

FINAL TOTAL WELLNESS SESSION TO BE HELD NOVEMBER 10

The final session of this year's Total Wellness Series will be held Thursday, November 10, at noon. *Tips for Losing Weight and Keeping it Off* is this session's topic. Participants will receive information about nutrition and healthy eating which will help them make small and simple changes.

The series is FREE and is made possible through a partnership with UGA Extension, Emanuel Medical Center, Emanuel Partnership for Health, East Georgia Healthcare Center, East Georgia State College, and Sweet Tea Grille at the Mill. Lunch, a presentation, and door prizes will be provided. Enrollment is limited to 20, and registration is required. If you have questions or would like to register, please give us a call at 289-2464. We hope to see you November 10!



EGSC INSTRUCTOR DONATES LAB MANUAL TO READING ROOM



A sincere thank you to Darlene Dickens, EGSC Biology instructor, for donating a copy of her *Introductory Biology Lab Manual I* to the Ada Lee Correll Reading Room. Published in 2015, the manual is distributed by Kendall Hunt Publishing Company. Darlene is a full-time instructor of biology on the EGSC-Statesboro campus. This is an excellent addition to the reading room; thank you, Darlene!

FAMILY CONNECTION OBSERVES DOMESTIC VIOLENCE MONTH

At their October meeting, Family Connection partners wore purple to raise awareness about Domestic Violence Month and to underscore the importance of ending domestic violence and empowering its survivors. 2016 marks the 11th annual observance of Purple Thursday, an awareness day launched by the District of Columbia Coalition Against Domestic Violence, that has now gone national with Purple Thursday observances across the country. It is estimated that one in four women will experience domestic violence in her lifetime.



HAPPY HOLIDAYS FROM THE FULFORD ADVISORY BOARD!

WE WISH YOU A HAPPY, HEALTHY AND SAFE HOLIDAY SEASON WITH FAMILY AND FRIENDS.

Clair Collins
Ada Lee Correll
Darlene Dickens

Kenny Griffin
Courtney Joiner
Elizabeth Kraus
Jean Schwabe

Toni Terwilliger
Sharon Weatherford
Syvetta Young



FULFORD CENTER STAFF
Jean Schwabe, Director
Erin Youmans, Magnolia Midlands
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Normal Hours of Operation
Monday - Friday: 8 a.m. - 5 p.m.
Other times by appointment



NOVEMBER
DECEMBER
2016

OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

OUR GOALS

Education
Civic Engagement
Hospitality



UPCOMING EVENTS

November 1 & 2---GSP PT Training
November 1, 8, 15, 29---EGSC Area Scholastic Chess Club Meetings
November 1, 3, 8, 10, 15, 17, 29---Bobcat Buddies Program
November 3---Emanuel Medical Fall Retreat
November 8---Ogeechee Behavioral Health Services Meeting
November 10---Emanuel County Family Connection Meeting
Total Wellness Series, Part 4
November 11---GSU Partnership for Rural Health Meeting
November 12---Early Childhood Professional Development Training
November 14---Glad Garden Club Meeting
November 15---EGSC Fire and Emergency Services Management Conference
November 16---Integrated Science Planetarium Visit
November 17---Emanuel County Family Connection Strategy Team Meeting
Thomas Jefferson Academy Pre-K Planetarium Visit



November 28 & 29---Swainsboro Primary 1st Grade Planetarium Visits
November 29 & 30---Swainsboro Primary 2nd Grade Planetarium Visits
December 1, 5, 7, & 9---Swainsboro Primary 2nd Grade Planetarium Visits
December 1, 5, 7, & 15---Swainsboro Primary 1st Grade Planetarium Visits
December 1---Bobcat Buddies Program
December 2---Fulford Youth Leadership Academy (10th/11th)
December 6---Fulford Youth Leadership Academy (12th)
December 6 & 13---EGSC/Area Scholastic Chess Club Meeting
December 8---Emanuel County Family Connection Meeting
Fulford Advisory Board Meeting
Emanuel County Schools School Nutrition Meeting
December 9---GSU Partnership for Rural Health Meeting
December 10---Youngblood Invitational Chess Tournament
December 12, 13, 14, 16---Georgia Cyber Academy Meetings
December 15---Emanuel County Family Connection Strategy Team Meeting
December 20---Ida Bell Williams Book Club Meeting

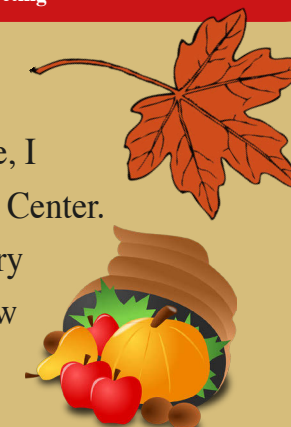


JEAN D. SCHWABE,
DIRECTOR

Message From The Director

With the holiday season upon us and 2016 coming to a close, I want to thank you for your continued support of the Fulford Center.

We've had an incredible year! Warm wishes for a very happy and joyous holiday season and a safe and healthy New Year... **We look forward to seeing you in 2017!**



6TH ANNUAL FAMILY ASTRONOMY NIGHT A BIG SUCCESS



This year's weather was absolutely perfect for our 6th Annual Family Astronomy Night event. Max McKelvey provided solar scopes and binoculars which allowed for some amazing views of the sky. Special thanks to Darlene Dickens, Dr. David Chevalier, Jimmy Miles, and Erin Youmans for their amazing hands-on science activities and experiments. Local boy scouts, Fulford Teen Volunteers and EGSC students helped assist with the night's activities, and we truly appreciate their help!



CONSIDER SCHEDULING A HOLIDAY PLANETARIUM SHOW

'Tis the season to be jolly!

Why not contact the Center to schedule one of our holiday planetarium shows for your group? They're sure to get you in the holiday spirit!

Let It Snow!

Family Audiences
Length: 30 minutes

Celebrate the season with this holiday music experience! "Let it Snow" features a variety of festive classics from Frank Sinatra and Chuck Berry to Burl Ives and Brenda Lee, and includes a stunning multi-media finale by the Trans Siberian Orchestra. The soundtrack is visually enhanced with thematic animation, special effects and all-dome scenery. The 30-minute program is a fun and entertaining experience for audiences of all ages, especially families.



The Alien Who Stole Christmas

Family Audiences
Length: 35 minutes

Santa is in a flying saucer instead of a sleigh! Will Christmas ever be the same? This show is in two parts: Part 1 is a winter star walk, highlighting the constellations, planets and other celestial sights visible on a long, dark winter's night. The second part is a planetarium fantasy to the tune of "Twas the Night Before Christmas", with a few changes. Santa finds himself aboard a flying saucer with his alien friend, Mr. Freep. The two visit all of the planets of the solar system to see what children on those planets might like for Christmas. While fictional, the 'children' provide a fun way to remember what the environment is like on each planet.

METTER ELEMENTARY 2ND GRADE VISITS FULFORD PLANETARIUM

Recently, we welcomed 160 Metter Elementary second graders to the Fulford Planetarium. Students enjoyed *The Accidental Astronauts* show and a phases of the moon activity provided by Erin Youmans, MMGYSTC Coordinator. We always look forward to this annual visit, and we thoroughly enjoyed this year's classes.

