

# The Hosanna Community News

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## WEEKLY ACTIVITIES

Monday, April 9, Solo ladies at Hope house. 6 pm

Wednesday, April 11, The Samaritan Center shopping outing! We have giftcards for each resident. Bring a few dollars if you want lunch while we're out. 11:30am

Thursday, April 12, Art-ventures with Sara and Rachel. 10:30-12pm

Friday, April 13, Happy Birthday Lee! May God bless you with many more!

Saturday, April 14, "Stories in the Shadows" a play hosted by Therapeutic Rec. 2:30 at the Family Justice Center

Sunday, April 15, Hosanna Sunday at St. Timothy. Time TBA



Residents enjoyed SonRise 2018, an interactive play based on the last week of Jesus' life. They were also thankful to have family style Easter dinner. What a blessed weekend!



**Connor's** I'll keep today's writing short and specific.

**Corner** As our society remains fascinated with trying to find diets and exercises to control weight problems while improving health, I ask you to take notice of these research findings: Aerobics keep the brain young. Yes. Simple body movement turns out to be the best way to lift the mood, improve memory, and protect the brain against age-related cognitive decline. Even brisk walking for 45 minutes can alleviate depression. Other studies found aerobic workouts can help lower stress by reducing levels of adrenaline and cortisol. So, let's try to stop reinventing the wheel. Stick to the basics and you will find the most success!  
ECR

**Words to ponder:** True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.

Wilhelm Von Humboldt