

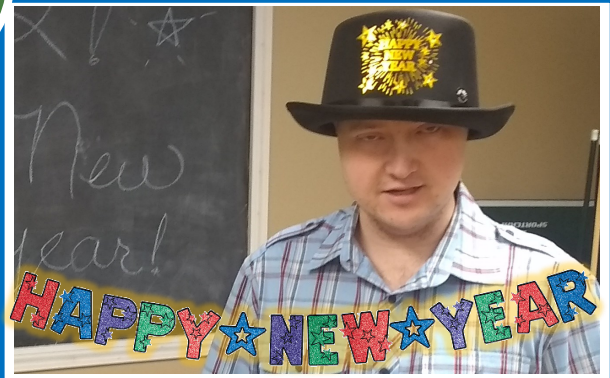


WEEKLY ACTIVITIES

- Mon., Jan. 3:** 10:00 a.m. - Tai Chi
- Tues., Jan. 4:** 10:00 a.m. - Strolling with Signal Center @ Northgate Mall & Lunch at Chick-Fil-A (Bring your OWN \$\$ or Gift Card)
- Wed., Jan. 5:** 10:00 a.m. - Chair Dance Yoga
2:00 p.m. - Art with Mary
- Thurs., Jan. 6:** 10:00 a.m. - Low Impact Exercise
2:00 p.m. - Healthy Cooking with Susan
- Frid., Jan. 7:** 10:00 a.m. - Walk-a-Mile
2:00 p.m. - WalMart Trip and Great Clips Visit



Happy January!



Happy New Year's Artwork!

So Cute!!
Fruit Santa Snacks

I want us to get ready for the New Year. It may not seem to be important right now, so please read on to see why I believe we need to focus on the new possibilities. To begin with, we associate the word "new" in many differing ways. For many, "new" can be explained as, 'having been made or existed for a short time, recently, being never used before, it is likely just discovered or learned.' Since "new" implies it is recently arrived or established, the hint is a positive rejuvenation and moreover, an apparent change for the better. Therefore, I urge all of us to focus on the positive aspects of the New Year. In fact, because celebration of the upcoming New Year is an annual event, I hope you will make certain to prepare yourself for some blessings to help move you forward on a path of happiness for at least 365 more days. **All in all, Happy New Year!**

Connor's

Corner



Thumb's Up for Hosanna's Holiday Dinner!

