

**WEEKLY ACTIVITIES**

Mon., Mar. 7: 10:00 a.m. -Tai Chi
2:00 p.m. -Bowling at Hosanna

Tues. Mar. 8: 10:00 a.m. -Mall Walking (leave 9:40 am)
2:00 p.m. -Dollar Tree

Wed., Mar. 9: 10:00 a.m. -Chair Dance Yoga
2:00 p.m. -Rock the Riverfront Festival.
(Are you brave enough to ride the **GIANT SEESAWS?!)**

Thurs., Mar. 10: 10:00 a.m. -Low Impact Exercise
2:00 p.m. -Gospel Karaoke

Frid., Mar. 11: 10:00 a.m. -Walk-a-Mile
12:00 p.m. -Picnic at Veteran's Park & Trip to WalMart



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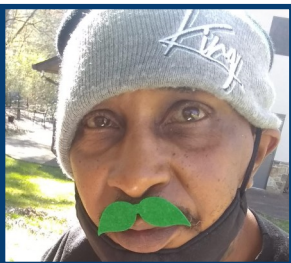
Winning combination: Mall walking & Chick-Fil-A lunch.

VERY IMPORTANT

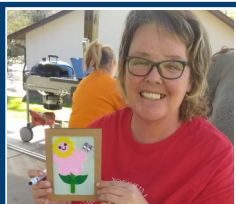
New sinks and countertops will be installed at Hope House this Monday, March 7, beginning at 8:00 a.m. Sinks need to be clean, and all items on countertop and below the sink need to be stored out of the way. Your cooperation is required and is appreciated.



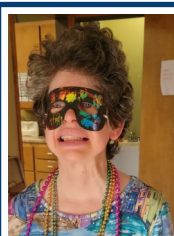
Sugar-free pineapple cake!



Yes. I have suggested in past writings that you rely on using thankfulness to the Lord as much as possible, particularly in prayer. Let me be clear and honest. If you share gratitude to God, it is an act of true appreciation, thankfulness and, be assured, an act of love for God and others. Think about it: Thoughts, through words of gratitude, become clear to all. There are no secrets about our faith, hope and love when we take time to acknowledge our thanks for being blessed. Let's make sure we do not miss the chance. What if God decided to give partial efforts? Notice ... HE completes every promise. He's still got one more. Ask yourself: Have I thanked Him enough to feel comfortable so that you will be ready when it happens?

Connor's**Corner**

Making Cards for Carolyn



Let the good times roll! Mardi-Gras Dinner!