

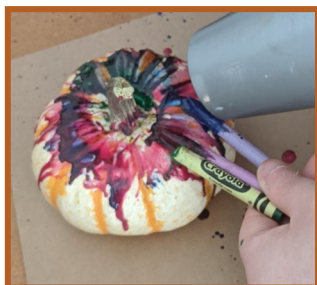


WEEKLY ACTIVITIES

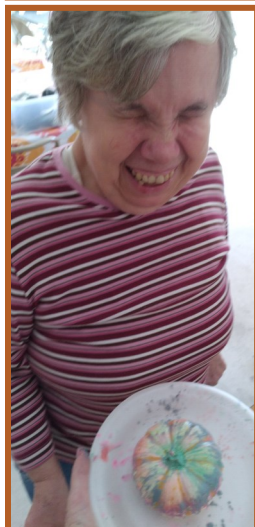
- Mon., Oct. 12:** 10:00 a.m., Yoga/Meditation
2:00 p.m., Tie-dyed Gourd Art
- Tues., Oct. 13:** 10:00 a.m., Low Impact Exercise
2:00 p.m., Manicures
- Wed., Oct. 14:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Hand and Foot Game!
- Thurs., Oct. 15:** 10:00 a.m., Working with Weights
2:00 p.m., Chocolate Star Crunch Cookies Cooking Class
- Friday, Oct. 16:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Fall Décor Painting



Fall is in the Air!
Melted crayon
pumpkins!
Tie-dyed autumn
leaves!
Pumpkin butter,
biscuits and
pumpkin latte!



- **Hand Soap - large bottles or individual containers**
- **Dish soap**
- **"Scrubby" sponges - with a rough side for scrubbing**



Connor's Corner

Admittedly, I've repeatedly spent time in past issues focusing on the need for all to be more positive to each other. We need to have more compassion on the whole, particularly in our community setting. It is often a challenge to work through difficulties separating individuals. But with the powerful blessing of love, we can work through any struggles we have with others. Mrs. Susan DiStefano recently clarified our situation when she told us all: "Words are more painful than we imagine. I would like, and I hope you would also, to be associated with people who are always positive, are not hateful, but instead are kind and encouraging. We all need to work on being nicer and more supportive of each other."

The Book of Common Prayer can help with this goal: "O God, You have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect, through Jesus Christ our Lord. Amen."