



WEEKLY ACTIVITIES

Mon., May 18:

10:00 a.m., Breathe In ... It's the 30-Day Meditation Challenge

10:30 a.m., Yoga and stretching.

2:00 p.m., Yucky and fun. It's Slime Time!!

HAPPY BIRTHDAY, Carolyn Raborn! Here's to a wonderful day!



Tues., May 19:

10:00 a.m., Breathe Out ... 30-Day Meditation Challenge continues

10:30 a.m., Exercise with Beth.

2:00 p.m., Good delivery ... Back by popular demand—BOWLING!!



Wed., May 20:

10:00 a.m., Breathe deep ... 30-Day Meditation challenge continues

10:30 a.m., What is it?? Color reveal craft.

12:00 p.m., Oh Boy!! It's a picnic ... off site ... with games!!!

Thur., May 21:

10:00 a.m., Breathe slowly ... 30-Day Meditation challenge continues

10:30 a.m., This will be tasty! Make homemade "Pop Tarts"!

2:00 p.m., Follow the clues & find some treasure! We're going on a treasure hunt.



5:30 p.m., Dine-in Dinner. Enjoy some pizza!

Friday May 22:

10:00 a.m., Let it all go ... 30-Day Meditation challenge continues

2:00 p.m., We're going to make some VERY SPECIAL signs for some VERY SPECIAL people!

Mon., May 25 - Happy Labor Day!

10:00 a.m., 30-Day Meditation challenge continues

1:00 p.m., It's a Hosanna Community Labor Day Parade!

Getting Our Zen On!

Our "30-Day Meditation Challenge" started last week. The goal is to meditate every day for the next 30 days. That's the only rule there is, and we've scheduled daily short guided sessions to help learn to calm our thoughts.



"Life after Life Support. Blessing from God to Move to Hosanna with wonderful people and staff. Thank you all so much. God Bless." -

Thoughts from Orlando Manghane



Today's article has an important suggestion. Place this article in a side drawer or on an office desk for easy access. I feel strongly this message is worth remembering and one you can always refer to. I'll readily admit, I have faith in the use of the Bible in teaching lessons to help our path to enjoying eternal life. I feel the best description of withstanding the negative forces, pressures and stresses in life comes from **STABILITY**. The conditions of remaining free from defeats or ongoing flaws is a reward offered from Jesus to those who believe in His promises. Dr. Joyce Meyer, well-known evangelist, preacher and author on His Holy Word, has written a powerful statement that I want everyone to not forget. Keep in mind, Joyce believes it is crucial to not lose hope in the Lord, but to accept the peace He offers. In referring to our path onto eternal life, she writes: "Stability in all kinds of circumstances indicates great spiritual maturity." Stay firm and remain secure in your thanks to the Lord. After all, the final reward is worth the effort.

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