Connor's

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## **WEEKLY ACTIVITIES**

<u>Wed., Jan. 8:</u> Surprise activity! Time announced later!

Thurs., Jan. 9: Trip to McKays Book Store, 1 pm

Fri., Jan. 10: Create an abstract masterpiece with "spin

art." Meet at The Tree House, 10:30 am.

Sat., Jan. 11: WalMart trip after lunch.

Mon., Jan. 13: Solo Ladies at Hope House.

I'd like to share with you a similar lesson/ message to one I gave to the office of

Chattanooga Youth and Family Development Therapeutic Recreation. With 2020 now here, and the opportunity for positive growth as well as successful days ahead as a result of many lessons learned, let's try to

live happy, healthier lives. I have an important example of finding true happiness that I'd like to share with you.

Interestingly, as a result of a post-Christmas visit from close family friends and former neighbors who helped me grow up close to 45 years ago in Americus, GA, I can relate an important message. Although I enjoyed various stories of my youth in Sumter County, GA, a shopping trip with the three ladies and mama proved to be very rewarding. My friend, Mrs. Karen Barrett, was adamant about purchasing me a wooden plaque entitled, "Be Awesome Today!" My goodness gracious! Little did she know the many important meanings it could cover. Let me give you my top four:

- 1. To begin with, each day of life is an awesome blessing that deserves absolute thanks to HIM.
- 2. A brain surgery surgeon who first thought he had lost me, later said my recovery and survival was awesome.
- As a middle school wrestling coach, I insisted on one giving his best match: There is no counter for being awesome. You will pay for any let-ups. Interestingly, life is exactly the same.
- 4. When with family or friends, you should always give your best, so I reasoned, following Karen's advice.

My point: If you make sure in the new year to Be Awesome Today, it will be a good, happy choice.

Thank you to Burke's United Methodist
Church for inviting Hosanna residents to
join them for a holiday pot luck and sing-along. The
Kindred Spirits gospel group provided the music, and
Hosanna residents were ready to jump in to provide
the accompaniment.









