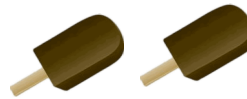
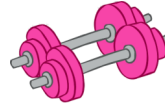




WEEKLY ACTIVITIES

- Mon., Aug. 17:** 10:00 a.m., Yoga and Meditation
2:00 p.m., Cool Off with Outside Water Play!
- Tues., Aug. 18:** 10:00 a.m., Low Impact Exercise
1:00 p.m., Haircuts first ... Games to follow!
- Wed., Aug. 19:** 10:00 a.m., Yoga and Meditation
11:00 a.m., Picnic at Chester Frost!
- Thur., Aug. 20:** 10:00 a.m., Weightlifting
2:00 p.m., Let's Make Fudgesicles!
- Fri., Aug. 21:** 10:00 a.m., Chair yoga.
2:00 p.m., Angel Art Project



DID YOU KNOW?

August is National Wellness Month! It's a great time to focus on self-care, to create healthy routines and to practice stress management. From our yoga and meditation sessions to low impact exercise classes - even "Dancing to the Oldies" and line dancing, we've been taking time to get moving each and every day. Keep up the good (and healthy) work!

Connor's Corner

My friend, Dr. and Father Nichols, admitted that he is bewildered by the pandemic and the crazy response we as Americans seem to be taking: "People were really thinking it would just go away." He decided to go back to prayers. I'd like to share his suggestion as a point of meditation and prayer. In the Book of Common Prayer, one of the "Prayers of Mission" is very powerful. As we face uncertainty with the current global epidemic, I ask you to recite this prayer:

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you, bring the nations into your fold, pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

