

GIDDY UP GAMBIT



Monthly Newsletter: **DECEMBER 2021** P#: 985-260-5060 || 82292 LA-25 Folsom

December Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---------|-----|---------|--------|---------|
| | | | 1 | 2 ♦ | 3 ♦ | 4 ♦ |
| 5 | 6 | 7 ♦ | 8 | 9 ♦ | 10 | 11 ♦ |
| 12 | 13 | 14 ♦ | 15 | 16 ♦ | 17 | 18 ♦ |
| 19 | 20 | 21 ♦ | 22 | 23 ♦ | 24 | 25 ♦ |
| 26 | 27 | 28 ♦ | 29 | 30 ♦ | 31 | |

OUR MENU

TROOP GATHERINGS

- ◆ **First Friday –12/3 First Friday-Jazz and Art Show in the Village**
Ben Redwine and Company 6-8pm
Location: GIDDY UP AND FAR HORIZONS ART GALLERY
- ◆ **Original Folsom Village Library open for viewing**
4pm-8pm
- ◆ **Folsom Community Breakfast**
8-10 am-Guest Speaker, Sheriff Randy Smith
- ◆ **Northshore Writers Group-2-4pm**
- ◆ **Jon Laiche Book Signing 9am-1pm**
- ◆ **Madame Langclois' Legacy**
- ◆ **Pilates in the Paddock by Christina**
Every Tuesday and Thursday from 4-5pm
- ◆ **LIVE MUSIC-TBA 2-4pm every Saturday join our text line for updates**

GIDDY UP FOLSOM

RARING TO GO!

HOT

| | 12 oz. | 16 oz. | 20oz. |
|------------------|--------|--------|--------|
| Coffee | \$2.05 | \$2.30 | 2.60 |
| Hot Tea | \$1.70 | ---- | ---- |
| Hot Chocolate | \$2.95 | \$3.45 | \$3.75 |
| Hot Chai (latte) | \$2.95 | \$3.63 | \$3.95 |
| Latte | \$3.13 | \$3.76 | \$3.90 |

| | Single | Double | Triple |
|--------------|--------|--------|--------|
| Café Au Lait | \$2.50 | \$2.75 | \$3.00 |
| Espresso | \$1.95 | \$2.50 | \$2.95 |
| Macchiato | \$1.91 | \$2.40 | \$2.71 |
| Americano | \$1.71 | \$2.36 | \$2.81 |
| Cappuccino | \$2.90 | \$3.58 | \$4.40 |

Sandwiches

| | |
|--------------------------------------|--------|
| Avocado, Smoked Gouda, Sprouts ... | \$7.00 |
| Chicken Salad on Crossaint | \$7.50 |
| Tomato, Spinach, Basil Panini | \$6.00 |
| Turkey & Swiss Panini | \$6.00 |
| Sausage, Egg, and Cheese Panini | \$6.00 |
| Muffullini | \$7.00 |
| Reuben! | \$7.50 |

Greek Frittatas

on a bed of spinach & sprouts \$7



COLD

| | 16 oz. | 20oz. |
|-------------|--------|--------|
| Iced Coffee | \$3.67 | \$3.99 |
| Iced Tea | \$3.35 | \$2.65 |
| Iced Latte | \$3.99 | \$4.17 |
| Iced Chai | \$3.95 | \$4.44 |

FROST BITE

20 oz \$5.35
frozen coffee
choose a flavor!

Smoothies

\$6.49 FIELD OF GREENS
greens, tropical fruit blend, papaya
BERRY BOOST
berry blend, banana
CHOCONUT
chocolate, peanut butter, banana,

LAGNIAPPE

Espresso Shot \$1.00
Soy / Almond Milk 0.75
Flavor Shot \$1.00

almond, amaretto, butterscotch, caramel, chocolate,
cinnamon, coconut, hazelnut, lavender, orange, peanut
butter, peppermint, pumpkin spice, raspberry,
toffee nut, vanilla, white chocolate

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**BEE SWEET
IS
CLOSED
FOR THE
WINTER**

FALL IN LOVE WITH
YOUR BODY

**PILATES
AT THE
PADDOCK**

JOIN NOW

TEXT TO JOIN: 985-242-0399

PRESENTED BY: CHRISTINA MELANCON, CPT, CPI, CFTS
IVY VITALITY APOTHECARY



OCTOBER
Tuesday & Thursday
4-6 pm
Bring your mat.


\$15/CLASS OR
\$65 UNLIMITED/MONTH

WORKS OF ART



GIDDY UP
Keep In Touch!

Text **JOIN** to
985-520-4030

 giddyupfolsom



Your information will only be used by Giddy Up Folsom and will not be shared.

LOCAL ARTISTS ON DISPLAY AT FAR HORIZONS

Carol Flannery, Ben Bensen, Judy Merrell, Craig McMillin, Bill Binnings,
Ron & Molly Jenkins, Bernard Mattox, Ruth Weinstein.

Robert Schroder, MC Rodriguez, Phillip Sage, Johnny Green
Steve Hasslock, Yancy Riche, Peg Usner, Debbie Rucker, Elizabeth McMeekin and Macy Zimmer



**FAR
HORIZONS
COLLECTIVE**

— FINE ART —

**NEED A GREAT GIFT? CHECK OUT OUR WALL DISPLAY
FEATURING LOCAL ART, BOOKS, & MORE. PLUS WE OFFER GIFT
CARDS!**

Partners in Range



NEW HEIGHTS
THERAPEUTIC RIDING CENTER
newheightstherapy.org
Folsom, LA

VISIT

**FARHORIZONS
ART.COM**



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WINTER**



CHILDREN'S ADVOCACY CENTER

www.giddyupfolsom.com

