

October 2011



TOPS SENTINEL



“Helping you to watch over and protect your health as you Take Off Pounds Sensibly.”

LYDIA PARISH, Area Captain #6301

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October Calendar

- 1st—10:00 AM Workshop with Karen Tinlin,
Coordinator—Northridge Christian Church,
18901 Chatsworth St., Northridge
- 12th—12:15 PM TOPS CA1900 Northridge—Program
2:30 PM TOPS CA2478 Palmdale—Program
6:30 PM TOPS CA1330 Lancaster—Program
- 15th—11:30 AM Tri Valley KOPS Society Lunch
— Marie Callenders, Northridge
- 21st—10:00 AM TOPS CA 0071, Glendale—Program
- 22nd—9:00 AM—Valley Walk—La Crescenta Park
3901 Dunsmore Ave., La Crescenta CA 91214
- Upcoming in November . . .**
- 5th—10:00 AM— 1:00 PM—Fun Day in HD (High
Desert) - Center of Light Church—1030 W. Avenue
L-8, Lancaster 93534

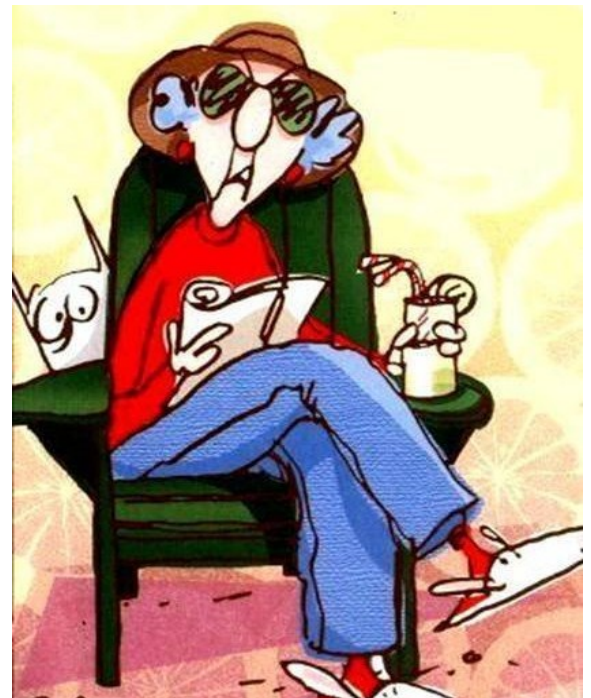


Don't just exercise your body. Exercise your ability to make healthy choices.

Comic Corner

Friends are like underpants . . .

- Some crawl up your butt
- Some snap under pressure
- Some don't have the strength to hold you up
- Some get a little twisted
- Some are cute
- Some are your favorites
- Some actually do cover your butt when you need them to



Inside me lives a skinny woman crying to get out. I can usually shut her up with a cookie.

- S** - Smile. Make an effort to be more friendly. Keep smiling. It makes people wonder what you're up to. It makes you look younger.
- M** - Make mayonnaise. Just adding mayo to something dull turns it delightful to the taste buds. So don't wait for happiness to happen, make it happen. Take an ordinary moment in your day and add zest to it.
- I** - Impulse or Innovation. Each new day is an opportunity to try something new. Change a perception of someone or something in your life. Act adventurously.
- L** - Love – the greatest medicine of all. Let someone know you love them. Call them up, send them a card or just give them a hug and tell them.
- E** - Enjoyment. When was the last time you went out to play? Indulge yourself. Give yourself a gift. Do something that will bring a smile to yourself.