



## WEEKLY ACTIVITIES

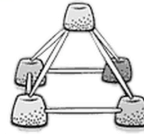
**Mon., Sept. 14:** 10:00 a.m., Low Impact Aerobics  
2:00 p.m., Art with Mary

**Tues., Sept. 15:** 10:00 a.m., Yoga and Stretching  
2:00 p.m., Let's Build with Marshmallows!

**Wed., Sept. 16:** 10:00 a.m., Working with Weights  
12:00 p.m., Picnic Lunch at Chester Frost!

**Thurs., Sept. 17:** 10:00 a.m., Meditation  
2:00 p.m., Cooking class with Beth!

**Friday, Sept. 18:** 10:00 a.m., Walk-a-Mile Challenge. Can you do it? Yes you can!  
2:00 p.m., Color Scavenger Hunt!!



## FINDING PEACE

Connor's

Corner

Realizing love's power  
Sharing a caring heart  
Repetition building hope  
The Lord's grace upholding  
Consistent compassion  
Focus on humbleness  
Admission of God's presence  
Fulfill God's hope with love  
Trust His will  
Eternal gift received  
True Peace



## WalMart Run on Tuesday!!

Need or want something from WalMart? Make a list, and give it and money to pay for it to Beth or Susan.

## November 3 Is Election Day!

**REGISTER** to vote by **October 5**  
Request **ABSENTEE BALLOTS NOW!**  
**MAIL BALLOTS** *before* **October 27**



Flowers!



Food!



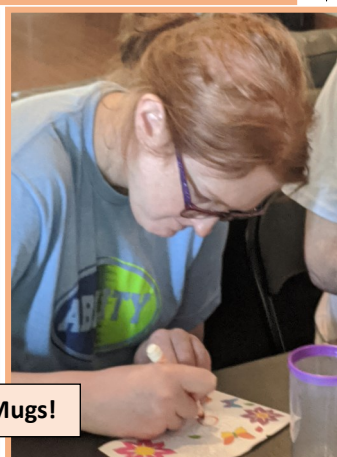
Flag Cake!



Chillin' at Chester Frost!



Decorating Travel Mugs!



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