



Wednesday, Sept. 18

Coffee & Conversations

Grassroots Coffee
Wednesday, September 18
7:30 a.m.

Great time to fellowship with fellow Rotarians!

Invite a member who has been inactive recently or who can't make the lunch meetings because of work to join us for coffee and a visit?

We'll buy your coffee at the week's event. Hope to see you there!



Saturday, Sept. 21

Produce Market at Weston Park

The Produce Market at Weston Park begins at 8:30 a.m. on Saturday, Sept. 21.

To volunteer, please arrive by 7:30 a.m. to begin setting up and registering participants.

MEETINGS

September is Basic Education and Literacy Month

- 9/19 Meeting at Second Harvest - 11:30 a.m. to 1 p.m.
- 9/26 Program Jordon Williams, Chief Academic Officer for Strategic Initiatives, Thomasville City Schools
- 10/3 GRSP Students presented by GRSP Chairman Debbie Goodman
- 10/10 Commissioner Kevin Tanner from Georgia Department of Behavioral Health & Developmental Disabilities
- 10/17 Meeting at Second Harvest to Pack & Sort Produce for Saturday Free Market
- 10/24 World Polio Day presented by Foundation Chair Carol Jones
- 10/31 Club History & Traditions -- celebrated every 5th Thursday
- 11/7 Housing Innovations by Katie Chastain & Earl Williams

EVENTS

- 9/18 Coffee & Conversations
- 9/21 Produce Market at Weston Park
- 9/26 Blood Drive
- 10/16 Coffee & Conversations
- 10/19 Free Vegetable Grow Bag and HOTC Manna Drop at Harper School
- 10/22 Fireside Chat for New Members
- 11/21 Online Auction
- 11/23 Fresh Produce Distribution at Weston Park

ROTARY CLUB OF THOMASVILLE

Thursdays, 12:15 pm
The Plaza Restuarant



Mental Health Focus

Prioritize Tasks

What can I do to take care of my mental health? Taking care of yourself means building time into your day to do a quick activity that improves your mental health - which in turn improves your physical health.

Incorporating quick mental health tips can help you lower your risk of disease, lower your stress, and hopefully improve your overall outlook on life. Today's tip:

Sometimes I like to treat myself and just do one thing at a time.

Single-tasking or *monotasking* can help improve focus, and may even improve your mental health. You may find:

- **Increased productivity:** Studies show that multitasking and context switching can slow you down, while focusing on one thing at a time can help you get more done.
- **Flow state:** Single-tasking can help you get into a state of flow, which is a deep state of focus that can occur when doing meaningful and difficult work.
- **Reduced anxiety:** Some say that focusing on one thing at a time can help you feel less anxious.
- **Improved concentration:** Some tips for improving your concentration include reducing multitasking, eliminating distractions, and practicing meditation and mindfulness.
- **Better sleep:** Getting more sleep can help improve your concentration.

217 Broad St
Thomasville, GA 31792

LEADERSHIP

President	Marta Jones-Turner
President-Elect	Nathaniel Tyler
Immediate PP	Mary Beth Donalson
Vice President	Nathaniel Tyler
Treasurer	Warren Ballard
Secretary	Anna Lee
Public Image	David Sofferin

Directors

Membership	Angela Williamson
Service Projects	Barbara Williams-Anderson
Foundation	Carol Jones
Club Director	Scott Rich
Youth Service	Chandler Giddes
Admin	Devona Thompson

ROTARY ONLINE

<https://thomasvillerotary.org>
<https://rotary6900.org/>
<https://rotary.org/>

YEARS OF SERVICE

9/23	Andrew Jones (14)
9/25	Wayne Newsome (10) 29 years in Rotary
9/28	Wade Glover (1)
9/28	Jessica Sanders (1)
9/28	Terry Scott (1)
9/28	Kristy Wainright (1)
10/3	Julie Carter (5)
10/4	Kurt Stringfellow (6) 10 years in Rotary
10/13	Teri White (13)
10/13	Darcy Craven (3) 8 years in Rotary

- Connect with nature: Connecting with nature can help improve your concentration.

