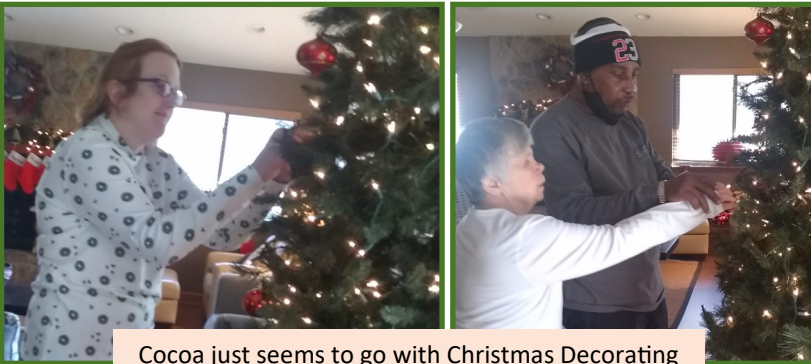




## WEEKLY ACTIVITIES

- Mon., Dec. 6:** 10:00 a.m. - Tai Chi  
2:00 p.m. - Let's Hike the Guild Trail!
- Tues., Dec. 7:** 10:00 a.m. - Low impact exercise  
2:00p.m. - Christmas B-I-N-G-O!!!
- Wed., Dec. 8:** 10:00 a.m. - Chair Dance Yoga  
2:00 p.m. - Art with Mary
- Thurs., Dec. 9:** 10:00 a.m. - Yoga and Stretching  
2:00 p.m. - Healthy Holiday Cooking with Beth
- Frid., Dec. 10:** 10:00 a.m. - Walk-a-Mile  
2:00 p.m. - Advent Tea @ Hope House



Cocoa just seems to go with Christmas Decorating



Can't beat a 37-cent Whopper!

## Connor's Corner

On Christmas Day we celebrate Jesus Christ our Lord and the time of His birth

The Chosen One who would die for us to reconcile all the sins created on earth

It would be by this man's thoughts and requests that we would soon abide,

The forgiving Lord, no matter the occasion, always at our side.

We should be as thankful everyday, in addition to Christmas, for this man's grace,

A relationship with the One up above is something you cannot replace.

You shouldn't have to express your thoughts out loud or have secrets that you'd like to say;

Instead on an on-going basis, you should bow your head and deeply pray,

The one feeling that everyone on earth should always get the courage to take the time and say,

Would be: "Lord, Thank You So Much for Christmas Day!"



Morning, noon or night: There's always time for Uno!



'Berry' nice, Orlando!



Frank in the Xmas spirit