

## WEEKLY ACTIVITIES

- Mon., Feb. 7:** 10:00 a.m. - Tai Chi  
2:00 p.m. - Valentine's Cards for Friends
- Tues. Feb. 8:** **HAPPY BIRTHDAY ALICE & SUSAN D!**  
10:00 a.m. - Weight Lifting with Susan  
2:00 p.m. - Bowling at Hosanna
- Wed., Feb. 9:** 10:00 a.m. - Chair Dance Yoga  
2:00 p.m. - Chester Frost Outing!!!!
- Thurs., Feb. 10:** 10:00 a.m. - Low Impact Exercise  
2:00 p.m. - Making Healthy Trail Mix
- Frid., Feb. 11:** 11:00 a.m. - Picnic and Walking @ Greenway Farms



Thank You, Signal  
Mtn. Lion's Club, for  
your support!

I find myself in a unique situation. I had full intentions on offering advice and suggestions concerning the upcoming cold weather we are about to face. First of all, it is winter. So what if we live in the valley and we typically see the snow above us in the mountains. Admittedly, we've seen many mixed forecasts, but, it's about to get cold.

Connor's

Corner

What annoys me the most is the comment, "They'll get cold weather and snow up North - that's no big deal." Well when you hear a weather report calling for single-digit temperatures, wind chill factors to negative degrees, up the coast 16-plus inches of snow from the Carolinas through Boston up into Maine ... that's a big deal!

Let's also avoid being cute with the comment, "I hope we get 12 inches in Chattanooga." NO - you don't! We don't have the equipment to clear the roads. People can't drive in icy conditions in Chattanooga. The whole tri-state area would be in a paused state of mind for a few days. We don't need tragedy and unrest. We need to maturely deal with situations one at a time.

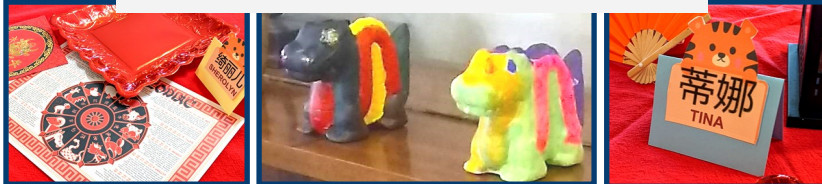
Cold weather is a reality. Let's stay warm and content. Spring is right around the corner.



Loving the 'Official' Chair Yoga Tee-Shirts!



Homemade Egg Rolls for Chinese New Year Dinner



The Great Hosanna Bonfire and Stupendous S'Mores!!