



WEEKLY ACTIVITIES

- Mon., June 1:** 10:00 a.m., 30-Day Meditation Challenge continues
10:30 a.m., Yoga and Stretching
2:00 p.m., What will it be??!! Who knows! It's Mystery Art!
- Tues., June 2:** 10:00 a.m., Exercise with Beth!
10:30 a.m., 30-Day Meditation Challenge continues
2:00 p.m., Treasure Hunt (weather permitting!)
- Wed., June 3:** 10:00 a.m., 30-Day Meditation Challenge continues ... followed by a movie and popcorn.
2:00 p.m., Sand Art. Meet at The Tree House!
- Thur., June 4:** 10:00 a.m., 30-Day Meditation challenge continues
10:15 a.m., Cooking with Beth. Yum!! Peanut Butter Bars.
2:00 p.m., Stay focused. Keep steady. It's a Jenga Tourney!
- Friday June 5:** 10:00 a.m., 30-Day Meditation challenge continues
10:15 a.m., Word games ... Pictionary? Hangman?
2:00 p.m., Karaoke: Choose a favorite song, & take center stage

Friday was **DAY 13** of the 30-Day Meditation Challenge. Daily attendance has been impressive! Keep up the good work. It will be worth it. Here's a couple of terms we've heard, but just what do they mean?

- **Namaste** - It literally translates to, "I bow to you." It's also a way of thanking the teacher or an expression of relief that the class is over!
- **Chakra** - We learned about the heart chakra in Day 13. It is in the center of the chest just above the heart. Its color is green. Opening our heart chakra makes us open to giving and receiving love.



Chester Frost Park with lots of food and fun!



A special Memorial Day Celebration.
Thanks, families & friends, for visiting. We loved it!



Space crafts and a 'Launch Party' in honor of the Space X and NASA rocket



Nothing says PEACE & LOVE quite like tie-dye socks!

