



WATER FITNESS CLUB

Cordially invites you to our

1st quarter meeting & box lunch

February 13th - 11:30 A.M. to 2 P.M.
RH Johnson Social Hall

Please bring your check payable to SCW Water Fitness for \$6.00 by February 7th.

If you plan to attend the meeting only please arrive at 12 P.M.

Agenda Items:

- 1. Discussion of new audio tape with Lisa Friedman**
- 2. Reviewing Renewal/New Membership**
- 3. Open floor discussions**

Box Lunch Options – box lunches include Chips and a Cookie:

FAMOUS | TURKEY BACON AVOCADO

Slow roasted hand pulled turkey, bacon, Kneaders sauce, provolone cheese, lettuce, tomatoes, red onions, salt & pepper, avocado.
Served on Focaccia

FAMOUS | TUNA

Albacore tuna mixed with dill, red onions, celery, salt & pepper, mayonnaise, lemon juice, and lettuce. Served on hazelnut 12 grain.

CROISSANT | CHICKEN SALAD SANDWICH

Chunks of grilled chicken breast, water chestnuts, celery, pecans, and green onions, mixed in a sour cream vinegar sauce, served cold.

CAFÉ | CLASSIC CAFÉ SANDWICH (Vegetarian)

Kneaders sauce, provolone cheese, lettuce, tomatoes, red onions, salt & pepper. Served on Focaccia.



Club will provide bottled water and as always feel free to B.Y.O.B