

# LIVE WELL

Pursuing God's best in mind, body, & spirit

## Harvest Festival 5K & Fun Run

By Jodi Beckman

The Ladder is hosting the first annual Harvest Festival 5k Run/Walk and 0.5k Fun Run/Walk during the morning of Shelby's 2022 Harvest Festival on October 1. The 0.5k starts at 9am; the 5k starts at 10am.

Our goal at the Ladder is to have intergenerational engagement. We would love to see families, neighbors, and friends running and walking together. If you sign up with two or more generations in your group, you will receive a discounted entry price. Come and enjoy a beautiful morning outside with fellow runners and walkers with the fall colors lighting the way.

### 3 simple ways to sign up:

1. Open a web browser and type: [theladdercommunitycenter.com/5k](http://theladdercommunitycenter.com/5k)
2. Visit us at The Ladder: 67 N. State Street in Shelby
3. Scan the QR code below with the camera on your mobile phone



### DONATION OPTIONS:

- One time gift \$ \_\_\_\_\_
- I/We want to invest monthly:
  - \$100    \$50    \$25
  - \$10    \$5    \$\_\_

Please make checks payable to:  
**The Ladder Community Center  
or TLCC**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_



# September WISH LIST

## Item Requests:

- Variety packs (32 or 24) of full size candy bars for youth
- Copy paper (white)
- Napkins (2-ply 15.75 x 15.75)
- 3-compartment to-go containers (8-3/8 x 7-7/8)
- Ziploc sandwich bags
- #6-3/4 envelopes (white)
- Cases of bottled spring water
- Postage stamps
- Bingo prizes
- Bounty paper towels

## Monetary Investment Requests:

- Newsletter sponsors
- Youth program:
  - ~~\$125 for dodgeballs~~ *Thank you!*
  - 12 parent appreciation events at \$200 each
  - \$10, \$15, & \$20 gift cards from local businesses as prizes for Bible memorization

## Contact the Oceana County Community Foundation (231-861-8335) to fund this item:

- Protective wall and beam pads for the gym: \$4,500

Cut out the wish list & put it on your refrigerator!



We are grateful to the folks who have provided the following items in July & August:

Bingo Prizes	Lots!	Toilet Paper (Rolls)	120
Fresh Produce	Lots!	Books	50
Snacks	48	Stamps	100
Candy Bars	24	Cards	10
Flowers (Flats)	5	Bottles of Water	257
Super Sliders	8	Envelopes-Small	400
Paper Towel (Rolls)	8	Envelopes-Large	1,500
Paper Bowls	34	Copy Paper (Ream)	3
Puzzles	2		
Sandwich Ziploc Bags	40	Monetary Gifts-July:	\$8,544
Quart Ziploc Bags	24	Monetary Gifts-August:	\$16,918
Gallon Ziploc Bags	19		