STILLWATERS ESTATES

The last day of 2015 is here and as we are about to celebrate the New Year my thoughts are turning to goals for 2016. Traditionally, most people use this time of year to look back at the successes and adventures of the past year and to think of resolutions for the next year.

I always like to think in terms of goals rather than resolutions. Setting a goal helps me think long term and down the road rather than just focused on my success or failure day to day. I found a little piece of artwork that I think I am going to use this year which will help me on my perennial goals of eating healthy and more exercise!

I am thinking maybe this new approach to New Years resolutions might be good posted on my refrigerator!   Happy New Year!

Quote of the Week:

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. – Melody Beattie

Happenings this week:

Friday, January 1st: New Year's Day

Friday, January 1st: New Year's Day Swedish pancake breakfast, 8 a.m.- noon, Fords Prairie Grange, 2640 W. Reynolds Ave., Centralia, served with

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lingonberry butter and/or hot strawberry preserves, scrambled eggs, juice and coffee (all you can eat), adults $7, 12 and under $4, (360) 918-1356

Monday January 11th: First Day of the Stillwaters Exercise Challenge – For eight weeks starting January 11th we will have an exercise challenge to get us moving and motivated early this next year. Residents: See the article in the newsletter. Sign up at the office or email me at cindy@stillwatersestates.com if you want more information. You earn weekly exercise points and after 8 weeks participants points are counted and the top three will win truly fabulous prizes. Add a little spice to your exercise routine and join the fun!

Weather: Brrrrr!!!! It is COLD outside! Roads and sidewalks are icy and will likely stay that way through the weekend. Watch your step and enjoy the view of these sunny days from indoors.