



WEEKLY ACTIVITIES

**Mon., Sept. 7:****HAPPY LABOR DAY!**

10:00 a.m., Let's Make a Flag Cake!

2:00 p.m., Cards and Karaoke

Tues., Sept. 8: 10:00 a.m., Yoga and Stretching

2:00 p.m., Design Your Own Travel Mug!

Wed., Sept. 9: 10:00 a.m., Low Impact Exercise

1:00 p.m., Jenga & Snacks @ Chester Frost!

Thurs., Sept. 10: 10:00 a.m., Chair Yoga

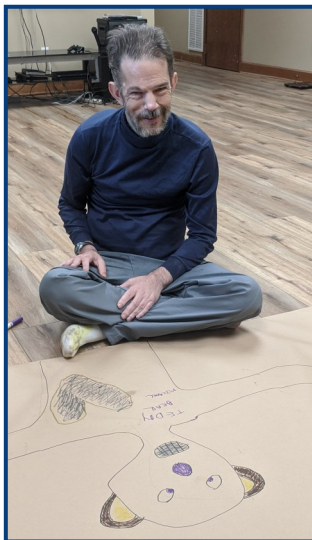
2:00 p.m., Cooking class with Beth!

Friday, Sept. 11: 10:00 a.m., Jazzercise

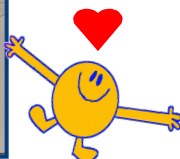
2:00 p.m., Outdoor Games



Okay. Hosanna Community's caring staff members are NOT licensed church professionals. But in keeping with the Bible's theme of "loving your body," they are consistently helping us to keep active during the current pandemic. Staying home, being in "lockdown" status shouldn't keep us from getting needed exercise. Susan DiStefano says it is most important to keep moving and focus on the number of repetitions. We are learning various types of exercise to strengthen our core. This includes low impact aerobics and yoga, which involves partial jumping jacks, sit-ups, lunges and squats, which are complimented by simple stretches. We are taught that every exercise and movement matters. We need to remain diligent. Whether standing, sitting in a chair or lying on the floor, we stretch our arms in the air. We stretch and flex our ankles and wrists. With concentration, moving from head to toe, we slowly relax each part of our body. Some days we simply have a complete quality fitness routine. On other days, we move into a slow deliberate elimination of stressful or negative thoughts in a meditation phase. All in all, we learn to relax. At Hosanna, we are keeping our mind fit, our spirits fresh, and our bodies toned - thanks to Hosanna management.

Connor's**Corner**

Hugs and Mugs:
Large self portraits sharing big hugs



Rogers shows off his chalky hands - but the colorful stained glass sidewalk masterpiece was well worth the mess!

**Nov. 3 Is Election Day!****REGISTER** to vote by **Oct. 5**Request **ABSENTEE BALLOTS NOW!****MAIL BALLOTS** *before* **October 27**