



## WEEKLY ACTIVITIES

- Mon., Nov 30:** 10:00 a.m., Chair Dance Yoga  
2:00 p.m., Make a Christmas Gift!
- Tues., Dec. 1:** 10:00 a.m., Yoga and Stretching  
2:00 p.m., Build a Christmas Village
- Wed., Dec. 2:** 10:00 a.m., Low Impact Exercise  
2:00 p.m., Holiday Bingo
- Thurs., Dec. 3:** 10:00 a.m., Working with Weights  
2:00 p.m., Cooking Class
- Friday, Dec. 4:** 10:00 a.m., Walk-a-Mile Challenge  
2:00 p.m., Advent Tea, Hope House



## BE THANKUL

Be thankful that you don't already have everything that you desire.  
If you did, what would there be for you to look forward to?

Be thankful when you don't know something.  
It gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.  
Be thankful for your limitations.  
They give you opportunities for improvement.  
Be thankful for each new challenge.  
It will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.  
Be thankful when you're tired and weary.  
It means you've made a difference somehow.

It's easy to be thankful for the good things.  
A life of richness comes to those who are also thankful for the setbacks and hard times.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles.

And they can become your blessings.



Pumpkin pies, fun place cards, pretty table decor:  
Getting ready for Thanksgiving dinner!



Congratulations to Keller, Orlando & Susan for completing Round 1, Walk-a-Mile Challenge!!

