



**Sometimes moving backwards in life is absolutely necessary.** No one wins a game of chess, or the game of life, by only moving forward. Sometimes you have to move backward to put yourself in a position to win. Because sometimes, when it feels like you're running into one dead end after another, it's actually a sign that you're not on the right path. Maybe you were meant to hang a left back when you took a right, and that's perfectly fine.

**The biggest disappointments in life are often the result of misplaced expectations.** When we are young our expectations are few, but as we age our expectations tend to balloon with each passing year. The key is to understand that tempering expectations of how something "should be" can greatly reduce unnecessary stress and frustration

**We all have pretty darn good track records.** Our character is often most evident at our highs and lows. Be humble at the mountaintops, be strong in the valleys, and be faithful in between. And on particularly hard days when you feel that you can't endure, remind yourself that your track record for getting through hard days is 100% so far. Life changes from moment to moment, and so can YOU.

When hard times hit there's a tendency to extrapolate and assume the future holds more of the same. For some strange reason this doesn't happen as much when things are going well. A laugh, a smile, and a warm fuzzy feeling are fleeting and we know it. We take the good times at face value in the moment for all they're worth and then we let them go. But when we're stressed, struggling, or fearful, it's easy to heap on more pain by assuming tomorrow will be exactly like today.. You can fight and win the battles of today only.

No matter what's happening, you can resourcefully fight the battles of just one day. It's only when you add the battles of those two mind-bending eternities, yesterday and tomorrow, that life gets overwhelmingly difficult and complicated.

<https://www.marcandangel.com/2026/01/11/19-great-truths-my-grandmother-told-me-on-her-90th-birthday//>

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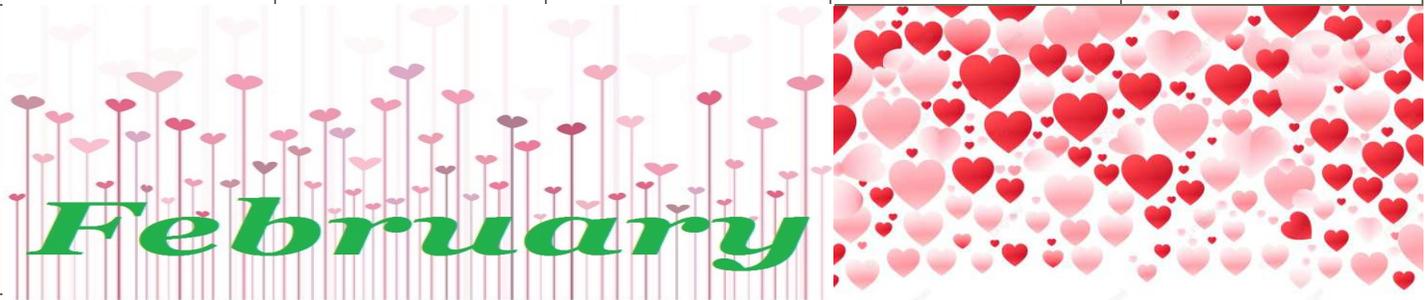


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:30 HEALTHY BONES 12:00 CHAIR YOGA 12:30 MAHJONG 1:00 CANASTA	<b>3</b> 9:00 YOGA 10:15 CARDIO 12:00 BINGO (PIZZA) 12:30 CARDS	<b>4</b> 9:30 HEALTHY BONES 10:45 FARKLE 11:00 CARDIO + 12:30 RUMMIKUB	<b>5</b> 9:00 YOGA 10:00 BOCCE 10:15 CARDIO 1:00 CANASTA 1:00 ART CLUB	<b>6</b> 9:30 HEALTHY BONES 10:45 LINE DANCING 12:00 CHAIR YOGA 12:30 MEXICAN TRAIN 1:00 QIGONG 1:00 BOCCE
<b>9</b> 10:30 HEALTHY BONES 11:00 BOOK CLUB 12:00 CHAIR YOGA 12:30 MAHJONG 1:00 CANASTA	<b>10</b> 9:00 YOGA 10:15 CARDIO 12:00 BINGO (HOT DOGS) 12:30 CARDS	<b>11</b> 9:30 HEALTHY BONES  11:00 #1 CLUB	<b>12</b> 9:00 YOGA 10:00 BOCCE 10:15 CARDIO 1:00 CANASTA 1:00 ART CLUB	<b>13</b> 9:30 HEALTHY BONES 10:45 LINE DANCING 12:00 CHAIR YOGA 12:30 MEXICAN TRAIN 1:00 QIGONG 1:00 BOCCE
<b>16</b> <b>CLOSED</b> 	<b>17</b> 9:00 YOGA 10:15 CARDIO 12:00 BINGO (PIZZA) 12:30 CARDS	<b>18</b> 9:30 HEALTHY BONES 10:45 FARKLE 11:00 CARDIO + 12:30 RUMMIKUB	<b>19</b> 9:00 YOGA 10:00 BOCCE 10:15 CARDIO 1:00 CANASTA 1:00 ART CLUB	<b>20</b> 9:30 HEALTHY BONES 10:45 LINE DANCING 12:00 CHAIR YOGA 12:30 MEXICAN TRAIN 1:00 QIGONG 1:00 BOCCE
<b>23</b> 10:30 HEALTHY BONES 12:00 CHAIR YOGA 12:30 MAHJONG 1:00 CANASTA	<b>24</b> 9:00 YOGA 10:15 CARDIO 12:00 BINGO (SANDWICHES) 12:30 CARDS	<b>25</b> 9:30 HEALTHY BONES  11:00 #1 CLUB	<b>26</b> 9:00 YOGA 10:00 BOCCE 10:15 CARDIO 1:00 CANASTA 1:00 ART CLUB	<b>27</b> 9:30 HEALTHY BONES 10:45 LINE DANCING 12:00 CHAIR YOGA 12:30 MEXICAN TRAIN 1:00 QIGONG 1:00 BOCCE



# February



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