMR meeting @ 11am

All Wed. Grocery Shop 2:30pm

Lunch Bunch, Activity & Menu Plan on Tues
12/14/10 at 11:00am. Celebrate December
Birthdays on Fri. 18th with cake for lunch.

Weather Update

On the last day of November, it started snowing. We hope it won't last too long. We have had a beautiful Fall and so far a milder Winter. According to most predictions we will have a shorter, colder Winter. So far the predictions haven't been very accurate. We will have to wait until it gets here to know. Please use caution when going outside this Winter. Bundle up good in a warm coat, hat scarf and gloves or mittens.. Pay attention to wind chill. It can make the temperatures feel like below zero and can damage exposed skin. Remember it is usually very slippery under the snow so be extra careful when walking out doors. Make sure you have warm boots with a tread to help keep you from falling. If you drive, remember you can't stop as quick so allow yourself room and plenty of time to get where ever you may be going.

**PARTIES AND EVENTS
May - Sept. 2009****Remembering 9 - 11**

On Saturday, Sept. 11th, 2010, an American flag should be displayed outside every home, apartment, office and store in the United States. It should be every persons' duty to display an American flag on the 9th anniversary of one of our country's worst tragedies. We do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain and those who today are fighting at home and abroad to preserve our freedom.

Lesley Pollack

Things That Mom Does



ADVISES
ARRANGES
BELIEVES
CLEANS
COOKS
DRIVES
EVALUATES
HELPS
HUGS
KISSES
LAUGHS
LISTENS
LOVES
PAYS BILLS
PRAISES
PRETENDS
READS
REMINDS
SMILES
TEACHES
TRAVELS
VALUES

R K O Y C O O K S E V O L
E S H Q S D N I M E R P A
A N S U S E U L A V S Q U
D A S E G N A R R A E F G
S E P A Y S B I L L S T H
R L I S T E N S S U S W S
K C M M G V V E L A I D M
P R A I S E S H E T K R I
C A N P C I G C V E U I L
U Q L S V L P A A S Z V E
B E S D N E T E R P M E S
H G A E Z B S T T P L S Z



Summer Fun



L W N C B O A T I N G U S I J D L K
I A M C B A L F H U K R X Q B I K E
J R Q Q T S R D X C I L M V E G N D
X J F C W U D B Y D T L Q B E F U I
S D U I S S Z C E C B A S E B A L L
T M N M N N K H F C Q B W A S E E S
G G K H P D O A B S U Y D D I N P Y
J O C M C R S R T M Z E N R R O S J
I T L A C S T O H K E I L O O F I S H
I C G E T W O P E E B L D L O T B C
D Y S G U B T C E L L O C L A A C G
F M Y F P X I S S E L V A E W C I Q
D J F Z I X L J R P F S N R X A N T
P J W A T E R S K I O G O B D V C D
Y Z P O H D K W H B Q H E L Q L I T
F W C Z E A T I C E C R E A M V P Y
K E M O T W O M H E G A R D E N L Q
M A K E S A N D C A S T L E S S U O



BARBECUE
BASEBALL
BIKE
BIRDWATCH
BOATING
CAMP
CANOE
CLIMB
COLLECTBUGS
DIVE
EATICECREAM
FINDSHELLS

FISH
FRISBEE
GARDEN
HIKE
HOPSCOTCH
JUMPROPE
MAKESANDCASTLES
PICNIC
RIDEHORSES
ROLLERBLADE
ROLLERSKATE
SEESAW

SKATEBOARD
SLIDE
SNORKEL
SPELUNK
SURF
SWIM
SWING
VACATION
VOLLEYBALL
WADE
WATERSKI