



Meetings 2nd Wednesdays of month, 9:30am

Broadmoor Community Church, 315 Lake Avenue

November News

Executive Board

President

Mary Kervick 719-649-3658

Vice Presidents

Membership

Liz Burnett 719-368-9488

Activities

Cheryl Eaton 719-331-5554

Treasurer

Lisa Lucke 719-306-3185

Secretary

Wendy Wolfswinkel 719-332-7957

Communication Director

Sharon Wallace 719-482-6298

Webpage: cmnccos.org

Webmaster: Linda Ewton

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Email: cmnewcomers@gmail.com

Thank you to Literary Ladies and Readers Choice for all the great food at the October meeting.

NOTE: Except for Ladies Gourmet, there will not be signup tables at the November meeting. Watch for activity chair emails.

November Program

Members' **Holiday Bazaar**. This is a chance for members to display their artistic creations, crafts, baked goods, etc. This year members can sell to each other so get those lists ready.

Note: this is cash/check only, no credit cards

December 13th Holiday Luncheon

Broadmoor Community Church
10 am Program followed by a catered lunch.

Cost to attend is \$20, cash or check at the November meeting or mail a check to CMNC, PO Box 60001, Colorado Springs, 80960.

Payment deadline: December 1st. Guests will be accommodated on a space available basis.

Policies

Prospective members shall be required to pay membership dues after attending two club functions or meetings.

Former members must rejoin the club to attend any activity or meeting.

CMNC general meetings will be canceled if D-12 schools have a delay or cancellation.

November 8th Meeting:

Adopt A Family: Chairs: Lynda DeAngelis 719-440-4643
Valerie Smith 719-213-8685

We partner with UMB Bank and CPCD to provide holiday gifts for families in need. Contact Lynda or Valerie for information on how to adopt a family or to make a cash donation.

Gleaners: Chair: Barbara Coons 719-375-3231 / 219-973-9555

Gleaning: Harvesting for free distribution to the needy, or donation to a non-profit organization for ultimate distribution to the needy.

November is Native American Heritage month & our Gleaners non-profit is **One Nation Walking Together**, currently celebrating their 30th anniversary this year!!

Started in 1993 by a Manitou Springs couple, ONWT addresses the specific needs of each community they serve, delivering basic necessities of life while uplifting the most impoverished people in our country, providing assistance to low-income to no-income Native American families & individuals in the Pikes Peak region. They annually provide hope & service to 40,000 people in Colorado and surrounding states.

ONWT REQUESTED DONATIONS: nonperishable food: canned meats, SPAM & tuna, chicken, broth(chicken,beef,vegetable), soups & stews, boxed & evaporated milk, canned/packaged beans, rice, peanut butter, jelly, canned vegetables & fruits, sugar, flour, baby food & formula.

NOTE: We still collect empty prescription bottles (labels removed) for Westside Cares.

Donations may be put in the open trunk of my car, directly next to our entrance at Broadmoor Community Church.

Lunch Bunch: Chair: Gini Dugan 507-319-1700

Wednesday, right after the general meeting. Will resume in January.

WELCOME TO ALL OUR NEW MEMBERS!!

Claraines Aguado, Nancy Anderson, Pam Behrendt-Lewis, Kelly Brown, Peggy Dolinich, Brenda Dupre, Pat Hamilton, Jill Henricks, Charlotte Hobbs, Alex Jelinek, Kacie Jerry, Gale Johnson, Kim Kacewicz, Tarrah Keller, Nancy Long, Debby Marschman, Kathy Perkins, Dena Rathgeber, Margaret Rosielle, Carol Siddons, Dale Spelman, Erin Sullivan.

Activities:

Book Clubs: we would like to add new bookclubs. Please let the board know if you are interested in starting one up.

Decorating Divas. Chairs: Nancy Price - Weddle 719-332-2644

Mary Beth Shively 719-527-0612, 520-631-8522

Meets 2nd Tuesday of the month. November 14th, 1pm - 3pm

The Divas will be meeting at the Manitou Arts Center where we will learn how to make a tapestry. Our instructor will be Mary Madison who has over 20+ years experience in not only tapestries, but floor loom weaving, needlework, ceramics, and quilting. We will work on a 12" by 12" framed piece with a beautiful design and of course be able to take it home. Cost \$48 to be paid at the venue. Please rsvp to MB to be included in this fun event.

Hope to see you there! Nancy and MB

Ladies Gourmet. Chairs: Liz Burnett 719-368-9488

Susan Jones 719-963-5262

Meets 3rd Wednesday of the month, 11:30am.

Ladies Gourmet returns next month, November 15th, at Marie Ryan's home. Our theme is "Giving Thanks".

If you would like to join us, signups will be available to those attending the CMNC general meeting and begin at 9:30AM.

Wine & Friends. Chairs: Barb Zarish 719-960-6117

Elaine Claussen 719-447-5771

Meets 3rd Friday of the month, 6pm to 8:30pm.



Next get together is November 17th at the home of

Susan Rae Jensen, 65 Polo Pony Dr.

Couples are welcome and should bring a bottle of wine and an hors d'oeuvre to share. Singles please bring your choice of either.

RSVP to Barb or Elaine.

Activities:

Because We Care: Chair: Lynda DeAngelis 719-440-4643

Please be sure to contact Lynda when you know of any member experiencing any health or life changing experiences. She will send out the appropriate card and in some cases contact the member directly for any follow up. Thank you for your support on this, it really does make a difference.

Reel Deal. Chair: Chelley Gardner-Smith 719-640-0069

Meets 3rd Tuesday or 3rd Sunday of the month

We meet at Tinsletown Theater and, for those who are interested, gather for refreshments or dinner after the movie. Tuesday meetings are ladies only; spouses/partners are welcome to attend on Sundays.

Walkie/Talkies. Chair: Cheryl Eaton 719-331-5554

Meets Tuesday mornings. Location TBA

Meets once a week for a moderate 40 minute to 1 hour adventure. Sign up at the meeting and receive a weekly email giving location and time. Join us for fun hikes, friendship and fellowship.

NEW ACTIVITY

Inner Strength Tribe. Chair: Janis Cross 719-930-4445

Meets 4th Wednesday of the month, 10:00 am. Location: TBA

Do you want to step up your mental health and be able to grow your relationships with peace and satisfaction in your life? Are you struggling with how life is sometimes difficult to handle? Come and learn new tools that will teach you to see the world through a new lens. In group sessions, we will explore self-care practices like mindfulness exercises, journaling, or creative expression. **Limit 10 people.**

UFOs. Chair: Barbara Nisar 719-394-5499

Meets 1st Monday of the month, 1:00 pm. Location TBA by email.

A low key group of women who like to chat while finishing their unfinished projects.

Invest In Yourself. Chair: Ann Ries 719-577-6333

Meets 4th Wednesday of the month, 10:00 am. Location TBA.

Group will provide education on various wealth planning topics to include investment, retirement, financial, estate and tax planning as well as ways to manage cash flow, budgeting and funding college savings programs to name a few.

Activities:

Mah Jongg. Chair: Maria Polelli 719-649-4896

Meets 1st Tuesday of the month, 1pm to 4pm, home of Maria Polelli.

This is an exciting and challenging Chinese tile game. Everyone on the sign up list will be sent an email with upcoming month's date and time. Reservations will be accepted on a first-come, first-serve basis.

NEW ACTIVITY

Pickleball. Chair: Lu McCoy 719-540-8681

Meets on Fridays 10am - 12pm. Location: Springs Pickleball, 780 Vondelpark Dr, 80907

Pickleball is the fastest growing sport in America! Join this new group and see what all the fuss is about-I mean fun!

We will play inside (out of the hot sun, cold air or wind), on brand new courts. Try it once and you will be hooked –I mean sold! A paddle, a whiffle-ball thingamajig, and some good sturdy court shoes, and you are on your way!

The nicest people play pickleball – you will have a ball, literally!

Canasta Hand & Foot. Chairs: Edna Clark 719-527-1519

Lu McCoy 719-540-8681

Meets 2nd and 4th Thursday of the month, 10am-2/3pm.

Country Club of Colorado, Gates Grille, Cheyenne Mountain Resort (downstairs)

We will teach you if you have never played or are a little rusty. Join us for a few hours, have fun and make friends! We break for lunch around noon.

Pokeno. Chair: Sharon Wallace 719-482-6298

Meets 2nd Monday of the month, 1pm. Location TBA

This game is very similar to Bingo, fun and very easy to learn. We meet at different homes, each player brings an unsigned \$5 gift bag for the gift stash and contributes \$1 towards the grand prize.

	Week 1	Week 2	Week 3	Week 4	
Monday	1:00 pm UFOs	1:00pm Pokeno			Invest in Yourself Date & Time TBA
Tuesday	Walkie Talkie 1:00 pm Mah Jongg	Walkie Talkie 1-3pm Decorating Divas	Walkie Talkie	Walkie Talkie 6:30pm Lets Get Lit	
Wednesday	10:00am Literary Ladies	9:30am General Meeting 11:30am Lunch Bunch	11:30am Ladies Gourmet	10:00am Inner Strength Tribe	
Thursday	2-4pm Nurturing Yourself	10-2pm Canasta Hand and Foot	10am Readers Choice	10-2pm Canasta Hand and Foot	
Friday	10:00 am Pickleball	10:00 am Pickleball	10:00 am Pickleball 6:00pm Wine & Friends	10:00 am Pickleball	
Saturday					
Sunday			Reel Deal		