

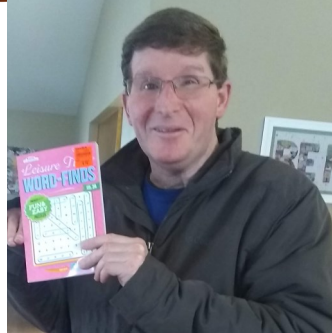


WEEKLY ACTIVITIES

- Mon. Jan. 29:** 10:00 am Tai Chi
2:00 pm Cooking with Beth!
- Tues. Jan. 30:** 10:00 pm Low Impact Exercise
2:00 pm UNO
- Wed. Jan. 31:** 10:00 am Chair Yoga
2:00 pm Art with Mary
- Thur., Feb. 1:** 10:00 am Light Weightlifting
2:00 pm Staff Work Day - No Activities
- Frid., Feb 2:** 10:00 am Walk-a-Mile
Noon - Ice Cream Social after Lunch

HAPPY GROUNDHOG DAY!!!

Sunday, Feb. 4 - HAPPY BIRTHDAY, MILLER!!!



Connor's Corner

I hope you share a belief on the importance of sharing thanks at all times for and in appreciation of the many blessings the Lord has and continues to provide us. Surely you feel it is very difficult to dismiss by avoiding or trying to discount the eternal forgiveness, grace, love, and unending mercy offered by our heavenly Father. Admittedly, we need to be thankful for His promise to be with us eternally.

As we are grateful, it is so very important to be patient. Let me also explain: feeling appreciation and having gratitude, interestingly, is different than being thankful. The difference is only slight, but evident. You can prove, share and show thankfulness while being grateful. It simply involves a feeling of appreciation and thanks.

I truly recommend we follow the words of the Bible: **IT IS BETTER TO GIVE THAN TO RECEIVE.**



Orlando in his element - schmoozin' & groovin' with the ladies at the Winter Ball at Signal Centers

