



WEEKLY ACTIVITIES

Mon., June 14: 10:00 a.m., Low Impact Exercise
2:00 p.m., Art with Mary

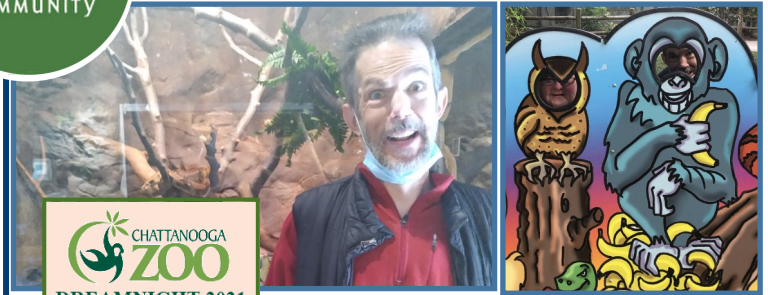
Tues., June 15: 2:00 p.m., Pictionary!

Wed., June 16: 10:00 a.m., Chair Dance Yoga
2:00 p.m., Bowling at Spare Time

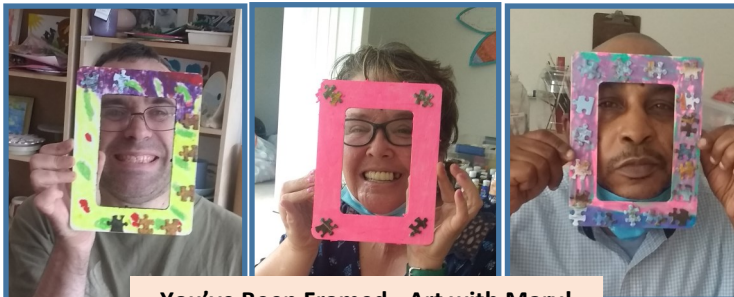
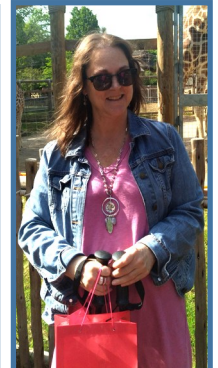
Thur., June 17: **HAPPY BIRTHDAY, CONNOR!!**
10:00 p.m., Yoga and Meditation
2:00 p.m., Cooking with Beth
6:00 - 8:00p.m., Chillin' Like Villains Meet & Greet @ Greenway Farms

Friday, June 18: 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Chester Frost

Sunday, June 20 - HAPPY FATHER'S DAY!!



CHATTANOOGA
ZOO
DREAMNIGHT 2021



You've Been Framed - Art with Mary!



Admittedly, fear is common to all. Known to some by the defining acronym: **F**alse **E**xpectations **A**ppearing **R**eal, and more seriously by others who believe; fear breeds lacks of experience; lack of experience breeds ignorance; ignorance breeds more fear. All in all, it is a vicious cycle.

Regardless, fear can be explained by many names. These suggestive terms include: alarm, apprehension, consternation, distress, dread, foreboding, fret, horror, panic, phobia, qualms, suspicions, trepidation and worry. The end result is typically a feeling of uneasiness.

The reason I focused on fear is that I want us all to try our best to avoid bringing fear and/or worry to family members, friends and those who love us. One main method of keeping everyone content is to make sure to ALWAYS let someone know where you are. Regardless of who you are or how healthy you may be, it is VERY important to make sure you can be located. I do feel you want to avoid what TV entertainer/host Ellen DeGeneres confessed: "Yes, my lovely grandmother started walking five to nine miles a day when she was 60 years old. She is 95 now, and we don't know where the heck she is."

Connor's

Corner