

**PENGUIN
PAGES**

**HAPPY NEW YEAR
NEW GARDEN
WELLNESS**

MONTHLY NEWSLETTER

This month we bring you the latest updates and exciting news from our community.

Stay informed about our ongoing projects, upcoming events, and success stories.

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KATIE REYES

WELCOME KATIE

I was born and raised in Houston, Texas. My academic journey began at Louisiana State University (LSU), where I earned a bachelor's degree in Nutrition and Food Science. Currently, I am furthering my education by pursuing a master's degree in Nutrition at Texas Woman's University (TWU). My passion for nutrition began early and has only grown stronger over the years. I find great joy in helping people understand the importance of good nutrition and how it can positively impact their lives.

In my free time, I love baking, especially creating custom cookie cakes to celebrate birthdays. I'm also a huge sports fan, cheering for the Houston Texans and my alma mater, LSU. My love for sports is deeply personal, as I played soccer for 14 years.

My favorite color is purple. One of my goals here is to connect with members and also to help members explore new cooking styles and recipes, combining my love for nutrition with my desire to make a positive difference in their lives.



MENTAL WELLNESS MONTH

WHAT CAN YOU DO TO IMPROVE YOUR MENTAL WELLNESS?

- PRACTICE SELF-CARE: MAKE SELF-CARE A REGULAR PART OF YOUR ROUTINE.
- EAT WELL: EAT A BALANCED DIET WITH LOTS OF FRESH FRUITS AND VEGETABLES.
- EXERCISE: REGULAR EXERCISE CAN IMPROVE YOUR MENTAL WELLNESS. (BRISK WALK, YOGA)
- FIND A PURPOSE: FIND A PASSION OR PURPOSE THAT HELPS YOU LIVE YOUR LIFE.
- LIMIT MEDIA: LIMIT HOW MUCH NEWS AND MEDIA YOU CONSUME.
- KEEP A GRATITUDE JOURNAL: WRITE DOWN THINGS YOU'RE GRATEFUL FOR.
- NURTURE FRIENDSHIPS: SPEND TIME WITH FRIENDS AND LOOK FOR WAYS TO GIVE BACK.



07 January 2025

VOLUNTEER

Target Hunger



Start 2025 Contributing

Kicking off the year by giving back! We take pride in volunteering whenever we can. Target Hunger is one of our favorite places to lend a helping hand. Their mission and the welcoming atmosphere makes every moment truly rewarding. Despite the chilly weather, staying busy packing food

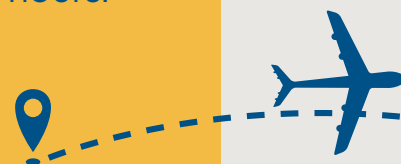
kept us warm—and the great music added to the fun! We always look forward to volunteering and are excited to continue serving the community this year!

Mission

The mission of Target Hunger is to alleviate hunger and its root causes in the Houston neighborhoods we serve. Our vision is a Houston where no one goes hungry, and everyone can provide food for themselves and their families.



The Target Hunger Team. Completed 111 boxes in 2 hours.



SCOUTS HONOR

BOY SCOUTS OF AMERICA

We teamed up with Max, who is working towards his Eagle Scout badge. His project involved planting a pollination garden. Max, along with his fellow scouts and their parents, came together to bring his vision to life. Their efforts not only benefited the community but also added a touch of beauty to the area

GARDEN UPKEEP

The scouts will be visiting periodically to check on the pollination garden and ensure it continues to thrive. Meanwhile, we have the joy of appreciating its beauty every day. This garden is a wonderful addition to our space, especially in the back area, where a burst of color was much needed. It's uplifting to see how this project has transformed the space into something vibrant and inviting.



FESTIVE ACTIVITIES

A pollination garden provides numerous environmental and ecological benefits, including, Supporting Pollinators: It creates a habitat for pollinators like bees, butterflies, hummingbirds, and other insects, essential for plant reproduction. Enhancing Air Quality: Plants in the garden absorb carbon dioxide and release oxygen, contributing to cleaner air.



THANK YOU

Thank You Menninger Clinic and Gathering Place for allowing me to do this project and learning more about your facility. Hope to see yall soon.

Max Strebel



2025 RODEO HOUSTON®

ENTERTAINER LINEUP MARCH 4 - 23

THURSDAY WEDNESDAY TUESDAY
 MONDAY SUNDAY SATURDAY FRIDAY
 THURSDAY WEDNESDAY TUESDAY
 MONDAY SUNDAY SATURDAY FRIDAY
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<p>REBA McENTIRE <small>OPENING DAY PRESENTED BY SHELL FEDERAL CREDIT UNION</small></p> 	<p>JOURNEY </p>	<p>JOURNEY</p>
<p>RILEY GREEN <small>ARMED FORCES APPRECIATION DAY PRESENTED BY CROWN ROYAL</small></p> 		<p>WARREN ZEIDERS</p>
<p>AJR</p> 		<p>GRUPO FRONTERA <small>GO TEJANO DAY PRESENTED BY FIESTA MART</small></p>
<p>BUN B'S BIRTHDAY BONANZA <small>BLACK HERITAGE DAY PRESENTED BY KROGER</small></p> 		<p>CHARLEY CROCKETT</p>
<p>BAILEY ZIMMERMAN</p> 		<p>POST MALONE</p>
<p>CARIN LEÓN</p> 		<p>OLD DOMINION</p>
<p>BRAD PAISLEY <small>FIRST RESPONDERS DAY PRESENTED BY BP AMERICA</small></p> 		<p>CODY JINKS</p>
<p>ZACH TOP</p> 		<p>PARKER MCCOLLUM</p>
<p>LAUREN DAIGLE <small>COMMUNITY DAY PRESENTED BY TC ENERGY</small></p> 		<p>BROOKS & DUNN</p>
<p>JON PARDI <small>VOLUNTEER APPRECIATION DAY PRESENTED BY PHILLIPS 66</small></p> 		<p>LUKE BRYAN</p>

FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



**VERONICA
YOUNG**

Im a kind person that loves to assist others. My favorite thing about coming to TGP so far is the people and being able to volunteer. My favorite color is black, gold and silver. One of my goals here is to appreciate people and learn from everyone around me.

This member hasn't been here long and has come into our clubhouse and has been eager in learning, serving and being part of everything. We appreciate her very much.

**MEMBER OF
THE MONTH**





NEXT MONTH FEBRUARY

Each newsletter gives you a sneak peek at next month's events—stay informed and connected!



February 5
Volunteer at
Target Hunger



February 7
Superbowl
Party



February 14
Valentines
Party

21 FEBRUARY

**FX (Friday
Excursion)
will be at a
Thrift Store**

CLOSED

We will be
closed on
February 28th.