



## WEEKLY ACTIVITIES

**Mon., Nov. 28:** 10:00 am - Tai Chi

2:00 pm - Decorate the Christmas tree, plus hot cocoa & holiday tunes. Hope House.



**Tues. Nov. 29:** 10:00 am - Mall Walking

2:00 pm - Wreath Decorating

**Wed., Nov. 30:** 10:00 am - Chair Dance Yoga

2:00 pm - Holiday Art with Mary

**Thur., Dec. 1:** **HAPPY BIRTHDAY, KENDAL!!**

10:00 am - Low Impact Exercise

2:00 pm - Holiday Cooking with Beth

**Frid., Dec. 2:** 10:00 am - Walk-a-Mile

2:00 pm - Advent Tea



Mall walking with friends



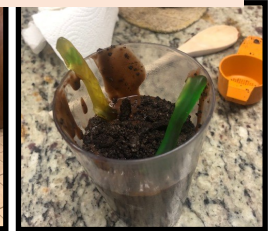
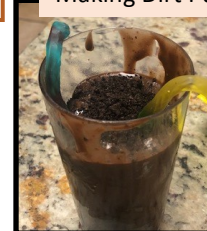
Visiting Aunt Margaret



Making Dirt Pudding



Ready for Church



Playing Pictionary ...



... And playing pool



I will readily admit my admiration for City Scope Magazine, a highly-respected business publication that "honors local men and women who are making the world a better place."

**Connor's**

**Corner**

With that being established, surely you understand my habit and passion of taking advice on better living tips from many of the highlighted professionals. I've been impressed many times by James Perry, owner and real estate broker; Rebecca Ashford, President of Chattanooga State Community College; and John Sterner, an advisor with the Sterner Financial Group. But the one professional who clearly caught my attention and favor is Executive Director of the Chattanooga Bar Association, Mrs. Lynda Minks Hood. Her comments, which resulted from her experience learning the value of customer service and holding compassion for people, are encouraging words that we all need to follow.

Whether you write this list out, post it on a door, the refrigerator, your office window, or wherever, instill these rules in your brain. I feel certain you'll be better off when you follow these rules:

- \* Always treat people with respect
- \* Your word is your word
- \* I have confidence in myself
- \* I know my responsibility

Most people don't see everything that good advice is. Lynda, we appreciate your many years of sharing, care, determination, education, money, time and the hard work involved in becoming one of Chattanooga's most successful professionals. We hope to all learn from you. Thanks!