



**The Warrior Spirit**  
at  
**Piscataway Martial Arts**  
**2016**



For the past 10 years we try to exercise our  
Warrior Spirit at PMA  
by “Giving Back”

Giving to people in need of a helping hand.  
Giving through service, collections, and fundraisers.

October is a great time to start our efforts.  
Following is the list of activities we plan to do.  
We hope you will be generous in your contributions  
as you participate in the effort.

- 1). October is Breast Cancer Awareness month: Every class in October
  - o Wear something pink to every class
  - o Contribute a little spare change into our fundraiser bucket each class
  
- 2). Elijah’s Promise Soup Kitchen November 12, 2016
  - o Family 1-Mile Walk or 5K Run at Johnson Park, Piscataway
  - o Fund Raising ... more details to come shortly
  
- 3). Coat Drive November to December
  - o Bring in your clean, gently used jackets and coats
  - o Please, be sure they are useable, and not dirty or torn
  
- 4). Food Drive January 2017
  - o Can Goods and Non perishable food
  - o To be donated to local Food Bank