



Centre Village Mall

1240, 2A Ave North
Lethbridge, AB T1H 0E4
403-328-8853

January 2012
www.centrevillagemall.ca



SIDEWALK SALE January 9th - 23rd

Special points of interest:

- December 31st, Mall closes at 4pm. HAPPY NEW YEAR!!!
- January 1, 2012—Mall Closed.
- JOIN US ON:



Thanks to everyone for making our 5th Annual Toy Mountain a great success!!



Our 5th Annual Rock106 Toy Mountain was a huge success! We would like to send out a special thank you to the following business: *Gibb Orthodontics* who collected tubs of toys and dropped them off to our mountain!!

Thank you Lethbridge and area for your generous donations & helping a child in need.



Alberta Family Day is on February 20th, 2012

Hours of Operation:
Monday - Wednesday 9:30am-5:30pm
Thursday—Friday 9:30am-9:00pm
Saturdays 9:30am-5:30pm
Sundays/Holidays Noon-5:00pm

- 2012 Top Ten New Years Resolution list on page 2. Make those resolutions stick!! Set your goals.

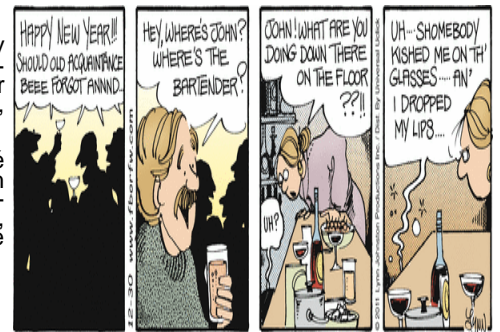
“Without continual growth & progress, such words as improvement, achievement & success have no meaning.”
~ Benjamin Franklin

The Top 10 Resolution List for 2012

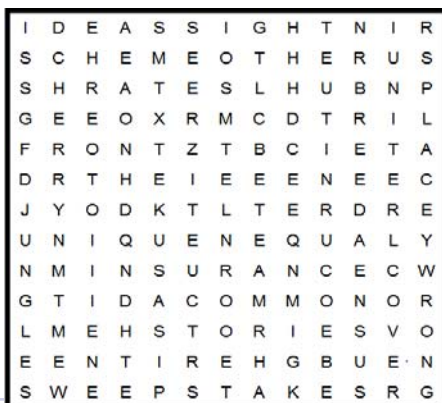
- STOP SMOKING:** *Learn the connection between mood and tobacco use. Nicotine, a mild euphoriant, provides "quick relief" to anxiety! With some 16 million smokers trying to quit every year, just 1.2 million succeed. Be one of those who succeed!*
- GET INTO A HABIT OF BEING FIT:** *Getting Fit will take care of losing weight.*
- LOSE WEIGHT—BATTLE OF THE BULGE:** *The main reason to lose weight is for health, not appearance. Nearly 112,000 deaths per year may be attributable to obesity.*
- ENJOY LIFE MORE:** *Success is what you like to do.*
- QUIT DRINKING:** *Men should drink no more than 21 units of alcohol per week. Women should drink no more than 14 units of alcohol per week.*
- ORGANIZE YOURSELF :** *This is the key to reaching your goals.*
- LEARN SOMETHING NEW:** *With access to the internet, we are no longer restricted by time. All of us can learn at any time of the day or night.*
- GET OUT OF DEBT:** *Make a determined effort to cut back some of your debt this year - you have to start some-*
- SPEND TIME WITH FAMILY:** *Schedule family time. At least one day a week sit down to dinner with your family. Eating together, talking together, you can share your successes, and create an atmosphere safe enough to share failures.*
- HELP PEOPLE:** *Volunteering is an important expression of citizenship and an essential component of democracy. It means the commitment of time and energy for the benefit of society and the community.*

Top 5 New Years Eve Recipes

- Champagne :** For a delightfully different theme, try a dinner using a bit of the bubbly as an ingredient in each course, from salad to dessert.
- Prime Rib:** Prime rib roast makes an impressive dish for any occasion, and it is especially popular for New Year's Eve. Should you choose the standing rib roast or not? Get tips and don't forget the creamed horseradish sauce.
- Caviar:** Caviar invokes dreams of the rich and famous, but a little of this rich delicacy goes a long way when used as a highlight. Just a little will add a touch of class to many less flavorful recipes and make them sparkle with
- flavor.
- Fondue:** Fondue is a party food by nature. Fondue demands guest participation. For New Year's parties or intimate dinners, fondue is classy, elegant, and just plain fun.
- Flambe:** As extravagant as flambé dishes appear, they are easy enough to make at home and far less expensive. Impress your loved one, family, and/or guests with a variety of flambe foods from salads to desserts.



January Word Search



agency—breed—care— cherry— common—
cover— dream—entire— equal—front—haunt—
ideas—insurance—jungles—kitchen—member—
minute—name—nose—other—place—rates—root—
scheme—screen—seeds—seer—select—sight—
soldier—stories—sure—sweepstakes—team—tile—
unique—unite—wrong

“When a defining moment comes along, you define the moment, or the moment defines you.”
~ Kevin Costner