



WEEKLY ACTIVITIES

- Mon., Nov. 2:** 10:00 a.m., Yoga and Stretching
2:00 p.m., Art with Mary
- Tues., Nov. 3:** 10:00 a.m., Low Impact Exercise
2:00 p.m., Make Turkey Oreo Cookies!
- Wed., Nov. 4:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Create a "Gratitude Wall"
- Thurs., Nov. 5:** 10:00 a.m., Working with Weights
2:00 p.m., Cooking Class with Beth
- Friday, Nov. 5:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Bowling!!!!



Today, I want you to think.

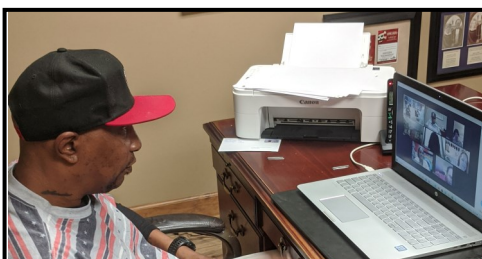
Connor's

Corner

I do not mean argumentatively or de-
bationally I mean to open your mind
to possibilities. So, I'm going to give
you some direct comments. I ask you
to appropriately decide how much they
play a part in your life. Okay ...

- Focus not on what you feel will happen, or what various professionals predict, but on what God said.
- The economy is NOT your source for life. God is.
- You cannot get into a big enough mess that God cannot help you out of.
- Make sure to ask: What is God's will?
- Comparing yourself to others really isn't your call.

Good citizenship in action.
Tina cast her ballot, and has an
'I Voted' sticker as proof!



**Orlando catches up on Zoom with
Signal Center friends.**



**Stars shone colorful &
creative in art class**

