

Holiday Greetings from Members

From Dick and Jane: Hope you all had a happy, healthy Thanksgiving! We miss your smiling faces and our great workouts. There is a SilverSneakers class here that is quite good, 4 days a week for 45 minutes. The participants are a little older than our group in Livermore Falls and some are only able to sit the entire time. There are at least 25 people in the classes, which is nice, but they don't have the great music or instructors that we have in Livermore Falls. We were the envy of the airplane with Karen's cookies. Everyone else had to settle for peanuts while the aroma of chocolate chip cookies was drawing envious stares! --*Dick and Jane Fournier*

From Jeff Lavin: Things are going well here in Colorado, getting settled, just waiting for the snow to fly. I talked to my mom (Marilyn Lavin) the other day, and she said you guys busted out the *Vanilla Ice* biceps track in PUMP with a dedication to me. I miss all you guys and the fun environment. Hope Thanksgiving went well, and I want to wish you all a great holiday season!



Merry Christmas & Happy New Year!
Love, Ryan, Lynn,
Kyle, Ashley & Cameron

The Southers (top) and the Godings send their best wishes in photo form!



'tis the season...



Happy Holidays!
Tom, Joyce, Avery,
Emily & Luke

Looking great in 2008 (Continued from Page 1)

Vickie is proud of her team. Laurie Ringer is known as the 'Up-Do Queen,' and is highly sought after for weddings, proms and other formals. Nail Technician Judi Pingree uses pink and white acrylics and OPI nail polish to create beautifully perfect long or action-length nails. Vickie's husband Randy does safe and exceptional body-piercing for those daring individuals seeking a very dramatic change.

Vickie noted that her team specializes in full makeovers: facials, nails, any type of cut, style, color or perm, and that one of the best things someone can do for an immediate makeover is shaping their eyebrows.

For winter hair care, Vickie offers this advice: Use a good conditioner or come in for a deep conditioning treatment. Extreme temperatures can take a toll on your hair, but with deep conditioning, you can minimize or eliminate damage due to dryness.

Sassy Scizzors offers a fabulous selection of holiday gift baskets and cards. Stop by the salon at 370 Main Street in Wilton, or call 645-5001.



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