

Three Quick Games That Make Great Programs

The Calorie is Right

Featuring hosts Vanna Weight and Alex TRIMbec.

Game in which contestants bid the calorie counts of low-calorie food items and then moved on to the show case, where they arranged four low calorie foods in the order of the lowest calorie count to the highest.

Tic Tac Toe game format which tested members knowledge of the TOPS and the chapters bylaws. Can be played as a team or individuals. Ask a question, if the team gets it correct, they choose the placement of their letter (X or O). If they get it wrong, the other team gets the square.

Herb's and spices. Bring all the spices mentioned in TOPS monthly program number 51: Spice it up! Tell fellow members how Herb's and spices have been known and used since biblical times and used as a visual aid cards (designed by a TOPS member) with pictures of biblically referenced Herb's and spices. Members also exchanged favorite recipes employing delicious use of herbs and spices. Spice up the presentation with a surprise contest. Cover the labels of 20 jars containing various Herb's and spices and challenged fellow members to guess the jars contents by smell only. Award a potpourri sachet to the winner.