



WEEKLY ACTIVITIES

- Mon. Nov. 27:** 10:00 pm - Tai Chi
2:00 pm - Monday Movie Madness
- Tues. Nov. 28:** 10:00 pm - Low Impact Exercise
2:00 pm - Christmas Karaoke!
- Wed. Nov. 29:** 10:00 am - Chair Yoga
2:00 pm - Cooking with Beth
- Thur., Nov. 30:** 10:00 am - Light Weightlifting
2:00 pm - Staff Work Day - No Activities
- Frid., Dec. 1:** **Happy Birthday, Taylor!!**
10:00 am - Walk-a-Mile
2:00 pm - Advent Tea at Hope House



Connor's

Corner

My Hosanna friends, let me give credit where it is due: If you know

Sherolyn, you understand she has such a loving heart. Admittedly, she shares feelings commonly with cards, notes, etc... She always refers to us, her Hosanna friends, as "a special person," and she typically hopes, as well as wishes, us well. I'm not sure she is aware that her encouragement is very much appreciated. In fact, from one of her most recent cards: "ADVICE from a LADYBUG," I want to suggest we all try to follow.

This advice recommends:

- “Spot new opportunities 
- Spend time in your garden
- Be well-rounded
- Enjoy the wonders of nature 
- Don't let the small things bug you
- Keep family close by 
- Be simply beautiful!”

Thank you so much, Sherolyn. I feel this is the best advice to help us honor ourselves and the Earth.

