

# M.A.Y Mentoring Newsletter

December 2023



May this beautiful holiday season fill your heart with love and gratitude, your home with joy and thanksgiving, and your life with so much laughter.

**Happy Holidays from M.A.Y Mentoring!**

We wish all of our M.A.Y Families love, peace, and joy this holiday season.

**M.A.Y Mentoring**  
**Links to LNX (E-Mentoring)**  
**MC<sup>2</sup>**  
**Mustang Mentors**

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# Gratitude Yoga & Healthy Snack

*November 12, 2023*

Lauren Marie with Serenity Studio Floral and Spa did a little gratitude yoga for the M.A.Y Mentoring monthly group activity. Lauren Marie created a yoga program that worked for all ages and focused around gratitude through the alphabet. The participants had a lovely time and enjoyed learning and laughing with each other. We rounded out the event learning about how to make healthy snacks fun and kid friendly. The two healthy snack options were ants on a log and apple donuts with various topics.



# Links to LNX Speaker

November 16, 2023

Mayor Roger McQueen was the speaker for the Links to LNX face to face event. Mayor McQueen spoke to the students about getting involved in the schools, their community, and how to build relationships.. The importance of building connections within the community to further your skills and build a support system. Mayor McQueen spoke about his career path, his small business, his community involvement and role as Mayor. He encouraged the students to be active participants in their community to come and see how the city runs. He also encouraged them to be self-motivated and willing to work for the things they might want. He rounded out the conversation with what makes a community like Shenandoah so special is that people find their way back to the community. Thank you Mayor McQueen!



# Thanksgiving Meal

November 2023

Mr. Brian Manley, the Food Service Director, had contacted me to see if I might be able to get some M.A.Y Mentors to come and volunteer their time and distribute pumpkins to students at the school. We put out the call and had an overwhelming response to help. Thank you to the many individuals that were willing to help and to the individuals who gave their time to interact with the students and help at the Thanksgiving meal. We greatly appreciate you and your time. The students also enjoyed some yummy pie and great conversations.



## M.A.Y UPCOMING EVENTS

<p style="text-align: center;"><b>M.A.Y Mentoring</b></p> <p>Door Hanger Craft for Nursing Home December 5-7 (During School Lunch)</p> <p>Thank a Mentor December 5-7 (During School Lunch)</p> <p>New Year Kick-off (Bingo Event) January 4, 2024 from 6-8pm PK-8 Commons</p>	<p style="text-align: center;"><b>MC<sup>2</sup> Events</b></p> <p>Breakfast Club Speaker-Julie Wolf December 19, 2023 7:15am @ May Center</p> <p>Breakfast Club Speaker- Dave Erikson January 30, 2024 7:15am @ May Center</p>
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## Community Event Opportunities

<p style="text-align: center;"><b><u>Farragut</u></b></p> <p>Library Every Wednesday 2-4pm December 10, 2023 1-3pm Santa @ Leisure Hall</p>	<p style="text-align: center;"><b><u>Shenandoah</u></b></p> <p>Free Kids Movie- Elf @ Legacy Theater December 2 @ 9:30am</p> <p>Visit Santa @ Everly Brothers December 2,9, 16, 23 @ 2-4pm</p> <p>Breakfast with Mrs. Claus December 9 @ 9:30-11am</p> <p>Operation Penguin Party December 21 @ 3pm Shen Lib</p>	<p style="text-align: center;"><b><u>Essex</u></b></p> <p>Porter's Lake Skating Rink 6-9 pm December 1, 9, 15, 23, 29</p>
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