

Premier Club

Sponsored by



November 2022

Premier Club Members,

Thank you to Terry Glover of the Alzheimer's Association for her presentation on "Healthy Living for Your Body and Brain." We were told the four areas to help with this. For those of you who didn't attend, they are physical health and exercise, cognitive activity, diet and nutrition and social engagement. If you only have time for one, make sure it's exercise. In other words - Keep Moving! That will help the most of anything.

Our next meeting will be on Thursday, November 10 at 9:30 at St. John's Fellowship Hall. The speaker will be Jim Meier who is the director of the Nebraska Chapter of Honor and Remember, an all volunteer organization that serves families of military and first responder heroes. The primary goal of the organization is to promote an overall message of honor toward all who unselfishly serve to protect our way of life. To hear more about this organization plan to attend the next meeting.

At the last meeting, I brought up the possibility of going on an area holiday lights tour with Ollie the Trolley. This would be on Tuesday, December 6 from 7pm-9pm. We would be picked up and dropped off at i3 Bank. The cost would be \$25 per person. Yes, this is an increase from our last one in 2018. The quote I received from the company was double what it was from the prior tour. There is room for 32 people. The deadline to sign up is **Thursday, November 10**. You can sign up at the meeting that day. You can also sign up at i3 Bank during regular business hours or you can send your money to i3 Bank, 12212 N 156th Street, Bennington. Please make your check payable to i3 Bank. If you pay and we have to cancel due to not enough people going, your money will be refunded.

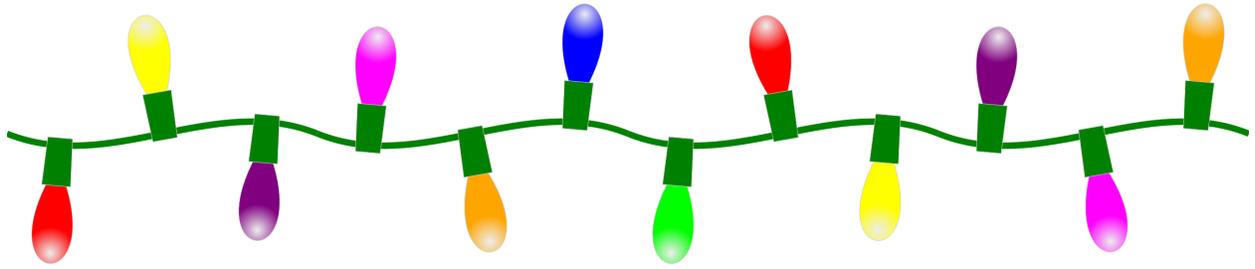
The December luncheon will be on Thursday, December 15 at noon. The meal will be the same as last year. And yes, we are planning to have pie. The cost for the luncheon will be \$8.00 per person. You can sign up and pay at the next meeting. Or you can sign up and pay at i3 Bank during normal business hours. The deadline to sign up for the luncheon is **Thursday, December 1**. Again, checks are to be made out to i3 Bank. Whichever you decide to do, we hope you will come and enjoy this time together!

There's a lot of information listed above in this newsletter! Take time to check your calendars and see what (and hopefully all things) will work for you. The i3 Bank Premier Club is here for you to enjoy. We hope that you will attend the meetings or at least let us know that you like what we are doing. If there are some things that you would like to see changed, let me know. I'd be willing to discuss the changes with you.

Enjoy the beautiful fall weather while it lasts! It won't be around forever.

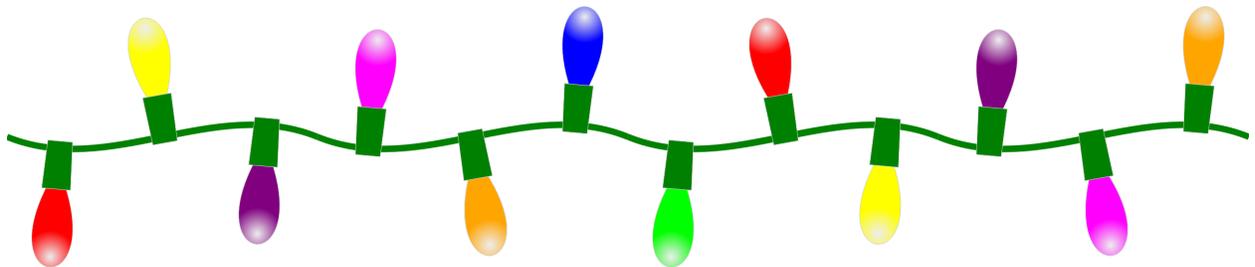
Take care and enjoy life!

Dee Clark



Premier Club

is hosting



A holiday lights tour on Ollie the Trolley is scheduled for
Tuesday, December 6 7pm-9pm

You will be picked up and dropped off at i3 Bank parking lot in Bennington.

The cost is \$25/person. **The deadline to sign up is November 10.**

You can sign up at the meeting on November 10, stop by i3 Bank during normal business hours or by sending a check (made out to i3 Bank) to 12212 N 156th Street Bennington, NE 68007.

There is room for 32 people to ride the trolley. You are welcome to invite your friends and neighbors!

If for some reason we have to cancel this event, your money will be refunded.