

Attivitajiet ghax-xahar ta' Frar

Il-Gimgha l-ewwel ta' Frar , Project House, Floriana: 8.00pm.

Illum is-sur James Sultana, storiku, ser jaghmlilna tahdita interessanti dwar: Stejjer mill-Hajja ta' Kuljum fi Zmien il-Kavallieri f'Malta. Din zgur li tkun interessanti!! Taf tkun naqra spicy!! Titilfuhix!!

Il-Gimgha 8 ta' Frar, Project House, Floriana: 8.00pm.

Illum se naghmlu quiz bejnietna imtella' mis-sur John Muscat. It-tim li jirbah jinghata rigal.

Il-Gimgha 15 ta' Frar, Project House, Floriana:8.00pm.

Illum se jkollna tahdita li zgur se tiehdu gost biha. Fuq talba taghkom Fr.Saviour accetta li jigi jaghmlilna tahdita fuq: Relazzjonijiet Narawkom!

Il-Gimgha 22 ta' Frar, Palm Valley, Wied il-Ghajn:7.30pm.

Illum il-Birthday Celebrations se naghmluhom Palm Valley, go Wied il-Ghajn. Il -menu huwa dan li gej:

Menu:

Starter: Lasagna / Spaghetti Marinara / Vegetable Soup / Tortellini / Bruschetta.

Main Course: Rib Eye Steak / BBQ Ribs / Chicken Breast / Cerna / Salmon.

Dessert: Birthday Cake.

Free Soft Drink each and a glass of wine.

Prezz:€20

Booking ma' Maria Caruana: Mobile number 99890727

Tinsewx li mal-booking taghtu l-ordni u tigbru l-ircevuta.

Chairperson: Maria Borg 9927 1981 Secretary: Louise Suda 9949 8784

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Website: <https://www.minusone.eu>



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Harga 2

Frar 2019

Gheziez Hbieb,

Wasalna diga' fit-tieni newsletter ta' din is-sena. Anqas tinduna kif xahar wara l-iehor igerbeb iz-zmien u,kif ighidu, ma jistenna lil hadd. Dan ix-xahar kellna hafna attivitajiet u hadna gost flimkien u bhas-soltu qsamna flimkien il-ferh u d-dwejjaq. Jiena l-hena tieghi meta niggi fil-laqgħa, huwa li ndur maghkom u nosserva kif kulhadd ftit ftit isib in-nicca tieghu fil-grupp, jaghmel hbieb godda, tidhqu flimkien, issibu lil xi hadd għal qalbkom u, l-aktar importanti,li tkomplu mexjin!!! Meta nkunu flimkien u nisma' d-dahq ifaqqa' hija l-hena tieghi ghax naf li l-hajja qeghda tkompli għal hafna minna. Differenti, naturalment bin-nuqqasijiet imma talinqas together we can make it. Bis-sapport ta' xulxin nirbhu hafna affarijiet u nara li hemm hafna ko-operazzjoni bejnietkom.

Dak huwa l-ghan tal-grupp u nhoss sincerament li qed jintlahaq. Noqogħdu attenti pero' li l-grupp ma jsirx għalina semplicement social club fejn immorru nixxalaw u niehdu gost imma nibqghu konxji mill-bzonnijiet ta' dawk ta' madwarna u naraw kif nistghu nghinuhom!

Peress li f' Marzu , kif tafu, se jkollna l- AGM u ssir il-votazzjoni għall-kumitat il-gdid, jehtieg li min jixtieq johrog għall-kumitat ighidilna mill-aktar fis halli l-kumitat jibda jipprepara għall-elezzjoni li ssir f'Marzu li gej. Kulhadd, minnbarra l-guests, jista' johrog għall-elezzjoni. Jekk tixtiequ tikkontribwixxu għall-gid tal-grupp izzommux lura ghax tisthu jew tahsbu li hemm hafna xogħol. Ix-xogħol jinqasam bejn kulhadd pero' irid ikun hemm COMMITMENT! Trid thoss li int trid veru tghin u tifhem l-ghanijiet tal-grupp biex thoss is-sodisfazzjon li qed fil-kumitat u tghin fid-decisjonijiet.

Dan ix-xahar kellna stedina biex niehdu sehem fi programm fuq TVM u hadt pjacir li kien hemm membri li accettaw li jieħdu sehem. Opportunitajiet bħal dawn mhux ta' min jitlifhom ghax huma għall-gid tal-grupp. B'hekk noholqu awareness li tezisti l-ghajnuna u n-nies ifittxuna. PROSIT lil John Trapani u Mary Vella li tkellmu tant tajjeb u spjegaw car hafna l-ghanijiet tal-grupp u l-problemi li niltaqghu magħhom, speċjalment li m' għandniex post fiss fejn niltaqghu. Prosit tassew u GRAZZI f' isem il-membri.

Nispera li jkollna xahar iehor interessanti u ferhanin flimkien.

*Dejjem taghkom,
Marija*

9 Ways To Celebrate Valentine's Day When You're Single

1. Love Thyself.

Valentine's Day is a good time for introspection and self-reflection. The love you receive is a direct correlation to the love you have for yourself. Take some time to exercise self-love.

2. Change your perception of Valentine's Day in your mind.

Yes, you're single. And just because you are not in a relationship now doesn't mean it will be that way in the future or that is necessarily a bad thing.

3. Take stock of your friends.

Valentine's Day is a holiday which is supposed to be about love. Love isn't only about the romantic kind, but non-romantic loves too.

4. Celebrate and reflect on what you have learned from each relationship.

Valentine's Day can also be a day for self-reflection of how past loves have made you a better person.

5. Spend time with your family or people you love and who love you.

Having support and the love of your family and those who are special in life is irreplaceable. Don't take these connections for granted and make sure you celebrate them on Valentine's Day and every day.

6. A spa day is always a good day.

Use Valentine's Day as a day to pamper yourself. Go and do something that feels good for you. If you aren't into spas, do some yoga, pilates, or paddle boarding (they even have classes inside if you live somewhere cold). The point is to take some time for self-care because that is symbolic of love too.

7. Wear something that makes you feel good.

Go ahead and turn it up a notch. It is Valentine's Day after all. Put on something that always turns heads, and which you tend to receive compliments. Wear red or a colour you don't usually wear to turn it up a notch, but makes you feel your sexiest. If you have to be with someone else to dress up, well you're missing the point. ***Empower yourself!***

8. Netflix and chill with your favourite blanket.

Find some movies that make you laugh, and help you appreciate love.

9. Pass the love forward.

It is the holiday of love, so if you want to do something that will pass along this love to others, there are so many ways to do so. The week of February 11 – 17th is Random Acts of Kindness Week. It's a great initiative to do kind acts for others.



*Real friends don't have to speak
to or see each other
daily to remain in each others heart always...*