

NEW YEAR, SAME YOU!

The new year brings with it many new possibilities and opportunities; one that always comes to the forefront every year is New Year's resolutions. Every year, we get inundated with ads, articles and more telling us that we need to change everything about ourselves, to become new people wholly different from our past selves.

While it can be good to look inward and to make positive changes in your life, feeling as though you need to adhere to strict New Year's resolutions can put pressure on yourself to change and be ultimately harmful to your mental and physical well-being.

Make positive change in your life because you want to make that change, not because you feel pressured to do so! And above all else, stay true to yourself and don't change who you are!



Upcoming Socials

February 13 1-2:30 PM	TBA Social Senior Center
February 16 9-11 AM	Coffee & Camaraderie [CompeerCorps] Heisey's Diner
February 21 1-2:30 PM	Bring Your Own Craft Senior Center
March 12 1-2:30 PM	TBA Social Senior Center
March 15 9-11 AM	Coffee & Camaraderie [CompeerCorps] Heisey's Diner
March 27 1-2:30 PM	Bring Your Own Craft Senior Center

Friendaversaries

January		
Joel B. and Ryan A.	1/7	4 Years
Eric G. and Thomas L.	1/14	3 Years
Kelly S. & Judy H.	1/14	3 Years
Judith C. and Robin Z.	1/22	5 Years
Lois M. and Lorraine F.	1/26	12 Years
February		
Joe C. and Don M.	2/4	8 Years
Angela M. and Debbie S.	2/4	3 Years
Cindy L. and Judy H.	2/8	3 Years
Jeff R. and David J.	2/27	5 Years
March		
Ethan F. and Benjamin S.	3/1	1 Year
Brian P. and Jeff W.	3/10	8 Years
Rob K. and Jeffrey W.	3/15	3 Years
Cathy H. and Kathleen D.	3/29	1 Year
★ CONGRATULATIONS! ★		

Activities in Lebanon Valley

<u>Lebanon Bicycle Recycle Open Workshop</u>	Feb 5 6 - 8 PM	St. James Lutheran Church	Free
<u>Live Music at the Market</u>	Feb 29 11 AM - 1 PM	Lebanon Farmers Market	Free
<u>Charter Day</u>	Mar 10 12 PM - 4 PM	Cornwall Iron Furnace	Free

GET READY FOR THE WARRIOR RIDE IN 2024!

The CompeerCorps Warrior Ride fundraiser returns May 11, 2024 for a fun day of friendship, activities and more, all benefitting veterans of Lebanon County!

Enjoy an exciting ride through Lebanon County on a bike, car or truck and passengers to support CompeerCorps of Lebanon County veterans programming.

Registration for the event will open soon! Check our socials out for more details, announcements and more.

HAPPY BIRTHDAY

January	February	March
Cindy L. 1/6	Christina R. 2/2	Angela M. 3/1
Darlene W. 1/9	Brian P. 2/7	Steven C. 3/3
Edward M. 1/13	Eric G. 2/7	George M. 3/7
Barbara E. 1/18	Tiffany R. 2/9	Robin Z. 3/8
William M. 1/19	Michael C. 2/17	Melissa G. 3/9
David S. 1/22	Ann Y. 2/19	John N. 3/11
Carol D. 1/25	Bruce H. 2/21	Thalia C. 3/12
Bonnie W. 1/26	Cheyane W. 2/21	Carol M. 3/20
	Mary B. 2/23	Ann B. 3/21
	Michael F. 2/23	Ali Thome-M. 3/22
		Ricky D. 3/28

