



WEEKLY ACTIVITIES

- Mon., June 7:** 11:00 a.m., Cook Your Lunch with Beth
- Tues., June 8:** 10:00 a.m., Yoga and Meditation
2:00 p.m., Game: "What's in the Baggie??"
- Wed., June 9:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Art with Mary
- Thur., June 10:** 2:00 p.m., Spare Time Bowling
- Fri., June 11:** **HAPPY BIRTHDAY, TINA!**
10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Mystery Activity



IT'S BACK ...

SPECIAL OLYMPICS BOWLING!!

And if you want to be a part of the fun this September, you need to sign up **as soon as possible**. A **LIMITED NUMBER** of spots are available for the Special Olympics Tournaments. So please see **BETH** for the necessary forms and applications that need to be completed to register. **Don't Miss Out!!**



Speaking of bowling ...
Check out Rogers at Spare Time Bowling - just after he made his **FIRST STRIKE EVER!!**



Fred & Barney loved bowling in *The Flintstones*. But bowling cavemen might not be too far from the truth!
Bowling items dating to 3200 BC have been found in Egyptian tombs.



We all may be aware of Mrs. Susan DiStefano's concern for all of us to take better care of ourselves to assist us in enjoying life. Regardless if her actions are obvious, she continues to show a desire for our best interests to truly be considered. What I mean is: Susan D. has always shared her talents as a wonderful cook, preparing many breakfast and dinner meals.

Connor's

Corner

Have you ever noticed her special attention of using cinnamon in coffee, on both biscuits and toast, and on her delicious yogurt parfaits? Well, my friends, I was reading in a recent issue of AARP magazine that cinnamon has been proven to have many brain-enhancing qualities. In addition to sharpening attention skills as well as helping cognitive processing in the mind, it has been shown that even the smell of cinnamon can actually aid memory.

So, Susan DiStefano, thank you so much for your true care for us.

Sometimes it may not always be so obvious, but it is very real.

