

**WEEKLY ACTIVITIES****Mon., Feb. 21:** ★ ★ President's Day ★ ★

10:00 a.m. -Tai Chi

2:00 p.m. -President's Day Trivia

Tues. Feb. 22: 10:00 a.m. - Mall Walking w/ Parks & Rec (leave 9:30 am)

12:00 p.m. - Salad Bar

Wed., Feb. 23: 10:00 a.m. - Chair Dance Yoga

2:00 p.m. - Crafts

Thurs., Feb. 24: 10:00 a.m. - Low Impact Exercise

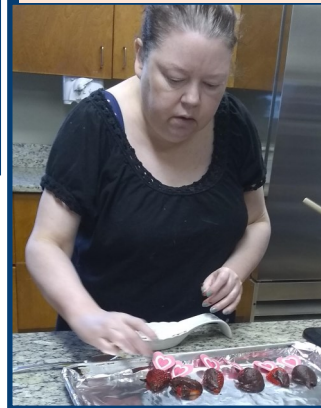
2:00 p.m. - Healthy Cooking with Beth @ Faith

Frid., Feb. 25: 10:00 a.m. -Walk-a-Mile

2:00 p.m. -Surprise Outing!??!!



Sweet! Heart-shaped mini-meatloaves, chocolate-covered strawberries and Valentine's cards!



Please keep Carolyn Rayborn's family and friends in your prayers at this difficult time. May Carolyn's son, Matt, through the mercy and love of God, rest in peace and rise in glory.

Visitation for Matt Rayborn is at 6:00 p.m., at Signal Crest Methodist Church, 1005 Ridgeway Ave., Signal Mtn. Services at 7:00 p.m.



Thank you, Hixson United Methodist Church for the Olive Garden lunch!



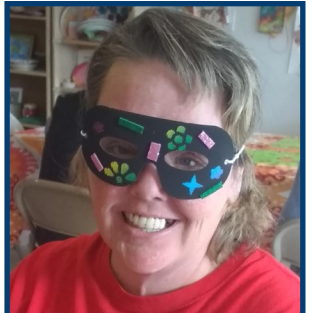
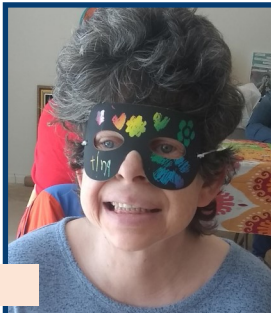
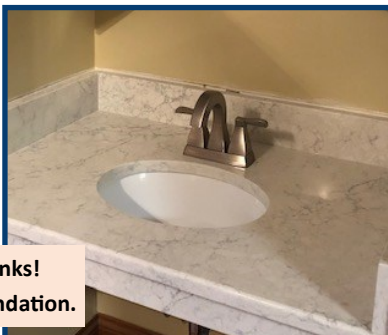
Have you ever heard or seen something so unique and/or actually so agreeable that you wanted to make sure it was never forgotten? Either you wrote it down, saved it in your computer, took a picture, or actually repeated it so many times that it is locked in your mind - forever.

Connor's**Corner**

Well, while looking up information for a work-related project, I discovered a meaningful quote that I feel needs no explanation. It's powerful, and it is one I believe deserves a lot of attention. Hopefully you will see why I'm so sincere about my feelings when you read the following:

"Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart and a pretty soul."

Admittedly, it's all about perspective. I'd like you to look at **"BEAUTY"** with this point of view.

We've got beautiful new sinks!
Thank you, Martin Family Foundation.

Making Marvelous Masks for Mardi Gras in Art Class!