



WEEKLY ACTIVITIES

- Mon. Feb. 6:** 10:00 am - Tai Chi
2:00 pm - Practice the Electric Slide!
- Tues. Feb. 7:** 10:00 am - Yoga and Stretching
No Afternoon Activity
- Wed. Feb. 8:** **HAPPY BIRTHDAY, ALICE!!**
10:00 am - Chair Dance Yoga
2:00 pm - Practice the Electric Slide
5:30 pm - Parks & Rec Sweetheart Dance
- Thur., Feb. 9:** 10:00 am - Low Impact Exercise
Staff Work Day (no afternoon activities)
5:30 pm - Bus leaves for Provinos ... Dress Nice ...
Hosanna Celebration Dinner !!
- Frid., Feb. 10:** 10:00 am - Walk-a-Mile
2 :00 pm - Surprise Activity



In hoping you agree that we all need a little help in making decisions in life, and that we cannot succeed simply on our own, I have some advice, We have all been given many abilities and talents we can use, with which we can create and maintain positive attitudes and for which we can be thankful. Remember that.

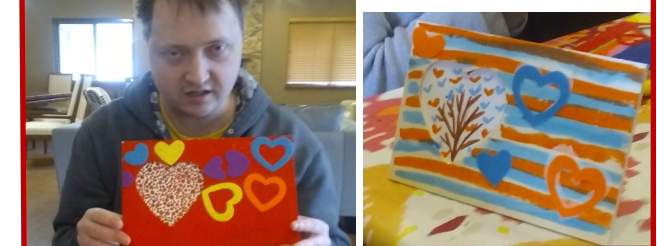
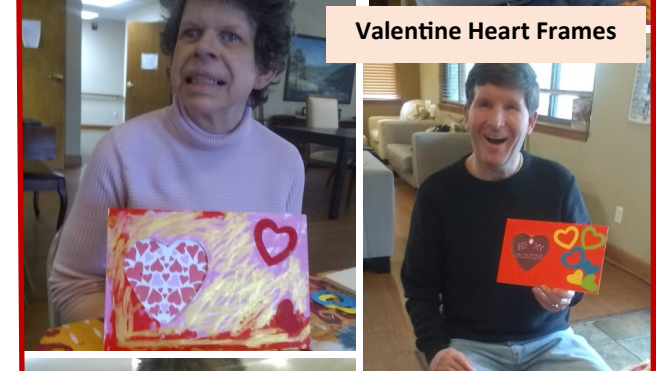
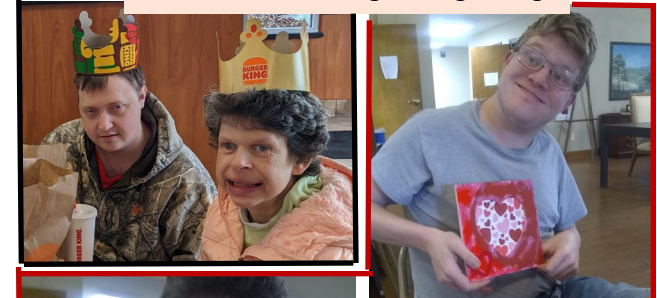
Yes. We are blessed with heavenly possibilities and potential that helps us. We are assured of His presence through prayer. Praying with thankfulness and a desire for His will to be done, while building a strong relationship with God, is also creating an unbreakable and undeniable bond.

When you feel a connection to His free and absolute love, this unending realization allows you to know: YOU ARE NEVER ALONE. The guidance and help you need is there. When you ask for it. It comes on His time. Jesus states in John 14:27: Stop allowing yourself to be anxious and disturbed; and do not permit yourself to be fearful, intimidated, cowardly and unsettled.

How interesting.

Jesus directly explains. Life is a choice. We can refuse to ever be agitated, anxious, depressed, or discouraged at all.

My promised advice: God has given us all His powerful love. Let's try our best to do what He says.



Connor's

Corner