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This Week's Activities:

Sunday, October 2, Fazoli's dinner at Faith House.

Tuesday & Thursday, October 4 & 6, YMCA program, leave at 12:30.

Thursday, October 6, It's Harvest time! Our annual scholarship fundraiser is going to be lots of fun!! We'll leave about 5:30.



Thank you, Hixson First Baptist Church, for your donation of personal care items!



Left: Residents enjoy a wonderful outdoor meal at the CABIA dinner recently.



Today's column topic can be partially credited to our friend and executive director, Susan DiStefano. As a result of her gift of an instructional pamphlet, I've combined several suggestions with personal lessons I've learned to create the following guide to true happiness:

Connor's

Corner

It's okay, and in your best interest, to:

*Try new things, quite often;
Always show compassion and care;*

*Present yourself positively;
Smile visibly; consistently;
Tell only the truth;
Say "thanks" and "I appreciate you";*

*Choose a kind attitude;
Believe in HIS promises;
Know you are eternally loved.*

Try these things and I think you'll find that happiness is granted.
ECR



Left and clockwise: The residents took a field trip to Old MacDonald's Farm in Ooltewah last month. Terry gets up-close and personal with a sheep, Sherolyn gets in a bin of corn kernals, and the group poses for a photo before going on a hayride.

