



## Missing Our Old Habits

**Sometimes when we break a habit or addiction, we find ourselves missing it like a dear friend**

Whenever we make the effort to free ourselves of an addiction or a habit we no longer need, we are often surprised to find ourselves missing the old pattern as we would a familiar friend. This sounds counterintuitive because we think we should instinctively gravitate toward what is good for us. And yet, it makes a lot of sense when you consider that we humans are creatures of habit. This is why we gravitate to people, places, and patterns of behavior that make us feel comfortable. Therefore, many of the habits we form are not conscious and are based on learned behavior from role models who were not always making the healthiest decisions.

Most addictions begin as a way of avoiding feelings that are extremely uncomfortable, so it makes sense that stopping the addiction means a fair amount of discomfort for a time. The same, of course, is true of habits that we have devel-

oped over time that we are ready to release. Just knowing that this is hard and having compassion for ourselves as we work through this process can help us to stay the course when we feel the urge to backtrack. It's also helpful to remember that in time we will establish new, healthier patterns, and the yearning for the old ones will disappear. Eventually, we will instinctively reach for things that are good for us, and the longing for positive change may form the basis of a new habit.

The only way to get to this new place is to endure a time of difficulty, which is a challenge we can confidently handle if we remember that it will lead to the change we seek in our lives. Our bodies, hearts, and minds always need time to adjust to a new way of doing things, but they will adapt and even become our allies if we remain true to our vision of a new way.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at [www.dailyom.com](http://www.dailyom.com)

## LOST KEYCHAIN



Small - Gold "Colored" Key Chain - with 2 Silver Fobs made by my Father in the early 1950s. Huge loss for me!!! It went missing Feb. 2023; first weekend of February, at MM 90, oceanside - at the Coral Shores Art Fair and Church/ Garage Sale.

**Sentimental Value • REWARD \$200**

**TEXT OR CALL ANNIE  
305-923-7566**

### MENU

KITCHEN HOURS: 2:00p til 8:00p



**KEY LARGO MOOSE LODGE**  
BAR TIKI FOOD MOTEL  
MM 98.8 JOHN TODAY & BEATY 305-451-1333

<b>SPECIALS</b>		<b>WINGS (6)</b>	
NACHOS & CHEESE	\$ 8.00	BBQ, BUFFALO, GARLIC PARMESAN, HONEY MUSTARD OR PLAIN	\$ 5.00
CHIPS & SAUSA	\$ 5.00	CLASSIC CHEESEBURGER WITH BACON	\$ 6.00
TACOS (SOFT OR HARD)	\$ 7.00	CHICKEN PARM SANDWICH	\$ 7.00
MINI PIZZA 8"	\$ 7.00	MEATBALL SUB	\$ 7.00
PLAIN CHEESE	\$ 6.50	B.L.T.	\$ 6.00
PEPPERONI	\$ 7.00	<b>APPETIZERS</b>	
<b>SIDE ORDERS</b>		Add side of fries or tots for \$1.50	
FRIES	\$ 3.50	Jumbo Beef Hotdog	\$ 5.50
TATER TOTS	\$ 3.50	Mac & Cheese Bites with Pepper Jack Cheese	\$ 6.50
CHEESE FRIES	\$ 5.00	Chicken Tenders (3)	\$ 6.50
CHEESE TOTS	\$ 5.00	Breaded Shrimp (5)	\$ 6.50
<b>SAUCES</b>			
Ranch - Bleu Cheese - BBQ - Honey Mustard - Buffalo Cocktail - Tartar - Ketchup - Mustard			

## Monroe County Parks and Beaches Welcomes JOY Center

The Plantation Key Community Center, PKCC, (the old Courthouse Building) is now the home of Just Older Youth (the JOY Center) Known as the "Teen Center for People Over 50", the JOY Center schedules

classes and fun on Tuesdays and Wednesdays, all thanks to Monroe County Parks and Beaches.

There are so few spaces in the Upper Keys where groups can gather in a spacious area. The Plantation

Key Community Center (53 High Point Road, Tavernier, FL) also invites community groups to use the Center for parties and business meetings. Come and check it out for your next event.

Plantation Key Community Center is welcoming Joy Center for a special event - a Taste of JOY - on Tuesday, February 4, 2025, from 11:00 am to 2:00 pm. There will be burgers and hot dogs for lunch and entertainment. Everyone is invited to come and see what

the JOY Center has to offer and maybe get involved. The center now offers Gentle Flow Yoga 2 days a week, Joyful Dancing, Crocheting, Stretch and Balance, Tech Support, Line Dancing, Mah Jongg, Ukulele JOY, Five Crowns and Cardio Drumming. About once a month there is Bunco Day and Movie Day. JOY will be adding new

classes in the future. There is also a Chat Room where people can just hang out.

Save the date for this special event! The JOY Center Is a non-profit organization dedicated to creating a community center that expands and improves the life experience of adults in the Upper Keys. [www.JustOlderYouthInc.org](http://www.JustOlderYouthInc.org).



Ukulele Joy brings music to every corner of the Upper Keys. They could be playing at an event for kids, at the government center before a BOCC meeting or entertaining at the nursing and rehab center. It always makes folks smile and often sing along. If you want to learn, there are beginner sessions and then you can graduate to the more experienced group. Everyone is encouraging and relaxed - and playing a musical instrument keeps your mind young.



Naomi Trevino, who is also Branch Manager at Islamorada Library, leads a class on the ancient art of Gyotaku or print making with fish rubbing.

# SAVE THE DATE

PLANTATION KEY COMMUNITY CENTER WELCOMES JUST OLDER YOUTH'S "JOY CENTER"

## FEBRUARY 4 2025

A "Taste of JOY" 11 am to 2 pm

Program Highlights - Food - Entertainment  
53 HIGH POINT RD, PLANTATION KEY

MONROE COUNTY PARKS AND BEACHES IS EXCITED TO OFFICIALLY WELCOME THE JOY CENTER TO THE MONROE COUNTY PLANTATION KEY COMMUNITY CENTER! JOY CENTER HAS RELOCATED ITS ALL-DAY PROGRAMMING ON TUESDAYS AND WEDNESDAYS TO THIS NEW LOCATION.

WE HOPE YOU CAN JOIN US FOR THIS JOYOUS EVENT

JOY Center is a nonprofit organization dedicated to creating a community center that expands and improves the life experiences of adults in the Upper Keys.






Mah Jongg is an intricate game that exercises your mind. JOY offers the opportunity to learn the game as a beginner and then challenge yourself as you progress