

## January 2, 2020



“Sweet” thoughts for the New Year

Welcome to 2020! As the new year begins and the resolutions are made it's time looking at things to be grateful for as a resident of Stillwaters Estates.

1. This time of year I think that the opportunity to really know our neighbors well and have opportunities to socialize on a regular basis is a big thing to be thankful for. As we age, socialization is one of the keys to good health. Staying connected, participating in community activities and getting out and about can slow the aging process and keep our minds sharp. As a resident here I am thankful for the social opportunities this neighborhood offers.



Owl seen at Stillwaters Estates on January 1, 2020

2. My next point of gratitude is the amount of wildlife we see in the neighborhood. Our usual is deer, rabbits, birds and the sounds of coyotes. On a walk through the neighborhood on New Year's day we saw this owl and were totally impressed. Mr. Blogger and I stood by, walked around and gawked at this big guy for about 10 minutes and all he did was swivel his head. He looked like he was about 18 to 20 inches tall and he was very impressive. I am thankful for the pure joy that seeing wildlife here in Stillwaters brings.



A Summer Beauty

3. My third gratitude is that we are now on the upswing of daylight hours. Each day from now forward we are that much closer to summer, gardening and lovely weather. Thank you, thank you, thank you!

### Quote of the Month:

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. – Helen Keller