

Change is a Good Thing! | 1

A couple weeks ago I wrote about resolutions and this certainly seems the time of year most of us think of renewal and change. Why should this be any different for Stillwaters Retirement Community. The Gathering Place is currently undergoing renovation and soon you will see new paint, new carpet and a new speaker system. We will start off the new year with changes and improvements for the benefit of all who live in this lovely neighborhood. As a resident here you can access the Gathering Place (when not under renovation of course) 24 hours a day and enjoy reading, games, puzzles or even use of the exercise room. It is a nice place for either the solitude of a good book or the social aspect of TV or games. The room is also available to resident to rent for parties, gatherings and other big events that require more space. It is a great room to "Gather" in for residents.



Here is what the Gathering Place normally looks like.



Renovations are underway!

## Quote of the week:

The only way to make sense out of change is to plunge into it, move with it, and join the dance. - Alan Watts

## Happenings this week:



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**Get Ready for the Superbowl! Sunday, February 1st!** We will have a Super Superbowl Party here at The Gathering Place. We had lots of fun last year celebrating the game together so let's do it again. More details in next week's blog.

## Weather:

The National Weather Service says rain through Saturday and then sun and clouds for several days after that. Sounds like a mild week in the Pacific Northwest. Here is a picture of the weather at Mt. Rainier – just to add an element of comparison for us this week!



Today at the Visitors Lodge at Mount
Rainier