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# Stoddard County 4-H Club will Host a Spa SPIN Club

JANUARY 28TH 2019 BY DEE LOFLIN

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## Stoddard County 4-H Club will Host a Spa SPIN Club

Dexter, Missouri - The Stoddard County 4-H club will host a Spa SPIN Club for ages 8 and up. Eager participants will learn how to create an at-home spa!

The sessions are two hours long from 6 p.m. - 8 p.m. You may choose three to attend.

Sessions will be held at Janet's Salon located at 215 N Locust Street in Dexter.

Session 1: Body Butter & Tennis Ball Massage

Session 2: Bath Salts & Zen Garden

Session 3: Lip Balm & Cuticle Cream

Session 4: Brown Sugar Foot Scrub & Citrus Salt Body Scrub

Session 5: Homemade Candles & Happy List

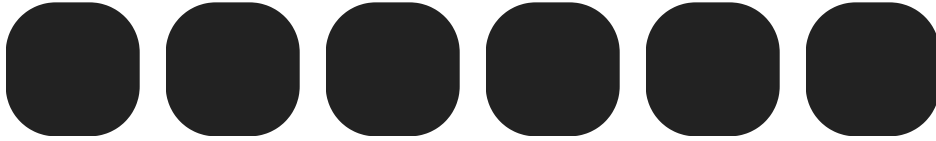
Session 6: Homemade Soap & Yoga

Call Stoddard County Extension for more information: 573-568-3344

Cost is \$10 for 4-H members and \$20 for non-4-H members.

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## Chamber Chatter with Korie Fish

JANUARY 28TH 2019 BY DEE LOFLIN

[Chamber Chatter with Korie Fish](#)

Dexter, Missouri - The Dexter Chamber of Commerce Weekly Events called Chamber Chatter. Korie Fish, Executive Director of the Chamber, would like to invite you to the annual awards banquet to be held on Saturday, February 9, 2019.

### **MONDAY JANUARY 28th**

Planning and Zoning Board Meeting-Municipal Building, Vine St. at 6:00pm

### **TUESDAY JANUARY 29th**

Children's Story Hour-"Play It Safe"-Presented By-Ron Montgomery, SEMO Electric

Keller Public Library at 10:15am

[Click Here for February Story Hour Dates](#)

Breakfast & Learn-VA LOANS with Brandon Wooley

Hosted by: Military Mortgage Boot Camp and National Title

Time: 8:30am-10:00am

Where: 515 W. Market St. (Chamber Building)

## **SATURDAY FEBRUARY 8th**

Stars and Stripes Trivia Night and Silent Auction

The Gathering at Versity Crossing at 6:00pm

[Click Here](#) for more information

## **ANNUAL AWARD BANQUET INFO! Saturday, February 9, 2019**

Social Hour/Doors Open-5:00 pm

Events Starts-6:00 pm

Individual -\$35.00

Table of 6-\$200

Table of 8-\$265

Table of 10-\$330

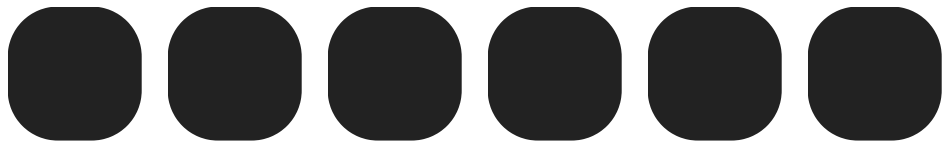
There are still several sponsorship opportunities available for this evening-please contact the chamber office for more information on these.

Basket Giveaways-We will have drawings for gift baskets provided by businesses in the community-these can be as elaborate or as simple as you would like. If your business would like to provide a basket please contact the Chamber Office. '

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## Boost Your Brain and Memory Classes Offered

JANUARY 28TH 2019 BY DEE LOFLIN

### Boost Your Brain and Memory Classes Offered

Bloomfield, Missouri - University of Missouri Extension is offering a Boost Your Brain & Memory brain fitness class at the Stoddard County Extension Center, 316 S. Prairie St, Bloomfield, MO beginning Thursday, February 7, 2019.

Just as you can control and improve your general physical health with good habits, so too can you improve the health of your brain - boosting your memory and mental agility, as well as reducing your risk of developing Alzheimer's Disease or other dementia.

Although research is finding links between genes and one's risk of Alzheimer's disease, the exact cause is more likely a combination of genetics and other factors. Practicing good brain health at any age can help stave off the disease, as well as build up your cognitive reserve.

The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health.

Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory.

**The four- session workshop will be held on Thursdays, from 1:00 – 3:00 pm on February 7, 14, 21 and 28.**

To register, contact the Stoddard County Extension Center, at 573 568-3344.

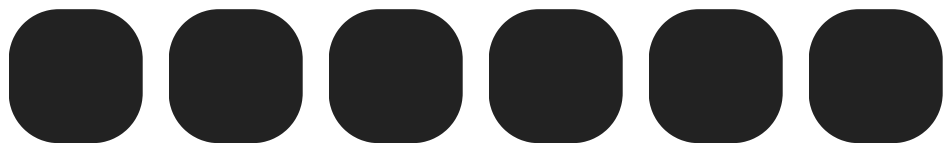
The class fee is \$25.

**This workshop is open to any and all participants.**

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## Knights of Columbus Free Throw Contest Set for Sunday, January 27th

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JANUARY 23RD 2019 BY DEE LOFLIN

## Knights of Columbus Free Throw Contest Set for Sunday, January 27th

Dexter, Missouri - Knights of Columbus Free Throw Contest will be held on Sunday, January 27, 2019 at 2:00 p.m. at the Sacred Heart Catholic Church in Dexter.

All boys and girls ages 10 - 14 are invited to participate in the local level of competition for the 2019 Knights of Columbus Free Throw Championship. Registration begins at 1:45 p.m.

The KC Free Throw Contest is free and is sponsored annually with winners progressing through local, district, and state competitions.

The competition is designed for the most basic basketball skill, the free-throw.

Please come out and watch the kids as they compete in the free throw contest.

Last year more than 120,000 sharpshooters participated in over 3,600 local competitions. All contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent.

For more information please contact Mark Guethle at 573-624-6361.

The Knights of Columbus is an international catholic family fraternal service organization with over 1.8 million members in 15,000 local councils. Last year, Knights donated over 70 million volunteer hours and \$170 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, culture of life, families, and youth.

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## Lunch Box Active Adult Center Menu

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JANUARY 21ST 2019 BY DEE LOFLIN

### Lunch Box Active Adult Center Menu

Dexter, Missouri - The Lunch Box formerly known as the Stoddard County Nutrition Center invites you to join them for lunch Monday - Friday and enjoy some fun activities as well.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter and it's not just for seniors!

You really don't have to be a senior to eat there. The food is great, served hot, and very inexpensive.

They serve lunch from noon - 1 p.m. and the cost is \$3.50 for seniors and \$5.50 for non-seniors. Suggested age for seniors is 60+.

Menu for Monday, January 21st - Friday, January 25, 2019.

Monday - January 21st - Closed for Martin Luther King Jr. Day.

Tuesday - January 22nd - Minestone soup, ham and cheese sandwich, tomatoes, fruit.

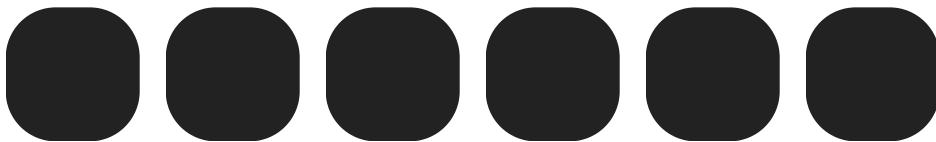
Wednesday - January 23rd - Chicken tenders or catfish, potato, broccoli, hush puppies, chocolate and vanilla parfait or fruit.

Thursday - January 24th - Lasagna, garden salad, corn, breadstick, cookie or fruit.

Friday - January 25th - Meatloaf, potato, green beans, roll, orange jello cake or fruit.

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