

## **JULY 2011 NEWSLETTER**

Guess what? July 4<sup>th</sup> weekend is coming! Don't panic, plan ahead, be "mindful" in your food choices. Enjoy the people and the fireworks. HAVE A GREAT DAY!

Shirley and I will be leaving for IRD on July 4 and hope to be home on the tenth. There are many meetings to attend and we plan on learning lots more about TOPS and touring the headquarters, but our biggest project is:

**TOPS RAINBOW SALAD DAY**

**JULY 30, 2011**

**SATURDAY 10-12:00 P.M.**

**HENDRICKS COUNTY SENIOR SERVICES**

**1201 SYCAMORE LANE**

**DANVILLE, IN 46122**

**317-363-7991 (Bob Day)**

**Bring a Super Food that will add to our salads.**

**Lettuce, bowls, forks, napkins**

**And tea will be provided.**

**Food and fun!**

**BE SURE AND WEAR YOUR**

**"RAINBOW OF COLOR" CLOTHES**

**Hope to see you there!**

**CONGRATULATIONS: Harriet Sneddon became a New KOPS AS OF 5/26/11 from 1441 Brazil.**

**Bob Day-Area Captain**

**[days1944@sbcglobal.net](mailto:days1944@sbcglobal.net) 751 Sundown Circle**

**317-363-7991**

**Plainfield,IN**

**BECAUSE YOU ARE WORTH IT**