



## WEEKLY ACTIVITIES

**Mon., Aug. 10:** 10:00 a.m., Yoga and Meditation

2:00 p.m., Art Project

**HAPPY BIRTHDAY, RACHEL!!!**



**Tues., Aug. 11:** 10:00 a.m., Low Impact Exercise

2:00 p.m., B-I-N-G-O!!

**Wed., Aug. 12:** 10:00 a.m., Yoga and Meditation

2:00 p.m., Ooooh-La-La! Manicures!



**Thur., Aug. 13:** 10:00 a.m., Back by Popular Demand: Chair Yoga!

2:00 p.m., Cooking + Cards

**Fri., Aug. 14:** 10:00 a.m., Yee-Haw! Let's Line Dance!

2:00 p.m., Art with Mary



Today I want to help all my readers find an assured way to enjoy consistent happiness. Rather than every once in awhile telling yourself that you "feel good," wouldn't you prefer always having control over your attitude and thoughts? It is a choice that leads to results, but I have a powerful suggestion if you choose to follow the control of your emotions then you'll find a path to happiness. I believe that everyone struggles with the test of being accepted by others, not being respected, having trouble with being seen as a joy to be around. I also know this is a result of others' emotions. We all can learn how to not be destructive to others. Being made in the image of God, we can offer positive encouragement to those with whom we are in contact. Make this habit one you willingly repeat. When you do, your heartfelt actions will not be questioned, but actually appreciated.

This, my friends, is how to find happiness: everyone feels appreciated with no negativity from anyone.



A day at the lake is good for body & soul! It was great to picnic at Chester Frost Park, enjoying food, fellowship, a card game or two and even wading a bit in the water.



Honey,  
oatmeal,  
nuts, papaya,  
bananas &  
cranberries  
makes a  
delicious &  
nutritious  
granola.

