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WEEKLY ACTIVITIES

Tuesday, March 20, Chillin like Villains Talent Show, Pizza will be provided. 6-8 pm We will leave at 5:30 pm Wednesday, March 21, Come and see Aladdin at Loftus Middle. 5pm. We will leave at 4:30pm Dinner will be provided.

Thursday, March 22, Come and join "Art-Ventures", our 4 week art program brought to us by YFD. 10:30am-12pm

Thursday, March 22, Happy Birthday Michael! Enjoy your special day!

Friday, March 23, Fast Food Friday, Cookout; We will leave at 11:30am Bring \$5

Friday, March 23, Ed will be at Hope House 6pm

Connor's Today's message is unique. It Words to ponder: May your troubles be less and will be direct and truthful and actually requires your involvement. So, I'll begin with this question: Have you noticed our society's fascination

with creating ways through differeing diets and exercise programs to improve you and your loved one's heart and health? Let's see...Lower blood pressure. lower calorie and bad fat intake, avoid artery buildup, watch food portions, improve blood flow to the heart, etc. Yes, Those are several good things to work on. However, I'd like you to focus on Helen Keller's comment while assessing the best reason to keep our hearts in working order. She stated, "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." I ask you to please consider that today and always. ECR

your blessings be more and nothing but happiness come through your door. -Irish blessing



