



Our neighborhood

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Living in a retirement community can be very insulating from the signs of age. Really! This seems counter intuitive but here is what I am thinking. We are all 50+ in this neighborhood and this means we don't see some of the things you see in other neighborhoods.

We don't hear the scampering sounds of neighborhood kids (except for the occasional visit of grandkids), we don't see the frantic and stressed looks of neighbors leaving early in the morning for work and coming home late at night, we don't see neighbors climbing onto their roof to clean a skylight and we don't have neighbors who DON'T have aches and pains.

You are not reminded so much of what you can or can't do when you don't see and hear this stuff. THIS CAN BE A GOOD THING!

In case you do need a reminder, I ran across an article (actually Mr. Blogger sent it to me – what a pal!) listing signs that you are hitting middle age. Here are a few on the list:

- Losing touch with everyday technology such as tablets and TVs
- Finding you have no idea what “young people” are talking about
- Feeling stiff
- Needing an afternoon nap
- Groaning when you bend down
- Not remembering the name of any modern bands
- Talking a lot about your joints/ailments

For the whole article go to:



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http://www.washingtonpost.com/national/health-science/in-denial-that-youve-reached-middle-age-a-survey-identifies-some-telltale-signs/2013/12/13/0868a3a2-5dd4-11e3-be07-006c776266ed_story.html?hpid=z4

Quote of the week:

No man was ever wise by chance. – Lucius Annaeus Seneca

Happenings this week:

Saturday, February 8th: Northwest Wind Symphony will perform “Tribute to Gustav Holst” at Corbet Theatre, 7:00 p.m. Admission is \$12.

Tuesday, February 11th: School Levy Elections – Votes are due Tuesday!

Thursday, February 13th: Bogey Vujkov in concert (Piano) at The Gathering Place, 2:00 p.m.

Friday, February 14th: Valentine’s Day!

Coming up:

Centralia College Theatre Presents “Almost Maine in Wickstrom Theatre. February 13, 7:00 p.m. February 14 and 15, 8:00 pm.

Evergreen Playhouse presents “Brothers Grimm and the Showgirl”. February 14-16, 20-23, 28 and March 1 & 2. Tickets at Sterling Bank and Santa Lucia Coffee Company.

Saturday, February 15th: Centralia's Fox Theatre presents the 1985 classic "Back to the Future", starring Michael J. Fox and Christopher Lloyd. Before or after the movie, stop next door for chocolates at Tegarden's or Frozen Yogurt at Holley's Place. Both are great local business's to support!



Stillwater's Today

Weather:

Well this is THE story of the day. We have about a half inch of snow on the ground and the temperature is hovering at about 25 degrees. Brrrrrrr!

Chance of snow through the weekend so bundle up and stay warm. We should be back to just rain by Monday with daytime temperatures back in the 40's. Enjoy!