

**Baskets – Raffle      Nar-Anon 6<sup>th</sup> Midwest Regional Assembly, Oct. 24, 2015**

Hosted by “Tuesdays & Thursdays Together”– Chicago Region    Registration \$25.00

Hampton Inn & Suites Addison, Illinois    Prior to Oct. 1<sup>st</sup>: Room Rate \$99.00  
(Save \$10.00 by presenting a Triple A Auto Club card= \$89.00)  
1685 West Lake Street, Addison IL 60101    630-495-9511 Fax: 630-620-9811

How Can You Contribute or Be of Service to the Midwest Region? If you can't come...  
How about donating a Themed Gift Basket? Have fun with this; be imaginative!  
Ideas copied from 2012 Midwest Region Assembly;

1. Home Improvement Basket (big box hardware store gift card, i.e., Lowe's or Home Depot), carpenter's apron, screwdriver, etc
2. Movie Night Basket (Red Box gift certificates, microwavable popcorn, theater-size boxes of candy)
3. Coffee Basket (Starbucks gift card, coffee mug/s, flavorings, cookies)
4. Dinner - Out Basket (gift card to a chain restaurant with a copy of their menu; accessible online)
5. Shopping Basket (gift card from any one of a number of retailers, like Best Buy, Macy's, Sports Authority; Include smaller item, too.
6. Tea and Crumpets – British-Style? All things related to tea drinking (and various brands of cookies?)
7. Food & Beverage that Represent your Local cultural traditions
8. Sports Team Paraphernalia – T-Shirt, Mug, Stuff w/Sports logo;  
Popular in Kansas City, Branson, Indiana, Arkansas, & Illinois  
Original Ideas from Chicagoland Nar-Anon;
9. Crafts/Craft Kits – yarn, beads, appliqué, scissors, pins, thread.
10. Serenity – Music or Speaker CDs, DVDs, Journal, Herbal Teas
11. Games to Sharpen Memory and Save Your Brain – Sudoko, Mad-Libs, Crosswords, Board Games, Playing Cards, Grown-up Coloring Books; with colored pencils, Pencils, score sheets and Egg Timer.
12. Meditation and Relaxation – Neck pillow, musical CDs, Movie DVDs, Yoga DVDs, Stress Handball, Journal, Soothing Teas, Candles