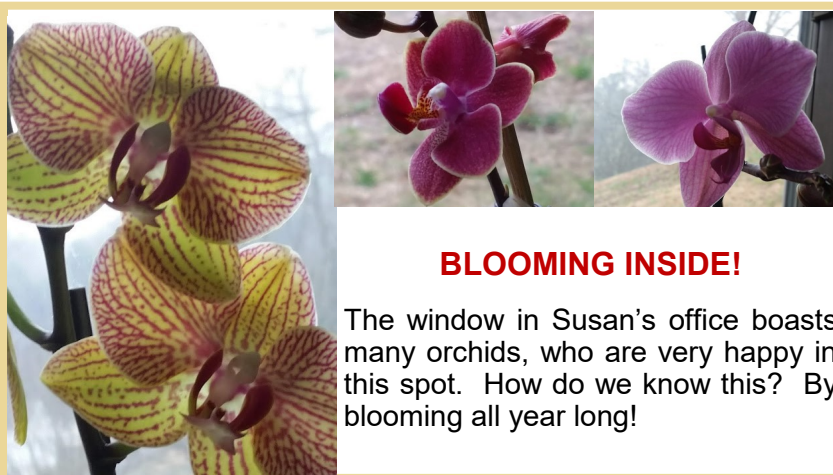


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## BLOOMING INSIDE!

The window in Susan's office boasts many orchids, who are very happy in this spot. How do we know this? By blooming all year long!

Okay, I'm pretty sure **Connor's** almost all of you, my kind readers, decided on a New Year's Resolution dealing with trying to improve your health and well-being. The gym commitment will last about 3 months. The exercise class is often fun, so it'll be the reason to pay monthly dues. Now, the absolute most important aspect, food consumption, always fails. Here is why: if you are watching your cholesterol levels, have diabetic concerns, are worried about heart irregularities, or need to watch your weight, fruits are your key to a longer life. With that realized, do you know that the amount of fruit needed to make a significant impact on a person's improved health is quite costly. To be honest, the money issue is a major reason people stop being concerned about their health. However, there is hope. Let me assure you of the positive support you will always have from Hosanna Community. It should be no secret or surprise the importance of outside support. Nothing compares to heart-felt words of approval and encouragement. I am a proud resident of Hosanna. In the end, your 2019 goal of happiness can be a true reality. Make sure to appreciate the kindness of others.

Corner



**HAPPY BIRTHDAY, IAN BARBER! JANUARY 23.**



## WEEKLY ACTIVITIES

Tuesday, Jan. 22, Crafting with Susan, 3:00. Then, Stuart Heights is back at Faith House for dinner.

Wednesday, Jan. 23, It's a birthday dinner for Molly Miles! Hope House, 6:00.

Friday, Jan. 25, Fast Food Friday lunch, 11:30. Plus, Ed and Van are at Hope House for dinner.

Sunday, Jan. 27, Walmart shopping



## BLOOMING OUTSIDE!

Every time we have a spell of rainy days, I look forward to getting out in the woods and finding fungi! I've shared photos in the past of some of what I've found. Here are some that I spotted just last week. Also included are shots of nandia berries and the Lenten rose that is blooming in front of