

# Woman to Woman Outings

## Dec. 2009 – Mar. 2010

Fun \* Local \* Creative

A group designed for women to participate in a fun & creative once a month local outing.

Each outing is \$40 per person.



## Outing Details:

**Wednesday 12/16/09:** We will meet at 6:30 pm for an Audience Angel Reading at the home of Elaine Grohman. Elaine gives messages of love and support and with the assistance of the Angels, she provides insights about current life challenges, and how one might gracefully go through them and often, messages from a deceased loved one.

**Wednesday 1/27/10:** We will meet at 6:30 pm at the Center for Creative Living then drive to a Tai Chi Class in downtown Royal Oak. The flowing movements of Tai Chi serve as a moving medication that reduces stress and provides a way to cultivate body and mind. After class, we'll go to Goldfish Tea for Tea Tasting and Treats!

**Saturday 2/13/10:** We will meet at the First Baptist Church on Main St. in downtown Royal Oak on Sat. morning at 10 am and cook and serve lunch to 70-80 area homeless.

**Wednesday 3/10/10:** Cooking Class GO FISH! Turn up the volume on flavor with techniques only a chef would know! We will meet at the class location at 6:15pm - Pronto's Commissary: 4343 Normandy Court, Royal Oak.

**\*\*\*You must pre-register by December 16<sup>th</sup> for this outing!\*\*\***

## Dates:

12/16/09 Angel Reading

1/27/10 Tai Chi and Chai Tea

2/13/10 Community Service Project

3/10/10 Cooking Class



Center for Creative Living – Royal Oak, MI.  
Contact Megan Gunnell, LMSW, MT-BC – Psychotherapist  
248-635-5285 [www.megangunnell.com](http://www.megangunnell.com) for more information