

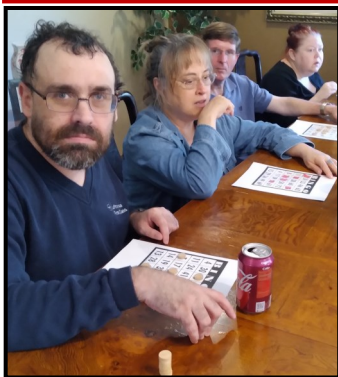


## WEEKLY ACTIVITIES

- Mon., Oct. 26:** 10:00 a.m., Dance Chair Yoga  
2:00 p.m., Art with Mary
- Tues., Oct. 27:** 10:00 a.m., Low Impact Exercise  
2:00 p.m., Hair cuts at Hope House. Hair must be washed before cutting. Make appointment with Beth.
- Wed., Oct. 28:** 10:00 a.m., Weight lifting  
2:00 p.m., Movie: "Hocus Pocus" with Scary Snacks!
- Thurs., Oct. 29:** 10:00 a.m., Walk a Mile Challenge  
2:00 p.m., Cooking Class with Beth
- Friday, Oct. 30:** 10:00 a.m., Yoga and Stretching  
2:00 p.m., Fall Festival Decorating

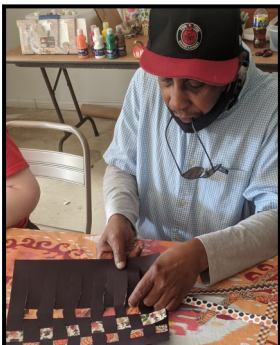
**SATURDAY, OCT. 31: HOSANNA FALL FESTIVAL!!**

**11:30 a.m. to 1:30 p.m.**

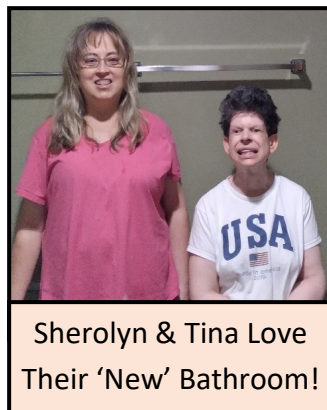


**READY.  
SET.  
BINGO!**

Always a favorite pastime at Hosanna.



**Paper Weaving!**



Sherolyn & Tina Love  
Their 'New' Bathroom!

**Carrie's Red Hand!**



Please pay close attention!

**Connor's**

**Corner**

As we all face growing older, do realize the only constant in life is the on-going change of time. Everyone needs to understand the truth: "If you don't use it, you lose it." Exercise is a necessity and should be made into a daily routine. I did not write, "You should go to the gym and life everyday." Gym attendance, especially with a licensed fitness instructor, is recommended. But lifting weights isn't the answer to remaining healthy. Keeping fit and healthy requires continuous movement. As a former fitness instructor and wrestling coach, I can mention the many benefits of walking. It's not difficult. It burns calories, keeps an active heart rate, eases joint pains, lowers blood sugar and, to top it off, it's free! Also, keep in mind that you are not training for any competitive event. It is not a matter of how fast you walk. The most important factor is to make sure you do it. Every Friday at 10 a.m., we are on a quest for good health with a "Walk a Mile Challenge." Let's all try to make the most of its benefits.

Speaking of burning calories - what a delicious-looking pumpkin cake the residents made in cooking class!

