

CATERED LUNCH OPTIONS

1. Turkey Cranberry Sandwich

Thin sliced turkey with lettuce, tomatoes, cheddar cheese, pesto mayo and cranberry orange, spread on a ciabatta bun. Choose mini Garden or Caesar salad and includes a fresh baked cookie.

2. Ham and Swiss Sandwich

Smoked ham with a lettuce mix, tomatoes, Swiss cheese and maple mustard. Choose mini Garden or Caesar salad and includes a fresh baked cookie.

3. Philly Steak Wrap

Slow cooked Philly Steak with onions, peppers and provolone cheese rolled in a Jack Daniels BBQ sauce and wrapped in a white flour tortilla. Choose Garden or Caesar salad. Includes water and a fresh baked cookie.

4. Sautéed Portobello Wrap

Portobello mushroom strips with goat cheese, onions, yellow peppers and gluten free BBQ sauce in a sun-dried tomato tortilla. Choose Garden or Caesar salad and includes a fresh baked cookie.

5. Greek Salad (with or without chicken)

Mixed greens with grape tomatoes, onions, black olives, cucumbers and feta cheese, tossed in a Greek dressing. Includes a dinner roll, veggies and dip and a mini cupcake.

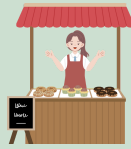
6. Tuscan Salad (with or without chicken)

Mixed greens with orange slices, figs, red onions, tomatoes and feta goat cheese with balsamic vinaigrette. Includes a dinner roll, veggies and dip and a mini cupcake.

7. Caesar Salad (with or without chicken)

Crisp hand cut Romaine lettuce, bacon, fresh parmesan, croutons, and Caesar dressing. Includes a dinner roll, veggies and dip and a mini cupcake.

All sandwiches & wraps can be made gluten free, dairy free, vegetarian and vegan.



Please join us from 10-4pm for
our Open to the Public
CHRISTMAS VENDORS MARKET
Over 45 carefully selected
unique vendors, including some
entrepreneurial teens! Find that
perfect Christmas gift!

DATE: Fri. Nov 15 & Sat. Nov 16, 2024

TIME: Fri. 6-830pm & Sat 9am-5pm

PLACE: 501 Whitelaw Road Guelph ON

COST: Friday Night - \$25

Saturday - \$70

Fri. & Sat. - \$80 (save \$15)

**Purchase Tickets for the Comedy Night
and /or Conference at
parkwoodgardens.ca or scan the QR code
below! Who will you bring?**



PARKWOOD GARDENS CHURCH
501 Whitelaw Road, Guelph, ON N1K 1E7



**Parkwood Gardens
Community Church**

**Women's Comedy
Night &
Conference
Nov. 15th & 16th**



**Featuring Christian Comedian &
Keynote Speaker
KERRI POMAROLLI**



KEYNOTE SPEAKER: KERRI POMAROLLI

Kerri Pomarolli is called Hollywood's "Good Girl." She is an accomplished actress, standup comedian, bestselling author, speaker and veteran of television - with credits that include



29 appearances on NBC's The Tonight Show and Comedy Central, NetFlix and Amazon Prime. In addition to the Friday Comedy Night, on Saturday Kerri will be speaking about "Tales of a Proverbs 22 Woman" & "Taking off our Church Mask - Titus 2". We are so excited to hear Kerri's unique blend of faith and fun!

www.kerripom.com

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FRIDAY 6:00PM - 8:30PM

6PM - REGISTRATION & DOORS OPEN

6:15PM - COMEDIAN KERRI POMAROLLI

8:15PM - CLOSING



SATURDAY 9:00AM - 4:30PM

9AM - REGISTRATION, COFFEE & SNACK

9:30AM - WELCOME, WORSHIP & PRAISE

10AM - KEYNOTE SPEAKER KERRI POM

11AM - MORNING WORKSHOPS

12:30PM - CATERED LUNCH

2PM - AFTERNOON WORKSHOPS

3:30PM - SNACK & FELLOWSHIP

3:45PM - WORSHIP & PRAISE

4PM - KEYNOTE SPEAKER KERRI POM

4:45PM - CLOSING

CHRISTMAS MARKET OPEN 10AM-4PM

MORNING: CREATIVE OUTER BEAUTY WORKSHOPS, CHOOSE 1:

1. PAINTING WITH RAE

Learn to paint "The Beauty of a Wintery Night" led by local artist **Rae Wright** of Dragonfly Studios.

www.dragonflyartstudio.ca



2. CHRISTMAS LANTERN

Join artisan **Kelley Merritt** as she leads the creation of these 2 wood backed, lighted Christmas lanterns.



3. PYROGRAPHY CRAFT

Try your hand at the couture art of wood burning on either cotton bags or wooden coasters with **Heather Martin** from Firework Designs!

www.fireworkdesigns.ca



4. BEADED SAFETY WRISTLET

Unleash your personal style with **Susie Gerber** as we create a custom beaded wristlet. Each unit includes a personal safety alarm and seatbelt cutter.

www.expressiongiftsandmore.com



5. CHRISTMAS GREENERY CENTERPIECE

Create a unique, fresh greenery centerpiece. Perfect for your holiday table! A great way to unlock your winter green thumb!



AFTERNOON: INSPIRING INNER BEAUTY WORKSHOPS, CHOOSE 1:

A. FIRST AID/ CPR REFRESHER

Join First Aid Instructor and former paramedic **Ricki Bristow** as we review life saving maneuvers for choking emergencies in adults, children and infants and CPR. Not a certifying class. www.gsfirstaid.ca



B. MENTAL HEALTH & OUR FAITH

Registered Psychotherapist **Lauren McLaren** will speak about how to integrate our faith journey into our efforts to maintain good mental health.



C. A PRECEPT STUDY: BEING ROOTED IN GOD'S LOVE

Join Precept leader **Patty Zieski** as she covers the basics of this inductive method of Bible study. This method teaches you to discover for yourself what Scripture says, what it means, and how to apply those truths to your life.



D. THE BEAUTY OF MENOPAUSE

Join Registered Nurse & Menopause Specialist **Lisa Heard** from Meraki Integrated Wellness as she shares strategies for taking care of our amazing bodies from Perimenopause to Post menopause.

<https://www.merakiintegratedwellness.ca>

