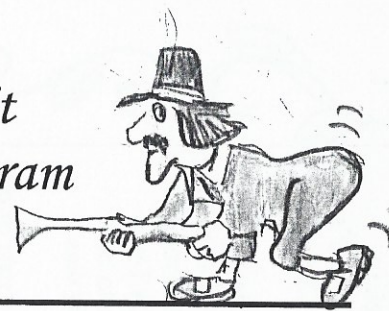



November 2017  
**GIVE THANKS**



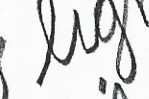
Mind-Body-Spirit  
 Find A Way Plus Program



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 Veterans Day God Bless America!
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day 	24	25
26	27	28	29	30		
						Art Work by Marty Preis

Fall Backe 



Day light Savings 

Find A Way Plus Program

276-821-6269

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**BRHA Closed**

Nov. 10—in observance of Veterans Day  
 Nov. 23 & 24 for Thanksgiving

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**Walking Group**

7:00 pm Everyday

Meet at picnic table at

Corner of Edmond & Russell St.

\*\*\*\*\*

**GED Classes— RSB**

9:00am-12:00 noon

Monday & Wednesday

\*\*\*\*\*

**Computer Lab - RSB**

Monday—1:00—3:00pm

Thursday—3:00—5:00pm

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November Birthdays

November Birthstone— Topaz

November Flower— Chrysanthemum

(No one signed up for November)

Famous November Birthdays

Mark Twain

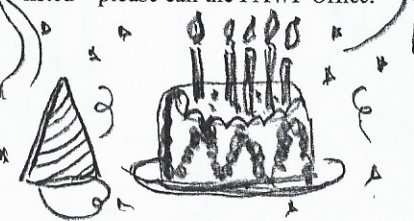
Carl Sagan

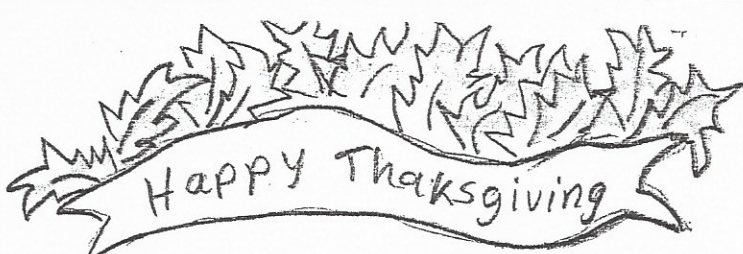
Joe Biden

Whoopi Goldberg

Alexander Hamilton

Remember—if you want your birthday listed—please call the FAWP Office.





Find A Way Program – Mind/Body/Spirit Newsletter

November 2017

**FALL – A TIME TO REFLECT**

**-by Debbie Keith**

Fall is here. With it not only do we witness the beauty of the changing leaves, but the light grows softer, the weather cooler, and the pace of things starts to slow down. The earth seems to sigh as she settles in for a long winters' nap.

Fall also brings a small quiet place for reflection and counting. The farmer reflects on what he needs to do to improve on next year's crops and counts his gains and losses. Teachers reflect on what they can do to help each pupil reach their fullest potential with 60 days behind them and only 90 more in which to complete their subject matter. I too stop to reflect upon what worked and what didn't in my past year's projects and what I need to improve upon. I also start to think about the gifts I want to give for Christmas and start counting down the days until it arrives.

All these thoughts bring to mind a life changing event that occurred in my early forties; the death of my father. People in my family tree usually live into their late eighties or nineties. He left us at 70, so to me it was not only unexpected, it was early. Suddenly I realized that I wasn't going to live forever, that my life could possibly be more than half completed. My sisters thought I was being morbid, but actually I was thinking of a verse from the Ninetieth Psalm: "Teach us to number our days, that we may learn to be wise." In the many centuries before the notion of Mindfulness came to be in vogue, the psalmist was encouraging us to actually be mindful of how we spent our days.

Earlier in the psalm he tells us that "we live our life like a story that is told"; meaning that as part of our human condition all of us live like we have forever. We don't stop to count our blessings, forgive those who have wronged us, nor ask forgiveness when needed. We procrastinate on many things thinking we'll "get around to it" eventually. So began my time of numbering my days, to be mindful that I don't have forever, and with each passing decade I stop to reflect on where I've been and where I want to go. In my 50's I realized I might only have 20 good years left so I started decluttering my life and giving my children and grandchildren family heirlooms I wanted them to enjoy now. Now that I am 61 I have come to realize I am in the autumn of my life. I have started reducing the number of my major life projects to things I know I can complete in the next 9 or 10 years, and to prepare my home and life for it's coming winter.

So my friend it is my earnest hope that you be more mindful, that you will learn to number your days and be wise in how you spend them. I hope to that you will "reflect upon your blessings of which everyone has many" (quote by Dickens)

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Douglas Senior Center Christmas Bazaar  
Saturday, November 18<sup>th</sup> 9:00am-2:00pm

3 BRHA Crafters will be displaying their crafts and art

Go by and support your neighbors!!

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