

"Happiness is not something ready made. It comes from your own actions."

- Dalai Lama

From January 12, 2015 - March 20, 2015, the Buzzell Senior Center will be having 48 days of fun events and contests to spread happiness.

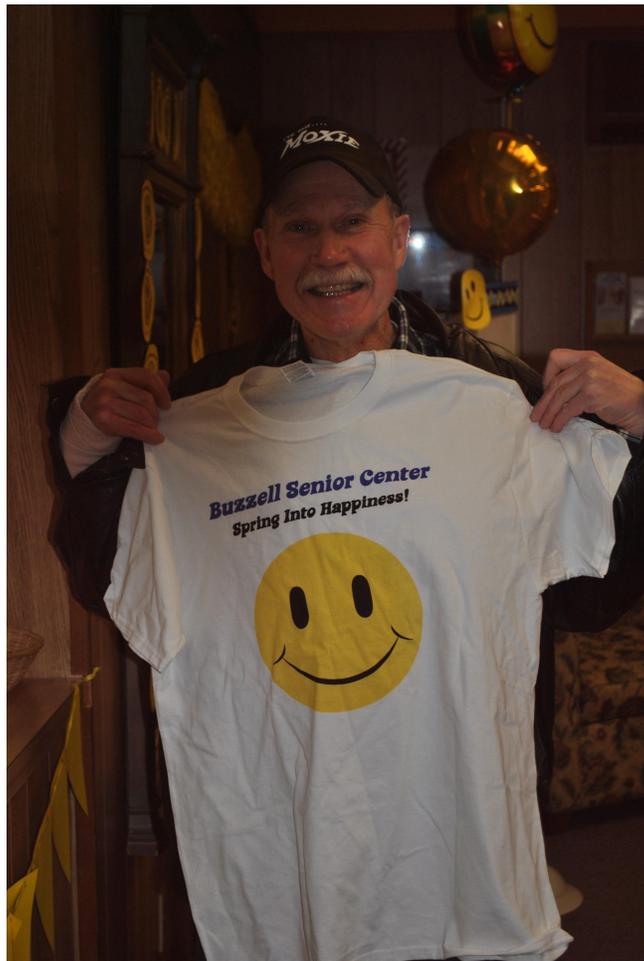
Each week will be a different theme!

To be apart of this challenge, just stop by the front desk to sign the "Happiess Contract" the week of January 12, 2015

Stay tuned to this page for photos, event details, and all the information you need to know for these fun 48 days!

Kickoff Week







Harmony Week

A big thank you to yoga instructor Joan Lawrence for running a fantastic meditation event on 1/22/15 at the center!

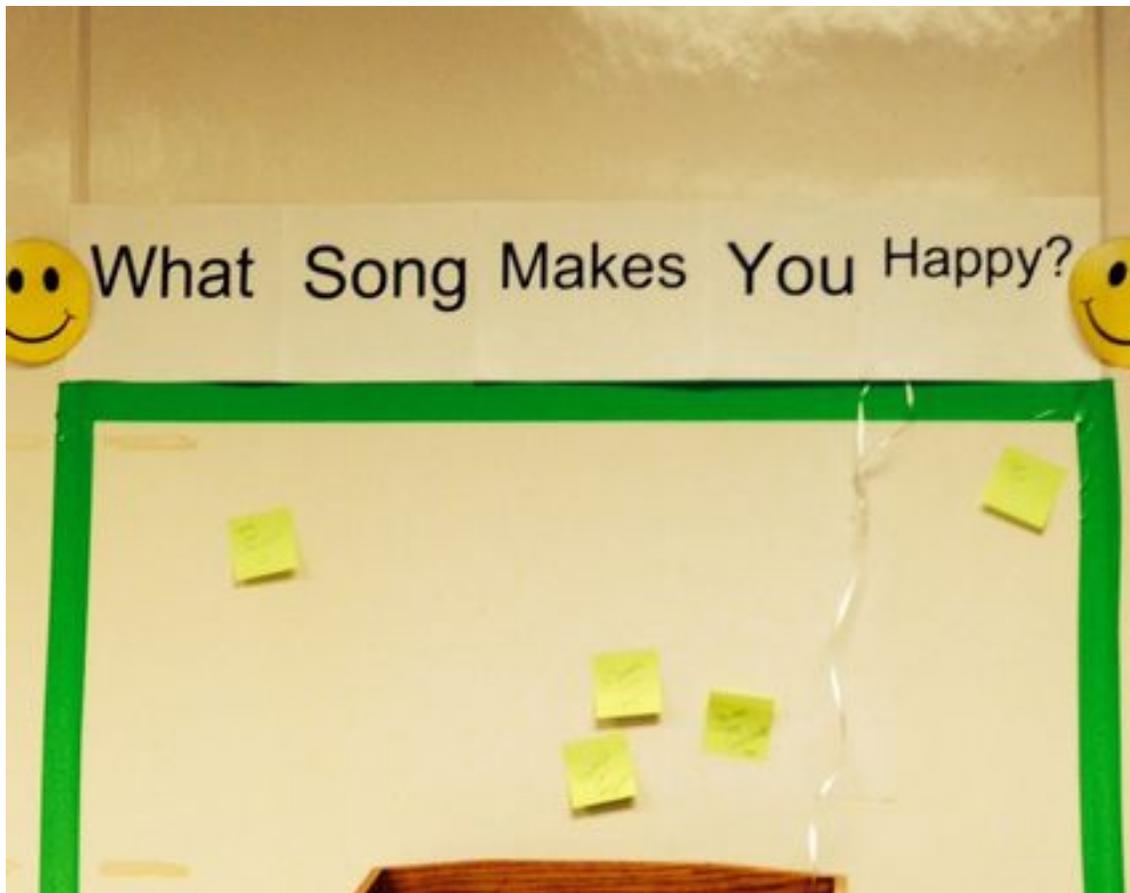


(The function room before the event!)



(Participants enjoyed calming music and lovely lavender scents)

Music Week



Stop by the center and answer our question of the week!

Love Week

Thank you to everyone who came to our Valentine's Day Luncheon! It was a wonderful time with a lot of love in the room. Here are some photos from this event.

















Express Yourself Week

Members from the Buzzell Senior Center enjoyed a fun night of painting! Thank you to our art teacher Stephen Greco for coming out for this event!













Beach Week

Warm and sunny days are coming soon! It may be cold outside but we had some summer fun inside for our Beach Party!









Mission Happiness Week
St. Patrick's Day Luncheon









Thanks for spending these 48 days with us!!

**The weather didn't bring us down and together we got
through the harsh winter weather with a smile!**