



## Are you ready for the Holidays???????

Do these words create anxiety, shallow breathing, and sweaty palms for you? If so, come to our "Charge-Up for the Holidays" for ways to relieve some of the pressure. Bring in used but good condition holiday items and exchange them for someone elses.

Are you looking for a few different or unique tree ornaments? Hate to buy a whole box of them or pay the price for the uniqueness? Bring with you some of your used or new ornaments and switch them for ones on the table.

With money being tight these days, try looking through our baskets of discount coupons to stretch your budget. Add to the baskets any coupons you have & can't used so others can benefit from them.

What about all those extra Christmas cards you don't know what to do with? Hate to throw them away? But how useful are they? Take them to the table and exchange them. Don't mind having different cards, just not ones you've sent out previously? This is the spot for you. You could find a variety of different cards or multiple of one style which would suite you better.

A cookie exchange sign up sheet will be available. Delivery and pick up to take place two weeks later on December 5th. Freeze the cookies until Christmas or use them at the holiday parties you've plan before hand. No more baking at the last moment!

Also available will be different catalogs to browse through for gift ideas. Avoid crowded stores and long lines, you'd be surprised what you can order from the comfort of your own home.

Then there will be our "Kinder Spirit Wish List" area. This is our twist on "re-gifting" and helping out others. Bring in a new item that's not right for you, look for one that does, and switch them. You'll leave with something you like or can give as a gift. Also in that area, if you have an item which you care to give away, or are looking for something that you can't find in the stores, post it on the board with your name and phone number. You'll never know what you'll find there, or what will come to you free.

A silent auction for items and services will also be running through out the day. Check it out for possible Holiday gift giving at a great price.

Services/Practitioners to "CHARGE YOU UP FOR THE HOLIDAYS" during the day (\$1.00 per minute) are:

Reiki sessions -- 15 minutes (chair), 30 minutes, 1 hour

De-stressing peace & calming consultations with Essential oils

Intuitive reader/counselor

Massage Therapist

Saturday November 21st Noon - 4:00pm

Fee: 1 or more non-perishable food item to be given to the Waukesha Food Pantry

**PRE-RESERVATIONS ARE A MUST DUE TO LIMITED SPACE. PRE-SCHEDULING FOR SERVICES AVAILABLE.**

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