



## WEEKLY ACTIVITIES

**Monday, Jan. 13:** Hixson United Methodist Church Solo Ladies visit Hope House for food and fun.

**Tuesday, Jan 14:** Taco Tuesday! Lunchtime trip to Taco Bell. Leave around noon.

**Friday, Jan. 17:** Let's do some art at the Hart Gallery. 10 am—noon. Leave Hosanna at 9:30 am.



Orlando, Sherolyn, Rogers, Michael and Keller produced some amazing abstract art creations recently. The process involved layering paint in a cup and pouring it on canvas. The canvas was then tilted until the paint spread to all corners. Each piece turned out unique, and the results were really outstanding!

Today, with the help of Mrs. Katherine Milholm, a personal trainer at Siskin Hospital's Fitness Center, I'd like to share what I believe is the meaningful message and suggestion regarding making 2020 a positively healthy new year.

Well-known author and promoter of living a happier life, C.S. Lewis, encouragingly wrote: "You are never too old to set another goal or dream a new dream." In the same context, as a valuable team member selected by Cody Workman to remain an encouraging professional fitness staff assistant, Katherine productively focuses her attention on each member's visit. Admittedly, she has gained ample recognition for her hard work ethics along with her consistent personal kindness. Interestingly, her ongoing care for Fitness Center members is written on the board located behind the check-in desk and computer. Written is this defining request:

Wow! Simply put—a lot of definite meanings:

- It's more than just good sight. It certainly refers to the way something it conceived or taken.
- Never "lose sight" of your hopes.
- If you cannot see and believe, then you will not achieve.

All in all, my friends, I hope my lesson learned from Katherine can benefit you as well. I wish you all the best.

Connor's

Corner

