



## Lawrenceville Woman's Club December Newsletter 2024

**December Chairlady**      **LeeAnn Gregg**

Our December meeting will be held at the home of Shelia Jones. The address is 1995 Blackhawk Trail, Lawrenceville. We will gather at 6pm to put together our "Adopt a Grand Dad" bags together, after we will head to Carrabba's on Sugarloaf for a nice dinner.

Members signed up to bring the following items for our "Adopt a Grand Dad"

LeeAnn      towels/peanut butter crackers      Michele      shampoo/lotion  
Nicole      shaving cream/socks

The following items are still available (Shelia will need to decide)

Scarf   blanket      toilet paper      kitchen garbage bags      Kleenex      toothpaste      canned meat

**Treasurer**      **Nicole Hallmark**

Please bring all your receipts for reimbursement if you have any so I can get this all cleared up before year ends.

**Newsletter**      **Nicole Hallmark**

The deadline for the January newsletter will be Friday December 20<sup>th</sup> by noon.



**Arts and Culture**      **Marylouise Awana**

The club tree is complete at the Lawrenceville Art Center. If you attend any events at the Aurora be sure to bring some canned goods or toys for our tree.

Our next Ladies Time Out will be December 6<sup>th</sup> – Madison Tour of Homes - meet at 10:00 - Madison-Morgan Cultural Center - we will tour homes then have lunch and can tour afterwards. Let the group know if you plan to attend –

[Buy Tickets Here](#)

## Civic Engagement and Outreach

Save the date --- December 1 – we will volunteer at the Festival of Trees – Gas South Arena --- the hours of the show are 10:00 -4pm --- Shelia is clarifying the times and what we will be doing – so stay tuned for more info.

December 14th - Wreaths across America --- 11:00 am --- Ceremony will be held at East Shadowland at 11:00 The club will sponsor a couple wreaths – if you want to do one on your own – they are \$17 each – go to [www.wreathscrossamerica.org/ga0265p](http://www.wreathscrossamerica.org/ga0265p) and select the cemetery location – the wreaths need to be ordered no later than December 3<sup>rd</sup> to be delivered in time for the ceremony.

## Education and Libraries      LeeAnn Gregg

December is Identity Theft Prevention and Awareness month.  
Learn about common identity theft and fraud scams and how to keep yourself safe.  
Saturday December 14  
2:00-3:00pm

Thursday December 12. 11:00-12:00pm  
Speak with a Social Security specialist at Snellville branch  
You must register for this event.



## Environment

Please continue to collect/recycle ---

- Plastic grocery bags -- Nicole can make sure they are delivered to Creative Enterprises for cleaning their litter boxes
- Bring to the meeting – printer cartridges
- Used eyeglasses - we can drop in box at Walmart

The next upcoming work days at the Community Garden are November 25<sup>th</sup> 3-5pm and December 2<sup>nd</sup> 3-5pm!!

### ***Don't throw that glass in the trash!***

The City of Lawrenceville is now offering a brand new option for recycling. A drop-off Glass Recycling Station is now available at:

Lawrenceville Public Works  
435 W. Pike Street  
Lawrenceville, GA 30046  
**Black Dumpster**

Drop off is available from 7 am – 7 pm

- Sunday – Saturday

Community members dropping off glass are asked to separate it into bins marked for clear and colored glass. Accepted items include:

- All colors of food and beverage bottles, as well as jars
- All lids should be removed and discarded

- Glass should be rinsed to remove food and debris
- ONLY glass items should be discarded into the black dumpster

The following items are not accepted at the Public Works Glass Recycling Station:

- Broken glass
- Car windshields
- Light bulbs
- Mirrors
- Televisions
- Window panes

Those wishing to utilize the **Glass Recycling Station at Public Works** do not have to be City of Lawrenceville residents.

For additional information, please [email Customer Service](#) or Phone: 678-407-6675.



**Health and Wellness     Shelia Jones**

It's the most wonderful/busy time of the year -- The holidays are a wonderful time for family, friends and celebrations. But winter can take a toll on your physical and mental health, even during the holidays!!!

### **So what can you do to stay healthy this winter?**

#### **Drink water.**

Winter may be a good time for hot cocoa and cider, but always make water your drink of choice. While hot beverages can be great for warmth, remember to keep it balanced with at least 8 cups of water per day. A glass of water with and between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.

#### **Stress less.**

Over-the-top holiday excursions can be stressful, which isn't how you should feel in this joyful season. Focus on your holiday traditions — don't worry about the rest. Make time for friends, family and good cheer, and embrace relaxation when you can.

#### **Sleep enough.**

Don't neglect the value of sleep. Do all that you can to stick to your typical sleep schedule, even around all the celebrations and traveling. Avoid or limit caffeine, alcohol, daytime napping and large meals before bed. These factors can interfere with a good night's rest.

#### **Dress warmly.**

Remember headwear that fully covers your ears, wear mittens rather than gloves and pull on well-insulated socks when dressing for the weather. Instead of wearing one big coat, dress in several layers of loose, warm clothing. This will better protect you against wind, snow and rain. If your clothes become wet, change them as soon as possible.

### Limit time in the cold.

Pay attention to weather forecasts and windchill readings. Dress accordingly, but also watch for signs of frostbite, such as red or pale skin, prickling and numbness. Seek emergency help right away if you experience any signs of hypothermia, including intense shivering, slurred speech, loss of coordination or fatigue. You can avoid these cold-weather hazards if you take measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.

### Exercise.

Cold air sometimes can discourage you from keeping up with your fitness routines. It's easy to let these habits slide for the season, but remember that regular activity can keep you healthy, both mentally and physically. Choose an indoor exercise if the temperature is below zero or the windchill is extreme. Workout apps or online exercise programs are great tools to get you moving in the comfort of your home. If you prefer to exercise outside, dress appropriately. Too many layers can make you overheat, so choose layers you can easily remove.

### Keep the germs away.

Three words: Wash your hands. This is one of the best ways to avoid getting sick and spreading common winter illnesses, such as colds. Germs accumulate through nearly everything you do or touch, so wash your hands frequently. Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. Also, get flu and COVID-19 vaccines to avoid being sick during the coldest time of year.

Wishing you and your family a safe, happy and healthy holiday season.



Our 20 boxes of Thanksgiving food items were delivered to Mending the Gap in Lawrenceville. Great Job Ladies!



Book Club Shelia Jones

Bring your calendar to the next meeting so we can decide on the December date! Have you read a good book lately – share!

**Federation News Shelia Jones**

Dates to remember –

November 23<sup>rd</sup> is deadline for news articles for the December issue of The Georgia Clubwoman- do you have anything that you would like to be included?

State/District Dues and the Club roster are due December 1<sup>st</sup>.

The end of the year reporting period for the club is December 31<sup>st</sup> –

All club reports are due January 25<sup>th</sup> -

Please make sure you can login --- to track time, hours and projects that you have worked on – we will use this going forward.

Track it Forward ----- [www.trackitforward.com](http://www.trackitforward.com) - Login in [lwcgapresident@gmail.com](mailto:lwcgapresident@gmail.com) Password -- 7Lawrenceville! -

President Report Due February 15<sup>th</sup>

GFWC 2025 Annual Convention Atlanta – June 7-9<sup>th</sup> - Omni Hotel

**PADV/Wellsprings Shelia Jones**

**Sunshine Nicole Hallmark**

There are not any birthdays in December however LeeAnn learned about an organization we might want to volunteer with or host an event its Jambos. It is in Buford and they collect new pajamas for kids in foster care.

[Jambosdonates.org](http://Jambosdonates.org)

