# FREEDOM CLUB NEWSLETTER

#### Hello, Freedom Club Friends!

Check out the great trips we have planned for the rest of 2022 and into 2023.

If you are interested in any of the upcoming trips or events please contact me for more information and the itinerary. I always like to receive ideas for the Freedom Club to discuss at our quarterly Senior Coffee. If there is a topic you would like us to cover, call me.

Thank you to everyone that joined us at Avera Clinic and Hospital for the Healthy Eating presentation. Adam Top and Jennifer Lincecum did a great job in explaining how to cook healthy for one or two people and the lunch that Adam prepared for us was great.

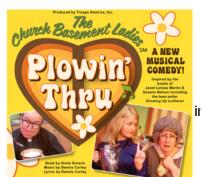




### UPCOMING EVENTS







#### Ladies Weekend Away November 5-6, 2022

Get your girlfriends, daughters and even granddaughters together for a great weekend getaway. Our weekend will include seeing "Footloose" at Chanhassen Dinner Theatre and Church Basement Ladies at the Ames Center and even a few surprises.



Double Occupancy \$325.00 Triple Occupancy \$300.00 \$150 Due at registration

This trip is full but I can put you on a waiting list.

## IF YOU HAVE NOT PAID YOUR DEPOSIT, IT IS DUE!









Cost: \$930.00 per person Dbl. Occ. \$1,140.00 per person Sgl. Occ. \$400 Deposit due at registration

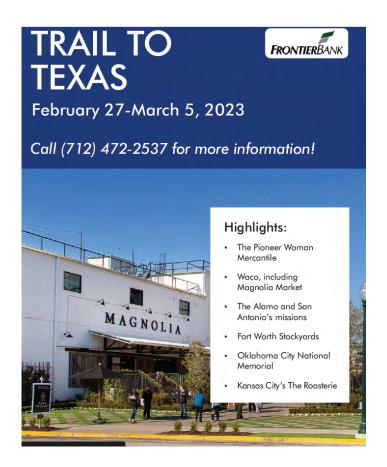
Please join us for coffee and cookies in

Rock Rapids on Friday, September 2 and Friday, October 7 and in

Sioux Falls 57th St Branch on Friday, September 16 and Friday, October 21.



#### February 27 - March 5, 2023





#### October 2 - 6, 2023



