

## WEEKLY ACTIVITIES

- Mon., Nov. 8:** 10:00 a.m. - Tai Chi  
2:00 p.m. - Dollar Tree Visit
- Tues., Nov. 9:** 9:30 a.m. - A Stroll in the Park with Signal Centers  
2:00 p.m. - Gospel Karaoke
- Wed., Nov. 10:** 10:00 a.m. - Chair Dance Yoga  
2:00 p.m. - Art with Mary
- Thu., Nov. 11:** 10:00 a.m. - Low Impact Exercise  
2:00 p.m. - Cooking with Beth
- Frid., Nov. 12:** 10:00 a.m. - Walk-a-Mile  
12:00 p.m. - Let's Make Tacos  
2:00 p.m. - Thankfulness Project



I believe that when you are completing anything that it is important that you remain serious about it. For instance, in knowing the absolute greatest gift you can give anyone is the gift of your attention. There is no room for not giving 100%. At the same time, always make sure your intentions are focused in the right direction. What I mean is that if you are not careful, you will learn is that motivation alone is truly not enough. Think about it: If you have and/or are dealing with an idiot, you can motivate him. Now you have a motivated idiot. Choices, my Hosanna friends, lead to consequences.

Connor's

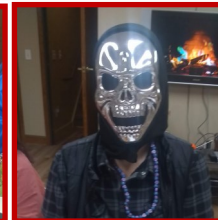
Corner

Don't Forget to  
Fall Back!

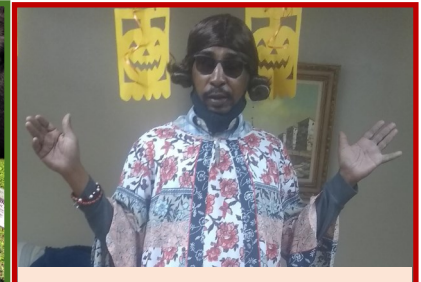


Turn your clock  
**BACK ONE HOUR**  
before bed  
Saturday night

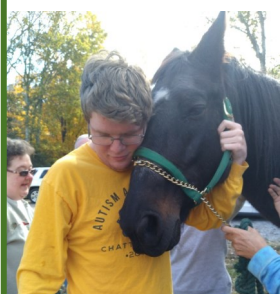
Extra Hour of Sleep this Weekend - Enjoy!



What could be better? Beautiful day, apples and carrots and a fun trip to the Learn 2 Ride horse farm!



Lando Lookin' Good: Best Costume



Michael: Candy  
Corn Best Guess

