



WEEKLY ACTIVITIES

Mon., Sept. 28: 10:00 a.m., Yoga/Meditation
2:00 p.m., Bowling

Tues., Sept. 29: 10:00 a.m., Low Impact Exercise
2:00 p.m., Let's Make Birdseed Ornaments!

Wed., Sept. 30: 10:00 a.m., Chair Dance Yoga
2:00 p.m., Yumm...Picnic in the Park with Colonel Sanders!

Thurs., Oct. 1: 10:00 a.m., Working with Weights
2:00 p.m., Cooking Class with Beth!

Friday, Oct. 2: 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Art with Mary!

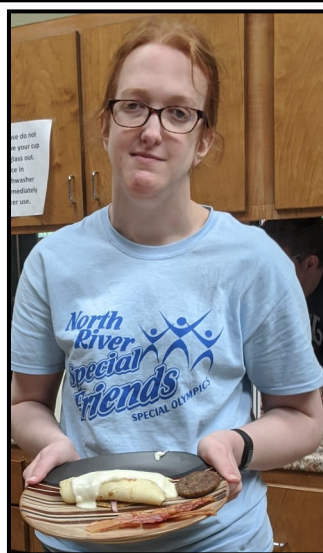


Walk-a-Mile In Our Shoes Challenge!

Some Hosanna residents have taken on a new exercise challenge. With the help of a video, we are challenging ourselves to walk a mile every Friday! It might be stepping in place, marching side to side or even doing a box step. But we are putting in the paces.

What's so great about walking? For one, it's easy to do. It helps relieve tension, burns calories, eases joint pain, helps lower blood sugar and so much more. Need we say more?!

Join us in our quest for good health by walking a mile in OUR shoes—every Friday @ 10 a.m.!!



Crepe Bar Brunch With All the Fixins'



Connor and Rogers having a good time with their walk-a-mile challenge!



Ready to get outdoors. Whether tic tac toe or bean bag toss, fall is the time to get outside and enjoy some friendly competition!



Proud new voter! Sherolyn shows off her Voter Registration Card.