

TEAM WINDHAM TIDBITS



WE MAY NOT HAVE IT ALL TOGETHER,
BUT TOGETHER WE HAVE IT ALL!
LOVE OF FAMILY!

FAMILY TIME...MEMORY MAKING TIME!

December is the second month of the year that families gather, July is the first one. It is the time when you assemble together not just to eat but to enjoy each other and to make great memories that you can store in your mind to bring a smile to your face later. With that being said, I encourage you to enjoy each other in your household, enjoy each gathering you are a part of. Don't just be a spectator and don't allow others in your gathering to just be spectators, encourage everyone to take part in whatever activities you have planned and plan you should. Plan to cook together: make cookies, bake a cake, show your children how to make your favorite holiday dish.

Plan to play together: do trivia games, do board games, do Christmas carols better yet go caroling.

Plan to relax together: pop some popcorn, make some punch, then sing karaoke, watch movies together or make a sheet tent in the den and share memories of past family gatherings.

Plan to laugh together: this will take care of itself when everyone joins in all the activities.

Plan activities that everyone can enjoy.

Take plenty of pictures and record videos during these times to have for later reflections. Remember to charge cameras and phones.

Plan a time to check on family members you haven't seen or talked to in a while...it may brighten your day or theirs!

#TeamWindham, we have a great love that binds us together and we work on keeping our connections strong with each other! Family is the core of our existence. During this season of giving: Give hugs, smiles and lots of laughter. I look forward to hearing of the great memories we will all make during this holiday season.

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#TeamWindham Bizness Peeps... Shop Till You Drop With The Fam!!!



If you need a nice dessert, give me a call!
I would love to furnish your baking needs!

Pound Cakes! Layered Cakes! Tea Cakes!
Baking Queen
Strawberry Squares! Georgia Cornbread! Lemon Squares!



\$10 sale (12/1-12/31)

1. Energizing Hand cream w/ free cozy socks
2. Ultimate mascara, MK black eyeliner (regular) nourishing lip gloss, or crème lipsticks are \$10 each
3. \$10 & under bag of discount products (skin care, lipsticks, eye shadows, liquid foundations, etc.)



ZAY VISIONS
HOLIDAY SPECIAL
NOV 28- DEC 31

CHRISTMAS COUPLES
(45 MINS) 2 PEOPLE
\$85 4 EDITS

CHRISTMAS FAMILY AND FRIENDS
(1 HOURS) 3 OR MORE PEOPLE
\$100 6 EDITS

PROPS PROVIDED | NO DEPOSIT, NO APPOINTMENT | NONREFUNDABLE \$25 DEPOSIT



Sheet Dreams

"1800" Count SHEETS
EIGHTEEN HUNDRED COUNT

Twin Size **\$20.00**

Queen Size **\$30.00**

Full Size **\$25.00**

King Size **\$35.00**

Good Sheets!
Good Sleep!
Get You Some!



Gigi's

Wangz:	6 pc	10 pc	12 pc
Only	\$5.00	\$8.00	\$11.00
Combo	\$8.00	\$11.00	\$14.00

FLAVORS:
Mild * Hot * Honey BBQ * Teriyaki * Ranch * Lemon Pepper
Garlic Parmesan * Hot Honey Mustard * Sweet & Spicy
Jalapeno Ranch * Mango Habanero

Wangz & Thangz

Fish:	Sandwich	Combo	Sides:
Catfish	\$7.00	\$13.00	Onion Rings
Whiting	\$5.00	\$11.00	Fried Okra
			French Fries
Fish:	Sandwich	Combo	Loaded Fries \$5
Catfish	\$7.00	\$13.00	Cajun Ranch \$4
Whiting	\$5.00	\$11.00	
Polish:	Only	Combo	Cakes
w/peppers			Pound Cakes \$25
& onions	\$6.00	\$10.00	Icing Cakes \$30
The Works	\$8.00	\$12.00	Icing w/nuts \$35
			Cookies
			2.5 Dozen \$25

December 1-23 Special (in stock items only):

\$5.00 off 1st set of sheets when buying 2 or more sets

FAMILY ACTIVITY IDEAS...GET TO PLANNING!

Take Plenty of Pics while gathered together. There are no memories like a captured moment in a picture so do snapshots, do staged shots, do food shots and stop to make sure you get everyone in the same picture, all spiffed up and looking at the camera at the same time. Don't just be a photographer, get in on some of the pictures, also.

Go Caroling (or Host a Sing-Along at Home). Take out some time to go visit elderly family members or church members and sing carols to them. Be sure to take your children with you. Make it a family event for your household. Have the children give out gift bag with an apple, orange, walnuts or pecans and peppermint. It will give the elderly flashbacks of their younger days.

Have an Ugly Christmas Sweater Contest. For more fun, decorate the sweaters. Now it's time to bust out your tackiest fashions and wear them with pride (and possibly a Santa hat).

Play Games Together

Organize a marathon of games for your game night. You could start with a DIY holiday twists on classic games like [Pin the Nose on the Rudolph](#). Some other game ideas to play are:

- **Christmas Heads Up.** Write the name of a Christmas character on each sticky note, then have each player paste one to their forehead without looking at what it says. Then, everyone has to help each other to guess whose name is on their heads without saying the name. It's a guaranteed laugh-fest.
- **Turn on the Christmas music and play Christmas dance freeze.** Turn rockin' around the Christmas tree into a competition by holding a holiday dance-off. Turn on the music and get groovin', then shut it off without warning and shout, "freeze!" Whoever stops moving last is out. Turn the music back on and repeat until 1 person is left standing. You will get the giggles, guaranteed.
- **Candy cane hunt.** If you already have candy canes lying around for decorating or eating, then you're halfway to playing this game. Instead of hiding Easter eggs, conceal a selection of candy canes around the house or the yard if you live in a warm climate. Just don't forget any, if you don't want a sticky surprise in a few weeks.
- **Snowman drawing contest.** Budding artists, this is your moment: The top-of-your-head snowman drawing contest makes a fun and silly holiday activity. It might just reveal some hidden talent! Drawing on top of your head is a lot harder than you may think, so we recommend washable markers.
- **Reindeer toss game.** Send the kids out back to find the perfect V-shaped sticks to use as the antlers, then enlist their help in making pipe-cleaner rings and painting a goofy Rudolph face onto a leftover shipping box for a base.
- **Beanbag toss game.** Pick up beanbags from your favorite sports supply or dollar store to toss onto an adorable tree-shaped board. Cut holes into the board and label points to each hole.

Holiday Storytelling.

Collaborative storytelling is a creative way to get family talking. Have one person start a holiday-themed story with a single sentence, then go around the room with each person adding another one. Your turn ends when your sentence does. Try to craft the most original, exciting Christmas caper you can. It would be great to record this to watch later with popcorn and punch.



TEAM WINDHAM TIDBITS

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Hi Fam. Please know this is a family newsletter so I am open to your contributions to it. I hope you enjoy this newsletter and will help me to make it a success. I pray you will feel a need to make contributions to it. This is **OUR** newsletter. Please pray for us in this endeavor. Be Blessed Family. I love you all. All submissions need to be in by 15th of the month for the next publication. With God's guidance and YOUR help this can be a monthly publication. **YOUR INPUT IS NEEDED AND WILL BE GREATLY APPRECIATED!** **SHARE YOUR NEWS!!!**

Let's Celebrate

12 — Lisa Windham

17 — Shawanna Windham

18 — Horace Windham

19 — Anthony Windham

22 — ShaKarian Windham



In Loving Memory

NONE –
PRAISE GOD!



Take Care of You During the Holidays!!!

1. Let It Out. The holidays can bring up a lot of emotions, baggage, and discomfort. Maybe you're stressed about money. Maybe you're missing a departed loved one. Maybe you're dreading spending time with difficult family members. The worst thing you can do is keep everything in, so talk to someone you trust to provide you with a safe space to vent and be your sounding board. Also, Scream and/or Cry if you must. Also, remember the Good Memories!!!
2. Make Healthy Choices (Most of the Time). If you want the Christmas cookie, eat the Christmas cookie! Just watch your portion sizes.
3. Carve Out Time for Self-Care. Schedule some time for yourself this holiday season.
4. Meditate on God's Word, especially the scripture about Jesus' birth.
5. Recite Affirmations. Pick a positive statement that aligns with your desired state.
6. Be Active. Fitting in some movement can help you relieve stress and anxiety, boost energy, work off those yummy holiday treats, and just feel better all around.
7. Say No. It's easy to stretch ourselves too thin over the holidays by saying yes to all the things, but guard your time, and politely decline anything that drains you or feels stressful.
8. Get Enough Sleep. It may be tempting to clock some late nights shopping, wrapping gifts, celebrating, and cooking/baking, but adequate sleep is critical.
9. Stay Hydrated. Remember to hydrate with water.
10. Take Your Vitamins. Taking vitamins can help give your immune system an extra boost when it needs it most.
11. Limit Alcohol. Alcohol can impair thinking, cause mood swings, raise blood pressure, lead to poor social judgment, lower inhibitions, decrease concentration, and lots more. You can also follow the one-to-one rule—for every alcoholic drink you have, follow it with a glass of water. And during the last hour or so of a party, switch to water completely. REMEMBER DO NOT DRINK AND DRIVE!!!
12. Take Action. Procrastination can be a major source of stress and anxiety, so do yourself a favor and resolve to get as prepared and organized for the holidays as possible. Decorate early. Shop early. Plan your holiday meals.
13. Breathe and Smile. If your to-do list or other worries are bringing you down, try two things:
 1. Take some slow, deep breaths in and out and
 2. Smile (even if you don't feel like it).
14. Pamper Yourself. The holidays are a great excuse to treat yourself to a little pampering. Get a new 'do, go for a relaxing massage, give yourself a manicure, or do something else for you.
15. Be Intentional. Ask yourself what's most important to you during the holidays. What do you want to do? Who do you want to spend time with? How do you want to feel? Being clear on your priorities will help you stay focused on what matters most so you can have the most meaningful holiday experience.
16. Make a Budget and Respect It. We all want to be generous with our loved ones, but holiday shopping shouldn't jeopardize our financial health.
17. Ask for Support. If you've got too much on your plate or you're feeling overwhelmed, the best thing you can do is speak up and ask for help.
18. Take a Break From Social Media. Take pictures and record videos of family activities to share with your family, not via Live on Facebook.
19. Make a Holiday Gratitude List. Instead of getting carried away by all the things you need to do, spend some time acknowledging, celebrating, and expressing gratitude for all you have to be grateful for this holiday season.

We hope these tips help you have your best holiday season yet—you deserve it!

Live Well
Laugh Often
Love Much