

## Attivitajiet għax-xahar ta' Jannar

Il-Ġimgħa 3 ta' Jannar: 8.30 p.m. Project House Floriana – Illum se nagħmlu Quiz “Staqsini Għoxrin” imtella’ minn Mark u Maria

Il-Ġimgħa 10 ta' Jannar: 8.30 p.m. Project House Floriana. Is-Sur Joseph Farrugia jagħtina talk fuq “L-Imdina”. Żgur li tkun interessanti! Titilfuhiex!

Il-Ħadd 12 ta' Jannar: Illum se mmorru naraw il-Pantomima “Pinokkjo”. Niltaqgħu l-Istitut Kattoliku fis-1.30 p.m. Tigux wara 1.45 p.m għax tard ma jdaħħluniex! Wara min irid jiġi magħna mmorru x'imkien nieħdu xi haġa flimkien.

Il-Ġimgħa 17 ta' Jannar: 8.30 p.m. Project House Floriana. Illum se naraw film flimkien u wara jkun hemm diskussjoni.

Il-Ġimgħa 24 ta' Jannar: 8.30 p.m. Project House Floriana – Illum jekk jirnexxielna se jkollna talk minn xi rappreżentant tas-Social Services dwar il-pensjonijiet u drittijiet tagħna u kif inbidlu wara l-budget.

It-Ġimgħa 31 ta' Jannar: Illum se niċcelebraw il-Birthday Celebrations f'xi Restaurant. Dettalji jingħataw aktar tard.

**Chairperson: Maria Borg**

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Għeziez ħbieb,

Għaddiet is-sena 2013 bit-tajjeb u l-ħażin tagħha. Nisperaw li s-sena 2014 tkun waħda aħjar minn ta' qabilha mimlija saħħa, ferħ u paċi.

Fil-bidu ta' sena ġdida suppost li kulhadd jagħmel proponimenti ġodda biex is-sena li ġejja tkun aħjar. Aħna nistgħu nagħmlu proponimenti biex insaħħu l-grupp. Importanti li fil-grupp nikkontribwixxu mhux nirċievu biss. Joseph Farrugia ilu jipprova jhegġeg il-membri biex jagħmlu dan imma s'issa ma rċieva l-ebda 'response'. Nixtiequ li min għandu xi talent jew jaf jagħmel xi poezija, ikanta, jdoqq eċċ jkellimna biex intellgħu serata fuq it-talenti tagħna. Ma nistħux! Kulhadd jaf jagħmel xi haġa u kuħadd milqugħ li jipparteċipa. Toqogħdux tgħidu “U jien x'naf nagħmel?!” Anke min lest jgħin jagħmel il-kafe' huwa welcome. Il-grupp m'huwix biss tal-kumitat imma ta' kulhadd.

Għalhekk nitlobkom biex taħsbu ftit u tgħidu “Jien x'naf nagħmel?” U tgħidulna. Tistgħu ggħibu affarijiet li għamiltu intom stess biex turuhom lill-membri l-oħra u forsi tgħidulna kif saru. Aħna fuq kolloxx kollha nafu lil xulxin u ħafna minnha ħbieb tal-qalb. Allura nistħu mill-ħbieb? Ejja, kuraġġ!

Nixtieq nagħmel haġ'oħra ċara – li min jixtieq is-servizzi ta' Kristina Vella, il-Counsellor, jista' jgħid lili u nagħmlikom appuntament magħha. Din lesta li tkellimkom u tgħinkom kif tista'.

Nispera li din is-sena tkun waħda fejn insibu consensus biex ilkoll naqblu bejnietna u niġbdu ħabel wieħed u nkomplu ngħinu lil xulxin u lill-membri ġodda li jiġu.

Dejjem tagħkom

*María*

## Top Ten New Year's Resolutions

By Albrecht Powell

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

**1. Spend More Time with Family & Friends** - Spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie at a favourite restaurant or take the family to one of the places for family fun. Work shouldn't always come first!

**2. Fit in Fitness** - The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

**3. Tame the Bulge** - Weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those who made a New Year's commitment to shed extra pounds.

**4. Quit Smoking** - If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

**5. Enjoy Life More** - Given the hectic, stressful lifestyles of our days, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Just get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa.

**6. Quit Drinking** - While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

**7. Get Out of Debt** - Was money a big source of stress in your life last year? Spend this year getting a handle on your finances. It's a promise that will repay itself many times over in the year ahead.

**8. Learn Something New** - Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

**9. Help Others** - A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. If your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.

**10. Get Organized** - On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it.

