

Friendship International

JANUARY 12, 2024



A GOOD TIME TO SET GOALS

There's always a lot of talk this time of year about resolutions. To make small talk, people will ask you, "So what are your New Year's resolutions?" For those who aren't sure, or who feel like they always set resolutions that they don't stay committed to, this question can feel like a lot of pressure!

Resolution is defined as a decision or determination to do something. I often like to say that I have some goals I'd like to meet this year, rather than resolutions. Putting it this way somehow feels like less pressure to me, but it's really very similar.

We do this now because there's something symbolic about "turning over the calendar" and starting fresh in a new year. But you can create a resolution or set a goal ANY day of the year.

You might be going through a challenging time right now. You might still be working on some previous goals you've set. You might not feel very inspired in the cold weather, but you get VERY inspired in the spring when it warms up. See, there are a lot of reasons why you may not have any New Year's resolutions right now--and that's ok!

So no matter when it happens, we hope you become inspired to change something for the better in your life. *Anytime* is a good time to begin a new healthy habit!



UPCOMING DATES

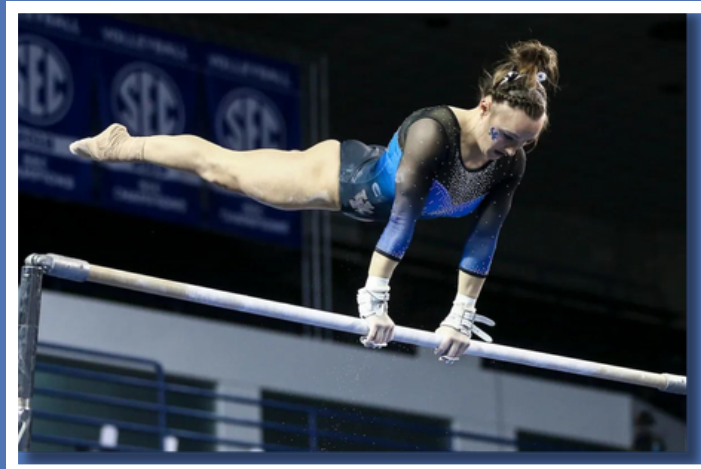
Jan 12	First Day of Friendship Spring Semester
Jan 15	Martin Luther King Jr. Day - No school
Jan 19	Program: Kintsugi - The Art of Precious Scars
Jan 26	International Music Day (more will be announced on how you can take part!)

WOMEN'S GYMNASTICS AT UK

For a small price you can attend a gymnastics meet at Rupp Arena to see the University of Kentucky team compete!

Tickets are required! Adults are \$8 each, and kids ages 6 to 18, plus seniors (adults 65 and older) are \$5 each. Kids 5 and under are free. There will be a few dollars in fees added onto your order.

Upcoming dates for home meets are January 26, February 9 and 16, and March 3.



[Click here for more info and to buy tickets](#)

Local Parks

Have you heard the saying, "There's no such thing as bad weather, only bad clothing"? This simply means that the outdoors can be enjoyed in any weather, no matter how cold, as long as you have warm, proper clothing!

We encourage you to get outdoors and enjoy some fresh air! (Added Note: It will be extremely cold this coming week - it will be safer for you to limit your time outdoors).

Here are some of our favorite parks in Lexington. They are wonderful for longer walks, and each have a great playground for the kids. Bundle up!

Jacobson Park | 4001 Athens-Boonesboro Road
Shillito Park | 300 West Reynolds Road
Veterans Park | 650 Southpoint Dr.
Woodland Park | 601 East High St.



WARM-UP WITH THIS DRINK OPTION:
HOT VANILLA MILK



HOMEMADE DINNER MADE EASIER BY GETTING STORE-
BOUGHT ITEMS: CHICKEN POT PIE