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This Week's Activities:

Tuesday, Sept. 27, It's a triple-header today: 1) Special Olympics Bowling Tournament! Leave at 9:15. 2) YMCA program. Leave at 12:20. 3) Stuart Heights brings dinner for Faith House.

Thursday, Sept. 29, YMCA program. Leave at 12:20.

Friday, Sept. 30, Scrapbooking in the Treehouse, 1:00

Saturday, Oct. 1, Walmart shopping, 10:30. After lunch, downtown for the *Three Sisters Bluegrass Festival* on the river!



Bowling Buddies: Kirk and Orlando above are all smiles at bowling practice. The Tournament is Tuesday, and

we'll find out who's been working hard! If you want to go along and cheer them on, just let Stacy know. I'll admit, I had to google bowling cheers (yes, you actually get over 600,000 hits if you google "bowling cheers"). Here are some of my favorite slogans that I found:

- ⇒ 12 strikes and you're perfect.
- ⇒ Bowling—you can get 3 strikes, and you're NOT out.
- ⇒ Bowlers never die, they just end up in the gutter.
- ⇒ Call us butter, 'cause we're on a roll



This week, we're excited to begin participation in a program at the Hamilton Place YMCA. Called Minds in Motion, it is a six-week program for adults with special needs that focuses on fitness and friendship that meets



MINDS IN MOTION

Tuesdays and Thursdays from 1:00-2:30. After six weeks, there is a short break, and then the group reconvenes. Linda, Terry, Susan and Sherolyn are the first to participate. If you like what you hear from them, consider signing up for the next session! Cost is \$10 for all six sessions. Here are more details:

Workouts may Include: Treadmill, Rowing Machine, Leg and Arm Presses, Bicycle, Warm Up and Stretching, Hand Weights & Brisk Walking, Yoga and Dance. Social Team Programs: Zumba, Balance/Stability, Basketball, Dance, Character and Friendship Building, Health and Wellness For All of Us.

Thanks for the inspiration for this week's column goes to fellow resident Alice Turnage. In reading her monthly **Forward Day by Day** meditation journal, she found this prayer that I hope you will agree is an inspiring blessing. It is credited to Swiss poet and philosopher Henri-Frederic Amiel.

Connor's

Corner

Life is short and we do not have too much time to gladden the hearts of those who travel with us, so be quick to love and make haste to be kind. And may the blessing of the One who made us, the One who loves us, and the One who travels with us, be with you and those you love this day and always.

AMEN.

SCRAP-BOOKING FUN IN THE TREEHOUSE!

