#### WE HAD SUCH FUN WITH THESE RECENT VISITORS!















# HAPPY HOLIDAYS FROM THE FULFORD ADVISORY BOARD!

WE WISH YOU A HAPPY, HEALTHY AND SAFE HOLIDAY SEASON WITH FAMILY AND FRIENDS.





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Normal Hours of Operation
Monday - Friday: 8 a.m. - 5 p.m.
Other times by appointment



capacity and improve the quality of life for Swainsboro and Emanuel County.

### **OUR GOALS**

Education
Civic Engagement
Hospitality

gs
sms for Stress)

November 17---Region 9 Vocational Rehabilitation Meeting November 28---Fulford Youth Leadership Academy I (10th/11th) November 30---Fulford Youth Leadership Academy II (12th) December 5---Cancer Prevention Cooking School, Part 2

December 7---Fulford Advisory Board Meeting

December 9---Youngblood Invitational Chess Tournament December 11, 12, 13---Georgia Cyber Academy Meetings

December 14---Emanuel County Family Connection Strategy Team Meeting Emanuel County School Nutrition Meeting

December 16---Golden-Waldrop Wedding Reception

# November 2, 7, 14, 16, 28, 30---Bobcat Buddies Program November 6---Leadership Training November 7 & 14---EGSC Area Scholastic Chess Club Meetings November 8---Integrated Science Planetarium Visit

**UPCOMING EVENTS** 

November 9---7th Annual Family Astronomy Night

November 10---Louisville Head Start Visitation November 13---USG RACAD Meeting

November 14--- Total Wellness Series, Part 4 (Coping Mechanisms for Stress)

Emanuel Medical Fall Retreat

November 16---Emanuel County Family Connection Executive Committee Meeting Emanuel County Family Connection Collaborative Meeting



JEAN D. SCHWABE,

## Message From The Director

As we enter the holiday season, I hope you enjoy all that this time of year has to offer and that you'll find time to rest, reconnect with those significant people in your life, and just enjoy yourself! As I reflect on 2017, I am truly grateful to everyone who has played a part in our growth and success during the year. With deep gratitude, I wish you a warm and joyous holiday season and a safe and peaceful 2018.





# THANNUAL FAMILY ASTRONOMY NIGHT SET FOR NOVEMBER 9





Please join us for our 7th annual Family Astronomy Night.
Max McKelvey will provide telescopes, solar scopes, and
binoculars for outdoor stargazing. A variety of amazing
hands-on science activities and experiments will be provided.
Planetarium shows will be shown at 5:15 p.m. and 6:15 p.m.,
and a computer station will be set up for livestreaming of the
International Space Station. The event will take place from
5:00 p.m. until 7:30 p.m. and is FREE to the public.





### CONSIDER SCHEDULING A HOLIDAY PLANETARIUM SHOW

'Tis the season to be jolly!

Why not contact the Center to schedule one of our holiday planetarium shows for your group?

They're sure to get you in the holiday spirit!

### Let It Snow!

Family Audiences Length: 30 minutes

Celebrate the season with this holiday music experience! "Let it Snow" features a variety of festive classics from Frank Sinatra and Chuck Berry to Burl Ives and Brenda Lee, and includes a stunning multi-media finale by the Trans Siberian Orchestra. The soundtrack is visually enhanced with thematic animation, special effects and all-dome scenery. The 30-minute program is a fun and entertaining experience for audiences of all ages, especially families.





## The Alien Who Stole Christmas

Family Audiences Length: 35 minutes

Santa is in a flying saucer instead of a sleigh! Will Christmas ever be the same? This show is in two parts: Part 1 is a winter star walk, highlighting the constellations, planets and other celestial sights visible on a long, dark winter's night. The second part is a planetarium fantasy to the tune of "Twas the Night Before Christmas", with a few changes. Santa finds himself aboard a flying saucer with his alienfriend, Mr. Freep. The two visit all of the planets of the solar system to see what children on those planets might like for Christmas. While fictional, the 'children' provide a fun way to remember what the environment is like on each planet.

### FINAL TOTAL WELLNESS SESSION TO BE HELD NOVEMBER 14

The final session of this year's Total Wellness Series will be held Tuesday, November 14, at noon. *Coping Mechanisms for Stress* is the session topic. The holiday season often brings unwanted guests-stress and depression. Participants will receive information to help them develop practical coping strategies that will help in minimizing the stress that can accompany the holidays. The series is FREE and is made possible through a partnership with UGA Extension, Emanuel Medical Center, East Georgia State College, East Georgia Healthcare Center, Emanuel Partnership for Health, and Sweet Tea Grille at the Mill. Lunch, a presentation, and door prizes will be provided. Enrollment is limited to 20, and registration is required. If you have questions or would like to register, please give us a call at 478-289-2464.



