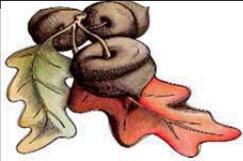


# Girties Gazette

November 2017



## Ponderings by Girtie

Sitting here coughing away from a head cold as I watch Christmas movies and ponder, I realize how close we are to the end of the year. Normally we would be planning and organizing our Winter Season of classes and of course the Winter Open House with a clever name and all of our class samples.

However, this year Girties will be marching to a different tune- one with less pressure and anxiety of organizing times and dates. These concerns are always a huge part of the planning process for the new seasons. There is never a way to tell which ventures will make a successful season.

So, I am writing to announce that Gary and I have decided not to offer classes in 2018. Everything else at the shop will remain the same. If you have any questions please contact the shop, or find us on [girties.com](http://girties.com). We look forward to seeing you on your next visit to our Show Room and retail shop where new merchandise is being added regularly. I would like to thank all my dear friends for your continued support through my endeavors.

Happy Quilting, Girtie ☐

## IMPORTANT REMINDERS AND INFORMATION:

- Girties will be at Tree Fest Friday December 1st 4-8pm, December 2<sup>nd</sup> 10-6pm and December 3<sup>rd</sup> 12-4pm at the Caldwell Consistory. You can find that at this location: 150 Market Street Bloomsburg Pa. (At the fountain).
- Bad winter weather- call before coming. (570)-380-9672.
- I have **ONE RUSH position open in December for a Christmas deadline. There is a \$100 fee for a RUSH QUILT.**

Be Thankful



BE SURE TO  
CHECK OUT  
OUR TREE @  
TREEFEST!

### Shop Hours/ Information

Tues- Fri: 10am-6pm 69 McDowell Hill Road  
Bloomsburg PA, 17815  
Sat: 10am-2pm Email:  
[girtie49@gmail.com](mailto:girtie49@gmail.com)  
Website: [girties.com](http://girties.com)





Preventing Alzheimer's, Anxiety, and Addiction With Your Favorite Hobby

*By: Maria Cannon*

Although age and genetics definitely impact our health, they're not the only important factors we should consider. Believe it or not, we do have a varying degree of control over our health. For instance, our daily habits and hobbies (such as quilting) might play a key role in helping prevent a range of inherited conditions, such as Alzheimer's, depression, anxiety, or even addiction, to name a few.

As it turns out, there are many ways that having a hobby can offer mental health and mental fitness benefits. Here are a few of our favorites:

- **Stress Relief:** Hobbies reduce stress and boost our moods by occupying our minds with activities that bring us joy and gratitude.
- **Emotional Health:** Hobbies can improve our mood while rewarding us with feelings of accomplishment.
- **Mental Health:** Picking up a new hobby challenges your brain and can possibly even prevent dementia and Alzheimer's.
- **Relationships:** Many hobbies are completed in a social setting, which can provide opportunities for socializing, improving your relationships, and even meeting that special someone.
- **Addiction Recovery:** Hobbies such as exercise, art, woodworking, and sewing can soothe the nervous system and help us overcome addiction.

**FOR SALE:**

- **Bernina Embroidery Machine DECO 650: \$395.00**
  - Some attachments included
  - \*LIKE NEW\*
  - USED ONE SEASON

If interested in this machine contact Donna Campbell @ (570)-441-4757

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**DEAR JANE** will be held on the **THIRD THURSDAY** of **EACH** month. However, **beginning on January 18<sup>th</sup> 2018, we will be meeting at BETHANY UNITED METHODIST CHURCH @ 116 Summerhill Avenue, Berwick.** If you have questions, please contact Susan Forsythe by phone- (570)-759-1076 OR email- s39f@verizon.net



**HOLIDAY HOURS**

*Wednesday November 22<sup>nd</sup>: 10-2*

*Thursday November 23<sup>rd</sup> - Friday November 24<sup>th</sup>: CLOSED (Happy Thanksgiving!)*

*Friday December 22<sup>nd</sup> - Tuesday December 26<sup>th</sup>: CLOSED (Merry Christmas!)*

*Friday December 29<sup>th</sup> - Tuesday January 3<sup>rd</sup>: CLOSED (Happy New Year)*