

**WEDNESDAYS WITH
WARRENTON AREA CHAMBER OF COMMERCE**
February 15, 2023

UPCOMING CHAMBER EVENTS

Thursday, February 16th 3:00 pm
Ribbon Cutting at Bent Oak Mutual. 606 S. St. Hwy 47, Warrenton, MO 63383.

Tuesday, February 21st 5:00- 7:00 pm
Joint Chamber After Hours with Wright City Chamber of Commerce
Social House 227. 227 E. Main St., Warrenton, MO 63383

**FRIENDS
OF THE
CHAMBER**

Warren County Senior Center
wcseniorcenter.org
636-456-3379

Edward Jones
Glenda Buxton
glenda.buxton@edwardjones.com

Town & County Garage
townandcountygaraage.com
636-745-3626

KO Knockout Fitness
Kevin Oligschlaeger
Koknockoutfitness.com45

Mense Law Firm
Menselaw.com
636-456-2345

Thank you, Friends, for your support.



Spotlight Business of the Month
Scenic Regional Library-
Warrenton Branch
Branch Manager-
Robin Schaefferkoetter

My name is Robin Schaefferkoetter. I am a retired teacher, 1st, 2nd, and 8th grade Reading. Upon my retirement from education in 2018, I became employed by Scenic Regional Library in Owensville as the branch manager. My children have moved away and my parents have passed away, so in 2022 I transferred to the Warrenton branch as their manager and have since moved this direction. It's an easy transition from a school to a building full of books.

The library of today is different from the library I grew up in. Today we circulate cake pans, fishing poles, telescopes, microscopes, binoculars, ukuleles, hotspots, Chromebooks, Stem Kits, and Memory Kits. We offer Notary and Passport services. Our Bookmobile is no more, but Storytime lives on from my youth. We offer programs for children, teens, and adults. Take-a-Ticket is once a month and meets the needs of those needing assistance with technology. No appointment is necessary, just bring the device you need help with on the day the library trainer is at the branch. We have 2 book clubs that can be joined. On the 1st, 3rd, and 5th Thursday of each month, the MO Highway Patrol offers driving exams in the meeting room. Bob Dylan once wrote, the times they are a changin'. This is especially true in libraries.

**Warrenton Area
Chamber of Commerce
Merchant Madness**

Day 1
Maw Maw's Cupboard
Day 2
Udderly Moolicious
Day 3
Social House 227
Day 4
Therapeuo Wellness
Day 5
The Nest Cafe
Day 6
Warrenton Golf Course
Day 7
Warrenton Oil
Day 8
Country Lake Golf Club
Day 9
Baymont Inn & Suites
Day 10
Blue House Productions
Day 11
Contractor's Flooring
Supply
Day 12
Goin' Postal
Day 13
A-1 Nails
Day 14
A Moment of Grace Florist
Day 15 Celeste Beauty Bar
Day 16
Bobby G's
Day 17
Casa Tequila
Day 18
Diamond Gal
Photography
Day 19
Walmart
Day 20
KO Knockout Fitness
Day 21
Scooter's Coffee
Day 22
K4 Fitness
Day 23
SF_365
Day 24
G Spot Barbershop
Day 25
Lynda Chandler, Mary Kay
Day 26
Olive's Bakery
Day 27
Davis Meats
Day 28
Moser's
Day 29
Main Street Computers
Day 30
Wedding Wishlist

WARRENTON AREA CHAMBER OF COMMERCE PRESENTS

MERCHANT MADNESS

**PURCHASE RAFFLE
TICKETS FOR
\$10/ EACH
FOR YOUR CHANCE
TO WIN.**

**EACH DAY OF MERCHANT
MADNESS WE WILL DRAW
A WINNER. THEY WILL BE
ELIGIBLE FOR \$100 GIFT
CARD TO THAT DAY'S
BUSINESS OR TRADE FOR
\$75 IN CASH.**

***30 DAYS OF DRAWINGS WILL
START ONCE ALL TICKETS HAVE
BEEN SOLD. GET THEM BEFORE
THEY ARE GONE.**



 **SCAN ME**

Buy your tickets online at

https://swipesimple.com/links/lnk_e769c4cf

Warrenton Area Chamber of Commerce

2023 Community Guide/Directory Advertisement Order Form

Business Name: _____

Contact Person: _____

Contact Person e-mail: _____

Daytime Phone Number: _____

☐ ~~\$850 Outside Back Cover~~ - 5" x 8" (Previous advertiser has first right of refusal)

☐ ~~\$600 Inside Front Cover~~ - 5" x 8" (Previous advertiser has first right of refusal)

☐ ~~\$600 Inside Back Cover~~ - 5" x 8" (Previous advertiser has first right of refusal)

☐ \$500 Full Page - 5" x 8" (possible choice of placement in Community Guide)

☐ \$250 Half Page - 5" x 4"

☐ \$125 Quarter Page - 2 1/2" x 4" or 5" x 1 3/4"

Orders must be submitted with payment and art work – business cards will be accepted for ads larger than 1/4 page, however, we reserve the right to adjust the design to accommodate directory needs.

2,000 brochures will be printed and available at banks, realtors, title companies, city offices, Chamber members, and distributed throughout the community. Only 2019 Chamber members will have the opportunity to advertise in this directory.

Ads sold on first come basis – ads are four color

Please mail this order form to Warrenton Area Chamber of Commerce, P.O. Box 333, Warrenton, MO 63383 or e-mail (warrentoncoc@socket.net) with ad attachment in pdf or jpeg format. Ads must be submitted by February 24, 2023.

Please make check payable to: Warrenton Area Chamber of Commerce, P.O. Box 333, Warrenton, MO 63383

Credit Card ☐ Check ☐



Credit Card #

Expiration Date: Zip Code: 3-Digit Security Code:

Name on Credit Card: _____

Signature: _____

Credit Card Fees Apply. 3.99%

DIRECTORY AND COMMUNITY GUIDE

Martyr Complex at Work:

What is a Martyr Personality & How to Overcome Symptoms of Professional Self-Sacrificing

Recently, several journalists have asked to interview me for articles on the work martyr complex. The phenomenon is likely as old as time, but currently, work martyr syndrome refers to the experience when you function in the workplace in a way that sacrifices yourself for the benefits of others – whether it's other employees, your boss or clients, who you are sacrificing for doesn't matter.

What is a Martyr Personality in the Workplace?

Here are some common work martyr complex symptoms:

You are the go-to person for when something goes wrong, someone has to stay late, or there is an emergency project

You notice that you are working longer hours than everyone else

You have trouble saying 'no' even to projects that are outside of your scope of work

You'll fall on the sword if no one else does because taking responsibility is important to you

You tend to feel like others cannot manage certain things, and as a result, you micromanage or do their work yourself

Sound familiar?

If you have been following my Impostor Syndrome posts, you'll see a significant connection between work martyrs and Impostor Syndrome. I imagine that this new identification of work martyr syndrome is really people with Impostor Syndrome in disguise.

Work Martyr Complex Treatments: Small & Large Steps

Often, it can feel really hard to leave this behavior behind and to try new, healthier behaviors in the workplace that set boundaries and reset expectations for yourself and others. If you have decided that you don't want to continue in this role at work, then there are simple ways to begin to shed this martyr behavior.

Two Small Steps for Reducing Martyr Victim Complex at Work

1. Find an accountability partner.

Whether this person is from your workplace or outside doesn't matter as much as whether this person will kindly, but firmly, hold you accountable to your goals and keep your confidence. While martyr behavior can place you in the role of a star at work with certain bosses, with others it can put you in the position of Gal/Guy Friday and keep you cornered in ways that are perceived as practically ineligible for advancement or promotion.

2. Set some management goals for eliminating work martyr complex symptoms.

For example, it can be as simple as taking a 60-hour workweek to 55 hours. You are looking for it to be attainable and to be able to show you proof that it doesn't change your status at work immediately. So much of the buried fear can be that if you stopped giving so much at work, you will lose your position or favor. If you take really small steps, you will likely realize that not much is changing in regard to perception. After you are successful with a small step, then you can start taking larger, more impactful steps like:

Five Larger Steps for Shedding Work Martyr Complex

1. Learn to Say 'No'

Learning to say 'no' to certain projects or involvement in activities, especially ones that are low stakes, are not part of your evaluation process, or take you off focusing on your priorities. They are done to obtain favor or please others, but you have to start asking yourself what's the real impact for me.

2. Stop Being People's emergency Go-To

When you are a work martyr, other people's needs become your own. To break this, you have to learn not to take on other people's feelings and to set boundaries. You can see and identify someone's feelings without having to fix them or make them better.

3. Set Limits at Work & Create Routines for a Personal Life

Create limited bandwidth at work by having priorities and a plan to work on them, AND others things to do outside of work. If the time for which you have allotted for work can constantly be increased by taking up your personal time because you are not valuing it, then it makes it very hard to set limits. You have to care about and protect your personal time. This might mean that you have to work on creating routines for a personal life that you enjoy and hold sacred.

4. Take Responsibility Appropriate to Your Contribution

While taking responsibility for mistakes, errors, and issues is so incredibly important, when you take all the ownership, you deprive other people of that important experience and learning. You don't protect them in any way – except growth. Now, it's different if you are a manager and you are providing air cover for direct reports from senior leaders, but if you discover afterward that certain reports need to take responsibility, holding them accountable is part of your managerial responsibilities, especially if you want them to grow.

5. Stop Micromanaging Your Direct Reports

Often when you are so stretched for time because you engage in a lot of work martyring behaviors, it can feel very hard to appropriately manage and train direct reports, but as you start to create more time in your schedule, devote some of it to training so that you don't feel like you need to take over reports' projects, or that you can't trust them with certain types of responsibilities into which they need to grow. You can also spend time on developmental coaching so that your reports become stronger and more autonomous.

Our Career Counseling Services Can Help Reduce the Experience of Work Martyr Complex Symptoms

Creating time for yourself in your workday by doing some of these tasks that I shared above can be helpful in spending more time on tasks related to being strategic in your role, within the organization, or with your long-term professional future. It's important to note that if you try some of these things to reduce your role as a work martyr, and you get some blowback (i.e., senior leaders are unhappy) you really want to consider if this is a place where you can grow long-term. You need to be able to have the time to be a strategic level thinker to advance and to not be burdened by other people's tactical work.

BY: Lisa Orbé-Austin, PhD

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PLEASE JOIN US FOR THE
RIBBON CUTTING & OPEN HOUSE
OF

Bent Oak Mutual

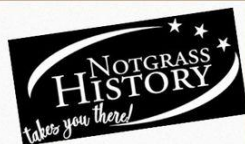
THURSDAY, FEBRUARY 16TH

RIBBON CUTTING AT 3PM FOLLOWED BY AN OPEN HOUSE UNTIL 4:30. OUR STAFF WILL BE AVAILABLE TO PROVIDE TOURS AND MANY OF OUR PHENOMENAL TEAM OF BUILDERS AND CONTRACTORS WILL BE ON SITE FOR QUESTIONS.

Door prizes and giveaways!



**John Notgrass
Presents...**



John & Charles Wesley

**And Can It Be:
The Life of Charles
Wesley**

**Date: Saturday,
February 18, 2023
10 a.m.**

*Refreshments will
be served!*

No Admission charge

Please Join Us!

Save the Date

WARRENTON AREA CHAMBER
OF COMMERCE

Annual Golf Tournament

MAY 10, 2023

10:00 SHOTGUN START
WARRENTON GOLF
COURSE

**BOOKS
BINGO
& ROOT BEER FLOATS**

»»» Cash bar - no outside drinks allowed
»»» BYO Food
»»» Table Decorating Contest - decorate your table based on your favorite children's book
»»» 50/50 Raffle & Bonus Prizes
»»» Entry fee includes 1 STORY bingo card per person - additional cards \$2 each or 3 for \$5

**SATURDAY,
MARCH 11**

Elks Club | Warrenton

Doors Open at 6
Bingo Starts at 7

**\$80/TABLE
\$10/PERSON**

Benefitting **Kiwanis**

REGISTER NOW

WWW.WARRENTONAREAKIWANIS.ORG
314-565-4598 becca@mainstre.com



MEAT SHOOT: BB GUN RAILHOUSE PUB

Sunday:

12/11/22

1/8/23

1/29/23

2/12/23

2/26/23

3/5/23

Net Proceeds to be donated to
No Time to Spare Animal
Shelter



**\$5.00 Draw for Bone-in-
Ham**

Age Limit: 10 year+

Noon Registration

Inside SHOOT 1Pm-5Pm





Holy Rosary St. Ann's Sodality
QUILT SOCIAL

Saturday, February 25, 2023

Doors open at 11:30 am

Bingo starts at 12:30 pm

Lunch will be available



HOLY ROSARY ACTIVITY CENTER

716 E. BOONSLICK ROAD

WARRENTON, MO 63383

For more information call

Barb Schneider 636-456-3567 or

Debbie—Parish Office 636-456-3698 ext. 221



TOURNAMENT

BENEFITTING WARREN COUNTY PATHFINDERS

8am Registration

9am Tee Time

Lunch served by the Elks Lodge

Drinks available on the course

Prizes for each flight and tournament games

Warrenton Golf Course

24805 State Hwy 47

Warrenton, MO



MAY 5, 2023

Cost: \$125 per person/\$500 per team of 4

Register or Sponsor Information Contact:

Robin Kuhlmann 636-456-7518 x18



Warrenton Aquatic Center

CRAFTS, GAMES, AND MORE!


SPLASH N' PAJAMA

March 11th
6 pm - 10 pm

AGES: 5 TO 12 YEARS OLD
PRICE: \$15 MEMBER, \$20 RESIDENT, \$25 NON-RESIDENT
\$7 PER EACH ADDITIONAL CHILD
MUST LIVE IN THE SAME HOUSEHOLD

REGISTER BY MARCH 4
Price increases by \$10 after this deadline

Register at the Aquatic Center
or online at www.warrenton-mo.org





Eating Smart • Being Active

Eating Smart Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a **FREE** program provided by the University of Missouri Extension Family Nutrition Education Programs. Through a series of engaging lessons and discussions, you will have the opportunity to prepare new recipes, be physically active and learn tips for making healthy choices for yourself and your family.

Lesson topics include:

- Knife skills and safety
- Exploring fun ways to be active
- Planning and shopping for healthy meals that fit your budget
- Tips for eating more fruits and vegetables
- Whole grains
- How to choose lean protein
- Building strong bones
- Tips for limiting excess sugar, fat, and salt
- Discuss ways to keep your family healthy

Supplemental lessons geared towards pregnancy and feeding babies are also available.

Classes are coming soon to:

Location: Warren County Health Dept. Fitness Ctr.

Dates: Wednesdays, February 8-March 15, 2023

Time: 1:00-3:00 PM

For registration or more information, contact:

Warren Co. Extension Office, 636-456-3444
Class located at 3920 N. Highway 47, Warrenton MO
63383 (corner of Isabella & N. Hwy 47)





Wright City
Blue & Gold

WC

PO Box 428
Wright City, MO 63390

WRIGHT CITY HIGH SCHOOL
Scholarship Fund

WCHS Scholarship Foundation Presents



To make your reservation or questions contact:

Lois Meyer 636-745-3333

Kristin Beckmeyer 636-745-3339

Jackie Nierman 636-497-6220

All reservations must be made and paid for
by March 1, 2023

Blue & Gold Event 2023 Blue and Gold 'Ville – Wastin' Away at the Lions Club

Dear WCHS Scholarship Fund Supporters:

Wow! What a great event we had in 2022. The support was amazing, allowing us to award 25 scholarships totaling \$34,000! The generous support of businesses, friends, and family near and far are instrumental in making this happen. The WCHS Scholarship Fund Committee and all the scholarship winners would like to say THANK YOU!

We are making plans for our 2023 event so we can award scholarships once again to area seniors.

Can we count on your support this year? We have several ways you can help.

- Sponsorship Opportunities - includes 4 levels of giving: Wildcat, Blue or Gold Sponsors or Proud Alumni Supporter. Donations over \$100 are recognized in the annual auction book, displayed at the event, live announcements made at event and on the WCHS Scholarship Fund Facebook page.
- Advertising Opportunity - the auction book is seen by 350 plus people and passed around locally providing lots of exposure to your advertising in our book. (See the enclosed procurement form for size options and pricing.)
- Auction Items - We need items for our Live Oral Auction, Silent Auction and Dessert Auction. Our event guests love to shop and browse. The desserts are amazing!
- Attend the event! - Be sure to make your reservation early. 2022 was sold out to capacity so you will want to get your reservation in early as we expect 2023 to be another great year. Blue & Gold is a wonderful opportunity for networking and just plain fun. (See the enclosed reservation form)
- We will again offer at the auction Naming Rights to several things within the Wright City School District such as the naming of the Football Field and HS Gym to name a few. Don't miss out on your chance to bid on these opportunities for yearlong advertising.

The deadline for all advertising, auction items and event reservations will be MARCH 1, 2023.

We need time to prepare for the event and ask that you please plan ahead and turn in these items by March 1. Items used for the oral or silent auction and ads submitted by this date will be printed in the auction book. Items received after that date are still accepted but will not be listed in the auction book. If you have any questions, contact the following committee members:

Jackie Nierman - Advertising 636-497-6220 or jackie.nierman@gmail.com

Kim Fast - Auction donations 314-581-7726 or Pattie Boyle at 636-745-2923 info@ivieleaguehomes.com

Lois Meyer - Event reservation 636-745-3333 or Kristin Beckmeyer 636-745-3339 kristin@fmb-bank.com

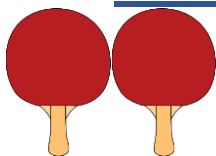
Vicki Zuhone - Dessert Auction 636-459-8575 vickizuhone@gmail.com

We look forward to hearing from you and seeing you at Blue & Gold! Thank you in advance for your support!

Sincerely, WCHS Scholarship Fund Committee

The WCHS Scholarship Fund is a non-profit organization, a 501(c)(3) public charity. The value of the good or service donated to this auction may be deductible from your income taxes. The taxpayer ID number of the WCHS Scholarship Fund is 43-1747234

Warren County Senior Center



PADDLE AUCTION

Saturday, April 29, 2023

The MaryLou Community Center-Truesdale, MO

Doors Open: 5:00 p.m.

Auction Starts: 6:00 p.m.

BRING YOUR QUARTERS!!

Food/Drinks available for purchase by Country Crossroads 4-H

Donations accepted thru April 21st

Questions...please contact:

Sheryl Stefanski (Senior Center) 636-456-3379



2023 WARRENTON ADULT COED SOFTBALL

\$670
PER TEAM

**REGISTER
NOW!**

END OF SEASON
DOUBLE ELIMINATION
CHAMPIONSHIP
TOURNAMENT

**START DATE
APRIL 15TH**

**SUNDAY
EVENINGS**
@ THE WARRENTON
ATHLETIC COMPLEX

**8 WEEK
DOUBLE
HEADER
LEAGUE**

**MUST
BE 18+**

FOR MORE INFORMATION OR TO REGISTER VISIT:
WWW.PLAYTSM.COM

*REGISTRATION ENDS APRIL 10TH. TEAMS WILL NOT BE ADDED TO THE SCHEDULE UNLESS PAID IN FULL

REGISTRATION ENDS JANUARY 29th.

LATE REGISTRATIONS JANUARY 30-FEBRUARY 26 (\$10 late fee per player)

JONESBURG & WARRENTON

Spring 2023

YOUTH SPORTS REGISTRATIONS

NEW SOCCER SPROUTS

Our Soccer Sprouts League is an instructional league for players birth years 2020-2017. Instructor led practices and games. Games will be held Saturdays at the Warrenton Athletic Complex. All players will receive a game jersey and achievement award.

SOCCER SPROUTS I (2020-2019)
SEASON KICKOFF: 4/29
COST: \$50/player

SOCCER SPROUTS II (2018-2017)
SEASON KICKOFF: 4/15
COST: \$70/player

YOUTH TEE BALL

Our Tee Ball League is offered to players ages 3-6. All players will receive a game jersey and participate in the opening day celebration.

Tee Ball I
3-4 years old
COST: \$55/player

Tee Ball II
5-6 years old
COST: \$65/player

YOUTH SOCCER

Our Youth Soccer League is for players birth years 2016-2005. Games will be held Saturdays at the Warrenton Athletic Complex. All players will receive a game jersey and participate in the end of season tournament.

SEASON KICKOFF: 4/1
COST: \$70/player

NEW SPORT SPROUTS MULTI SPORT PROGRAM

Our Sport Sprouts Multi-Sport Program is a new and exciting weekly class designed for players ages 2-5, that creatively incorporates sports with songs, nursery rhymes, and fun games. Players will be introduced to soccer, tee ball, basketball, and golf.

COST: \$50/player

4 Sessions Available
(1 class per week for 4 weeks)

Saturdays
2/4-2/25
3/4-3/25

Mondays
2/6-2/27
3/6-3/27

**LOOKING FOR A
GREAT WAY TO
SUPPORT
OUR COMMUNITY
AND ADVERTISE
YOUR BUSINESS
OR
ORGANIZATION?
BECOME A
SPONSOR**

YOUTH BASEBALL & SOFTBALL

Our Youth Baseball & Softball League is offered to players ages 7-18. All players will receive a game jersey and participate in the opening day celebration.

COST: \$80/player

All players receive one free child's ticket for TSM Night at the O'Fallon Hoots game June 17th.

For more information or to register for a league or sponsorship visit
playtism.com



WARRENTON ADULT COED SOCCER LEAGUE

FEE
\$35
PER PLAYER



MUST BE 18+

7 GAME SEASON
FEE INCLUDES GAME JERSEY
SATURDAY AFTERNOONS
@ THE WARRENTON ATHLETIC COMPLEX
SEASON START DATE: APRIL 1, 2023

FOR MORE INFORMATION OR TO REGISTER
VISIT PLAYTSM.COM

REGISTRATIONS END FEBRUARY 26

**Missed regular
season sign ups?
It's not too late-
Late Registration
goes until
February 26th.
Don't miss out!**

Need health insurance? We can help.



The rules around who qualifies for Missouri Medicaid have changed. More adults ages 19-64 can get low-cost or free health insurance through Missouri Medicaid, called MO HealthNet. You may qualify for Medicaid, even if you didn't in the past. For example, you may qualify if you:

- Are a single adult and make up to **\$1,563** a month
- Are a family of 4 and make up to **\$3,192** a month

Join us for free help to apply for Medicaid!

Here's what you need to bring with you to apply:

- Proof of your household income, such as recent paystubs or W-2s for your household
- Social Security numbers for all applying
- Proof of immigration status if not a U.S. citizen or national, such as a green card

Free enrollment assistance available

Call 636-441-1302 ext. 6687
or email kschupp@jacares.org



Powered by Missouri Foundation for Health | Published 2022

Warren County Health Department Announces New Smartphone App

Download our app today!

Search: Warren County Health, MO



Built by:



Warren County Health Department is excited to announce the release of the organization's new smartphone application. This app will serve as a new way for the health department to connect with Warren County residents and visitors, providing information quickly and efficiently to anyone with a smartphone.

Business Owner? Looking to get noticed?

The City of Warrenton is looking to feature a few businesses located within the City limits on our Facebook Page.

Being mentioned in our Get Out and Explore Warrenton Series is a great way to promote your business and make members of our community aware of what you have to offer.

If you are interested in being featured please email the name of your business, your address, your contact information, and background on your business to jenna.jones@warrenton-mo.org.



Honor your Hometown Hero

with the

MILITARY BANNER PROGRAM

The City of Warrenton's Military Honoree Banner Program was designed to honor and recognize those currently serving or who have served in the United States Armed Forces and pay tribute to our veterans and deceased veterans. The display of the Military Banners will contribute to the community's quality of life which lend a special character to the City of Warrenton.

- ★ Military Honoree Banners will be displayed along Hwy 47 and downtown along Main Street.
- ★ Beautiful, double-sided, 16" x 47.5" banners will have a patriotic design
- ★ Banner will be displayed for 1 year from either Veterans Day or Memorial Day
- ★ Yours to keep after the display period.

Applications can be submitted to City Hall:
200 W Booneslick
Warrenton, MO 63383
Applications can be obtained at City Hall or our website

WWW.WARRENTON-MO.ORG

Banner Sample

**WANT TO
ADVERTISE YOUR
BUSINESS?**

**PURCHASE A TV AD
AT THE LICENSE
OFFICE. FOR \$25 A
MONTH OR \$150 A
YEAR YOU CAN
PURCHASE AN AD
THAT RUNS
THROUGHOUT THE
DAY.**

**CALL 636-456-2530
OR EMAIL
WARRENTONCOC@
SOCKET.NET TO
LEARN MORE.**

WIN A ¼ SIDE OF BEEF AND A FREEZER!!!

Pinnacle Valley Cattle Co LLC and Maw Maw's Cupboard LLC are raffling a ¼ side of beef and a freezer, standard processing included.

ONLY 100 TICKETS AVAILABLE!!

Tickets are \$25 each or 5 for \$100.

The raffle drawing will be held on Facebook Live when all 100 tickets are sold.

Rules:

- Must be 18 or older to win
- Pinnacle Valley Cattle Co LLC will deliver beef to processor on date agreed upon between winner and Pinnacle Valley Cattle Co LLC.
- No substitutions
- No Cash in lieu of prize
- Standard Processing and wrapping is included, special cuts and wrap is paid to the processor by the winner.
- Winner will need to arrange pick up from processor, Pinnacle Valley Cattle or Maw Maw's Cupboard will not be responsible for pick up of processed beef.
- Pinnacle Valley Cattle Co LLC or Maw Maw's Cupboard LLC are responsible for beef left at processor beyond scheduled pick up date.
- Maw Maw's Cupboard LLC and Pinnacle Valley Cattle Co LLC will provide to winner a new freezer in working order, once winner accepts freezer, Maw Maw's Cupboard LLC or Pinnacle Valley Cattle Co LLC provide no warranty of workmanship of freezer.



Winter Schedule:

SF 365


December January February

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
6am Bootcamp		6am Bootcamp		6am Bootcamp	7am Bootcamp	Closed
7:30am Morning Yoga		7:30am Morning Yoga		7:30am Yin Yoga	8:30am Vinyasa Yoga	Closed
9am Bootcamp		9am Bootcamp		9am Bootcamp	10am Bootcamp	Closed
					11:30am Yoga + Little ones	Closed
6:10pm Vinyasa Yoga	6:10pm Restorative Yoga	6:10pm Vinyasa Yoga	6:10pm Restorative Yoga			Closed
7:05pm Bootcamp	7:05pm Bootcamp	7:05pm Bootcamp	7:05pm Bootcamp			Closed

Drop-In any class \$15 Sf-365.square.site 314 384-2267

Follow Us@ sara_fit365

WARRENTON BRANCH



Gentle Yoga with Sara

Every 2nd Thursday
5:00pm

Escape from your day-to-day and connect with your breath, taking time for self-care and awareness. All levels of yogis are welcome. RSVP today: Call 636-456-3321, stop by the branch, or register online.

SCENIC REGIONAL LIBRARY - WARRENTON BRANCH | 912 SOUTH HWY 47, WARRENTON, MO 63383 | 636-456-3321
WWW.SCENICREGIONAL.ORG | WARRENTONBRANCH | SCENICREGIONALLIBRARY | SCENIC REGIONAL LIBRARY

WARRENTON BRANCH

Every Tuesday @ 10:00am
First Saturday of Month @ 10:00am



storytime!

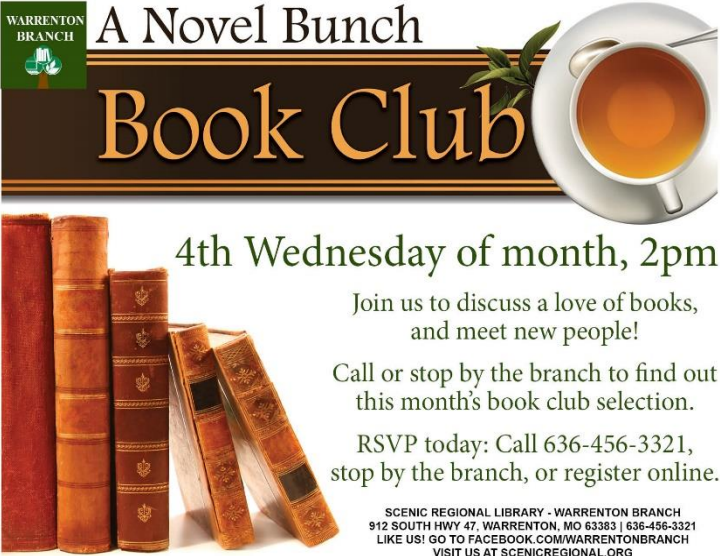
Join us as we read picture books, sing songs, do rhymes, fingerplays, and crafts!
No registration required.

SCENIC REGIONAL LIBRARY - WARRENTON BRANCH | 912 SOUTH HWY 47, WARRENTON, MO 63383 | 636-456-3321
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WARRENTON BRANCH

A Novel Bunch

Book Club



4th Wednesday of month, 2pm

Join us to discuss a love of books, and meet new people!

Call or stop by the branch to find out this month's book club selection.

RSVP today: Call 636-456-3321, stop by the branch, or register online.

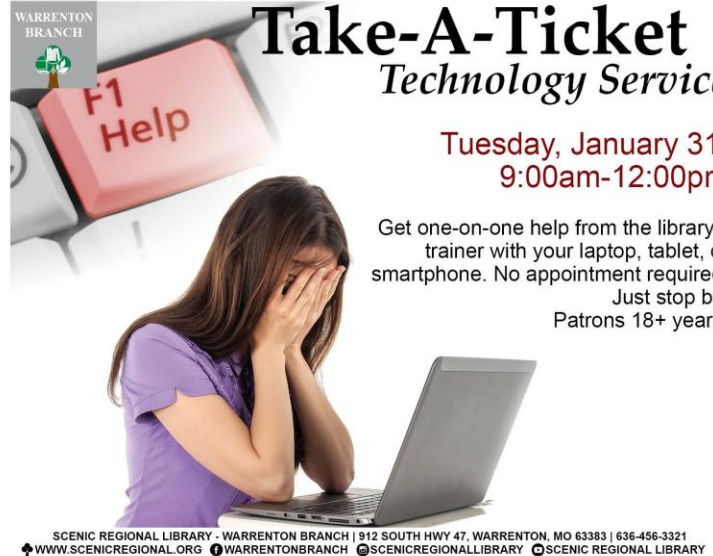
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WARRENTON BRANCH

Take-A-Ticket
Technology Service

Tuesday, January 31,
9:00am-12:00pm

Get one-on-one help from the library's trainer with your laptop, tablet, or smartphone. No appointment required!
Just stop by!
Patrons 18+ years.



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WARRENTON BRANCH

EVERY TUESDAY AT 1:00PM

CHICKS WITH STICKS

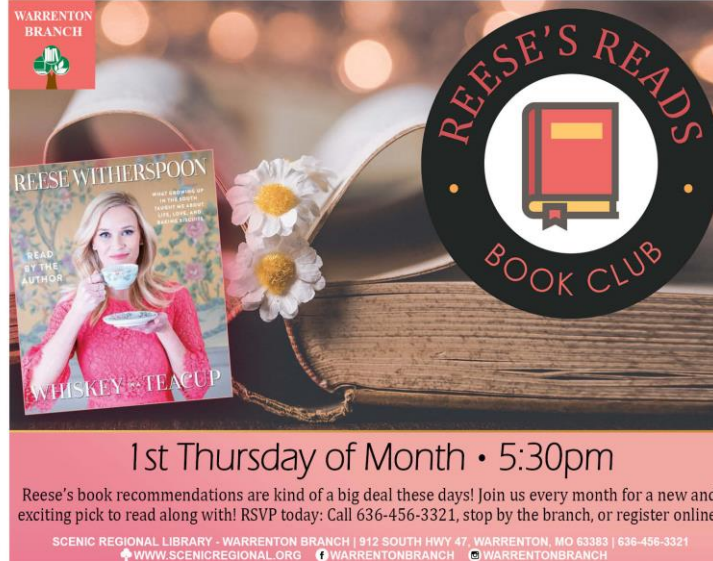
Instructor available every Tuesday at 1 pm
for crochet or knitting lessons!
Beginners and experienced alike are welcome
to come and join in on the fun!



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WARRENTON BRANCH

REESE'S READS
BOOK CLUB



1st Thursday of Month • 5:30pm

Reese's book recommendations are kind of a big deal these days! Join us every month for a new and exciting pick to read along with! RSVP today: Call 636-456-3321, stop by the branch, or register online!

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Police Department

Aquatic Center

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636-456-3535 ext. 234

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