## **WEEKLY ACTIVITIES**

Mon., Jan. 25: 10:00 a.m., Low Impact Exercise

2:00 p.m., Art with Mary

7:00 p.m., Cards with Susan at Faith

Tues., Jan. 26: 10:00 a.m., Yoga/Stretching

2:00 p.m., Cornhole - Outdoors!

Wed., Jan. 27: 10:00 a.m., Chair Dance Yoga

2:00 p.m., Cooking with Beth

7:00 p.m., Cards at Faith

Thur., Jan. 28: 10:00 a.m., Working with Weights

2:00 p.m., Pictionary!

Friday, Jan. 29: 10:00 a.m., Walk-a-Mile Challenge

2:00 p.m., Make a Gift

7:00 p.m., Pool Tournament at Hope















"Heart in Hand" cookies on MLK Jr. Day & listing ways to make the world a better place.



I'll admit that today's writing Connor 's will seek to honor our new year - with new ideas and opportunities. As a result, I want us all to try to understand that God has a plan for each of us, and if we are thankful for HIS love, HE will keep us safe even when we are at our worst. Just as people treat you as you treat yourself, make sure to love yourself, to assure you receive God's love. No one and nothing knows you, your best and worst, better than God. Do remember the Bible reminds us: God loves whomever He knows. It is in our best interest for HIM to think of our consistent thanks. It's a new idea I present that will result in heavenly opportunities.









