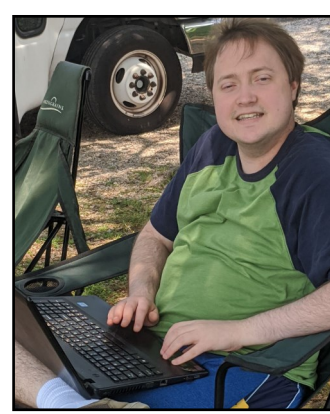




WEEKLY ACTIVITIES

- Mon., June 8:** 10:00 a.m., Day 19 of our 30-Day Meditation Challenge! *Did you meditate over the weekend?*
 10:30 a.m., Yoga and Stretching
 2:00 p.m., Hands down fun! We're making handprint cookies.
- Tues., June 9:** 10:00 a.m., Exercise with Beth!
 10:30 a.m., Day 20 of the 30-Day Meditation Challenge. *Keep up the good work!*
 2:00 p.m., Afternoon activity -
- Wed., June 10:** 10:00 a.m., Day 21 of the 30-Day Meditation Challenge. *Are you getting the hang of this?*
 2:00 p.m., Afternoon project!
- Thur., June 11:** **HAPPY BIRTHDAY, CHRISTINA!!!** 😊★😊★
 10:00 a.m., Day 22 of the 30-Day Meditation challenge. *Don't slack off now. We've come too far!*
 10:15 a.m., Cooking with Beth. Mmmmm-good!
 2:00 p.m., You know what Afternoon Activity!!!!
- Friday June 12:** 10:00 a.m., Day 23 of the 30-Day Meditation challenge. *Can you believe it? Only a week left!!*
 2:00 p.m., Afternoon fun - Games? Art? It's anyone's guess!



What better way to spend a beautiful, warm spring day than an afternoon at Chester Frost Park playing cards, eating, admiring scenery or just sitting back and relaxing?!

