



Juniorettes 2016.....It's a feeding frenzy!

In 2016, we will focus on feeding our minds, bodies and souls as we take on civic projects, volunteer and expand our minds through presentations. We are so glad you could join us!

Feeding our minds:

We will have presentations during the year as part of our regular meeting that will focus on feeding our minds. Knowledge and getting to know leaders in the community are integral to our development. Our 1st presentation will focus on Dating Safety and will be presented by Officer Jamie Hamrick at our September meeting. As young ladies, knowing how to respect ourselves and insist others do the same is an integral part of growing up. Knowing what is appropriate or not is so important as you all arrive at the dating scene.

Feeding our bodies:

Staying healthy and having healthy habits will stay with you well into adulthood. Here we will focus on healthy eating and exercise for the Juniorettes as well as help others in the communities that need assistance obtaining food. Learning about nutrition will be one presentation we will have from Mandy Curry during the year for our development. To help in the community, we will have projects where we serve food at the Mission, pack holiday baskets for those less fortunate and even help feed our furry friends at our local animal shelter. We might even take on a special project through CalorieCloud where your calories burned help feed others throughout the world!

Feeding our Souls:

Feeding our souls through volunteerism feels good! So we are going to do a lot of it! Helping others is who we are...so we will have projects that focus on the Veterans in our area (making cards, visiting them and even maybe some Christmas caroling!), assisting with Junior projects like NURU, and sponsoring a Challenger League team where we assist the disabled play a game of basketball or baseball.