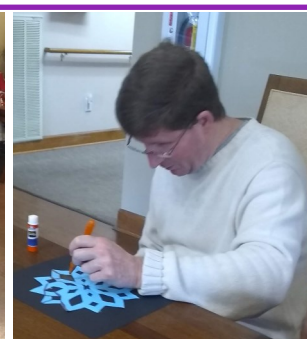


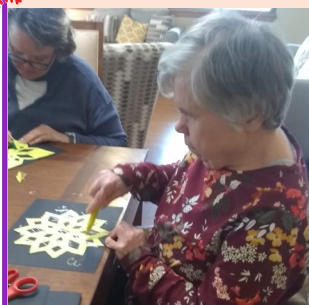


WEEKLY ACTIVITIES

- Mon., Jan. 10:** 10:00 a.m. - Tai Chi
2:00 p.m. - Pictionary
- Tues., Jan. 11:** 10:00 a.m. - Yoga and Stretching
2:00 p.m. - Meditation
- Wed., Jan. 12:** 10:00 a.m. - Chair Dance Yoga
2:00 p.m. - Art with Mary
- Thurs., Jan. 13:** 10:00 a.m. - Low Impact Exercise
2:00 p.m. - Healthy Cooking with Beth
- Frid., Jan. 14:** 10:00 a.m. - Walk-a-Mile
2:00 p.m. - Oldies Karaoke



Snow was no-show around here, so we made our own... fold and cut paper snowflakes!!



"I wear a mask. And that mask, it's not to hide who I am, but to create what I am." ... Batman.



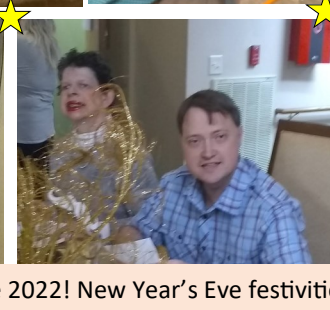
Today, my fellow friends and readers, **Connor's** you are in my spiritual thoughts. What I mean is: In not being afraid or ashamed to talk or write about my faith in God, I've written what I feel is an appropriate and powerful prayer that you may find suitable for your own use. I feel that building and maintaining a relationship with the Lord is the only thing we can truly control in our selfish world. So here are my thoughts:

"Our Heavenly Father, please, I pray, help me, because I was made in Your image, to clearly resemble You. I want to believe and understand the truth, and with your gift of courage, I do feel my life will be blessed with service to You. I ask you to please forgive any and all wrongdoings in your eyes. Please sanctify me, and I do ask, God, for You to heavenly order what I will be and do. My life is in your hands. I do not question why, but instead, praise your living grace. I simply hope, Lord, to be reassured of your unending love."

AMEN



Looking good, Molly Miles



Goodbye 2021 ... Welcome 2022! New Year's Eve festivities, food, friends and fun!