



WEEKLY ACTIVITIES

Mon., Aug. 24: 10:00 a.m., Yoga and Meditation
2:00 p.m., Art with Mary

Tues., Aug. 25: 10:00 a.m., Low Impact aerobics
2:00 p.m., Fire ink art

Wed., Aug. 26: 10:00 a.m., Chair yoga
2:00 p.m., Swimming and ice cream from Nana's!!

Yummmm....Dine-In Dinner Night!

Thur., Aug. 27: 10:00 a.m., Weightlifting
2:00 p.m., Cooking class followed by card games

Fri., Aug. 28: 10:00 a.m., Low impact aerobics
2:00 p.m., Karaoke



August, National Wellness Month, is a reminder of how blessed we are to be helped on a mission of self-care. Our daily exercise routine includes chair aerobics, meditation and yoga. It keeps us focused on our personal and physical well-being and, as Susan DiStefano pointed out, the elimination of stress and unhappiness. We are constantly reminded to give our best and not give up. We welcome Beth's clear, consistent WARRIOR chant as classes carry on. Mary proves her multi-tasking abilities, participating while answering the phone and printing the newsletter that tells us of our daily activities. I ask, as we keep up this good and healthy work, that if you are associated with Hosanna, please give thanks to our entire staff. They truly deserve it.

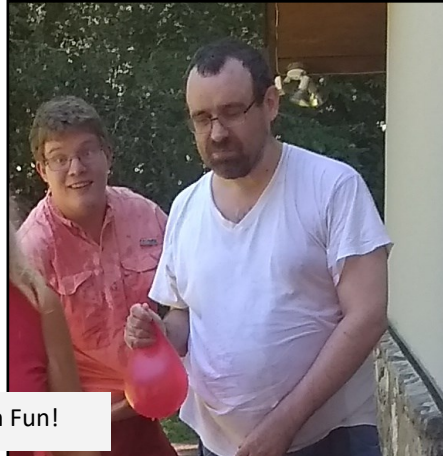
On a closing note, it should be known that Susan DiStefano is a very limber woman who has earned a lot of respect as an encouraging fitness instructor and is the Queen of completing the King Cobra exercise!



Chester Frost Picnic!



Water Gun Fun!



Let's Talk About Voting!



Get Ready for November 3, Election Day!

See Susan D. for help with any of the following:

The final day to **REGISTER** to vote is **October 5**

Request **ABSENTEE BALLOTS NOW!**

MAIL ABSENTEE BALLOTS before October 27