

Hi Twigs,

Even though we do not have a membership meeting in December, we still have Twig activities happening. I hope you will have the opportunity to participate in one or all of the following listed below.

Candace

**SHOPPING NIGHTS (SEE MEMBER PAGE OF WEB SITE FOR FURTHER DETAILS)**

- **PATINA SHOPPING NIGHT THIS THURSDAY, 6:30 - 8:30.**
- **BOXWOOD SHOPPING NIGHT. POSTPONED FROM THIS THURSDAY TO NEXT THURSDAY, DECEMBER 10TH, 5:30 - 7:30.**

**TWIG ON Z-TV THIS THURSDAY.** Tune into Z-TV live Thursday, December 3rd at 7:00 pm when Gina Cavallaro welcomes Anita Carson, Corporate Fundraising/Marketing Chair. Anita will introduce The Twig's new fundraising campaign, Together We ignite Giving. Use this link: [https://www.facebook.com/TheZebraPress/posts/3500712319967598?notif\\_id=1606768813679874&notif\\_t=live\\_video\\_schedule\\_broadcaster&ref=notif](https://www.facebook.com/TheZebraPress/posts/3500712319967598?notif_id=1606768813679874&notif_t=live_video_schedule_broadcaster&ref=notif)

**THE ENTERTAINMENT COMMITTEE ANNOUNCES A VIRTUAL TWIG CELEBRATION OF HOLIDAY TRADITIONS.** Join us on Wednesday, December 16th from 5:00 - 6:00 for a virtual zoom TWIG holiday gathering. We will be sharing crafts, foods, and traditions that make the holidays special for us. A flyer will follow in a few days. **SAVE THE DATE.**

**INOVA ALEXANDRIA HOSPITAL ANNUAL HANUKAH SERVICE.** All Twigs are invited to participate in the virtual zoom celebration on Monday, December 14th at 6:00 pm. The event will feature music, prayers, blessings and lighting of the menorah.

Join Zoom Meeting

<https://inova.zoom.us/j/99829524661?pwd=aDVaQjBpb04wVTVobmwwWVBuRWwhFdz09>

Meeting ID: 998 2952 4661

Passcode: 892764

One tap mobile

+19292056099,,99829524661#,,,,,0#,,892764# US (New York)

+13017158592,,99829524661#,,,,,0#,,892764# US (Washington D.C)

Dial by your location

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

888 788 0099 US Toll-free

877 853 5247 US Toll-free

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Passcode: 892764

Find your local number: <https://inova.zoom.us/j/99829524661>

**Rev. William H. Tweedley BCC** Manager, Spiritual Care, Inova Alexandria Hospital

**MENTAL FITNESS LECTURE SERIES.** Seema Nawaz has arranged for the Twig Family to have free access to The Northern Virginia Family Practice's December zoom lectures on mental fitness. See the details below. Please be sure to RSVP if you plan on attending the lectures.

We have 3 exciting classes for you coming up in December as part of NVFP's new Mental Fitness Program. These classes and more to follow will offer constructive approaches to:

- Improve your total health and sense of well-being
- Build healthier relationships
- Perform at your best
- Increase peace of mind, even in difficult circumstances

Our first 3 classes will be led by Certified Professional Co-Active Coach Wendy Reed and will build on her **Town Hall presentation** entitled *Mind Over Matter: Building Mental Fitness*. Based on the research-backed concept of Positive Intelligence™, each class will focus on *how to build one of three core mental muscles needed to thrive in the face of life's challenges*.

While not a prerequisite, it would be helpful to watch the recording of Wendy's Town Hall beforehand and to take the **free Positive Intelligence Saboteur Assessment quiz** as well! Each class stands on its own, so attend any or all that appeal to you. A recording of each will also be posted to the NVFP site.

The line-up:

**Wednesday, December 2: 7 – 8PM:** *Lighten Your Load: How to Intercept Negative Thought Patterns that Weigh You Down*

**Wednesday, December 9: 7-8PM:** *Rewire Your Brain: How to Gain the Upper Hand for More Peace of Mind*

**Wednesday, December 16: 7-8PM:** *Bridge to a Better, Happier You: Engage Your "Sage"*

**Join us on Zoom:**

<https://us02web.zoom.us/j/87487849393?pwd=eEJ5Z2VwSEZoaWdNVkNGcVRVeGxiQT09>

Meeting ID: 874 8784 9393

Passcode: 545668

One tap mobile

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+1 346 248 7799 US (Houston)

Meeting ID: 874 8784 9393

Passcode: 545668

Find descriptions of each class and what you will learn [here](#).

*Feel free to invite family and friends to join any and all of this series! The content is designed for ages 15-105.*

**RSVP for our Mental Fitness Program.**

**DATE AND TIME**

12/02/20 7:00pm - 12/16/20 8:00pm

[I'll be there!](#)