

# *A wealth of community activities enhance quality of life*

As the new year begins, so do annual New Year's resolutions. For many of us that means resolving to live healthier. The ABC Quality of Life team reminds us that an essential ingredient to living a longer, healthier life is making social connections. So, when you're tempted to hibernate this winter, remember that connecting with friends who support healthy behaviors is a recipe for living a longer, more satisfying life.

For example, research has shown that belonging to a faith-based community can add four to 14 years to your life, and what a great way to connect with people! The list of activities happening at our local churches is extensive. To see it, go to [Chisagolakes.com](http://Chisagolakes.com), click on resources, scroll down to community connections and then scroll to the section on churches.

Getting together with friends at a local restaurant or coffee shop for a few laughs and stories can also reduce stress.

Here are a few more ways to expand your social sphere

this winter:

- Celebration of the Lakes is Jan. 27-29. Attend an event or two.
- The annual Chisago Lakes Home and Business Show is March 4 and 5.
- The new Chisago Lakes Community Education Catalog recently hit your mailbox. Sign up for a class or two. A wide variety of classes are offered to all ages.
- Attend a high school basketball or hockey game. (Bonus: If you are over 62, they are free.)
- On Feb 11, the Chisago Lakes Rotary will host its annual Casino Night at Ojiketa Park in Chisago City with a James Bond theme.
- Community Meals are back on Monday evenings at Zion Lutheran Church from 4 to 6 p.m. Come to enjoy the food and the fellowship. Everyone is welcome.
- Winehaven will host a Cabaret Show on Feb. 10 and 11 with music provided by our own local Unexpected Company musical group. Winehaven also offers Cabin Fever days March 4 and 5.
- The Chisago Lakes Library is an amazing



resource. Why not drop by to look around or attend an event there.

- Christian men's and women's groups meet monthly. They welcome new attendees.
- Browse the local shops. You may be surprised with what you find.
- Forever Young Group has been formed through community education – it's free! Learn more at [clcomned@isd2144.org](mailto:clcomned@isd2144.org).

For more information on current events, read the Chisago County Press, go to [chisagolakes.com](http://chisagolakes.com) or the Chisago Lakes Area Schools website.

