ANNOUNCEMENTS

FRIDAY 16TH
OCTOBER 2020
MINDFULNESS VIDEO

https://youtu.be/9_vEZTrmtyA
Úrsula Hilaria Celia de la Caridad Cruz Alfonso (October 21, 1925 – July 16, 2003), known as Celia Cruz, was a Cuban singer and one of the most popular Latin artists of the 20th century. Cruz rose to fame in Cuba during the 1950s as a singer of guarachas, earning the nickname "La Guarachera de Cuba".
Global Cat Day, which takes place October 16, reminds us that educating, engaging, and empowering people to defend and protect cats is the right thing to do.
Food is a great source of pleasure and entertainment, but sometimes we can overindulge. If we return to the focus of eating mindfully, we can reduce the amount of food that's wasted and the number of people going to bed hungry. World Food Day serves as a reminder to refrain from overeating and to make choices that are ecologically sustainable.
Chicken Drumstick
Baby carrots

Green Beans
Fresh Apple Slices

Mixed Fruit
Milk
Today it will 64 degrees and partly cloudy.
It’s not only what you say. It’s also how you say it.

We can change the world with kindness.