

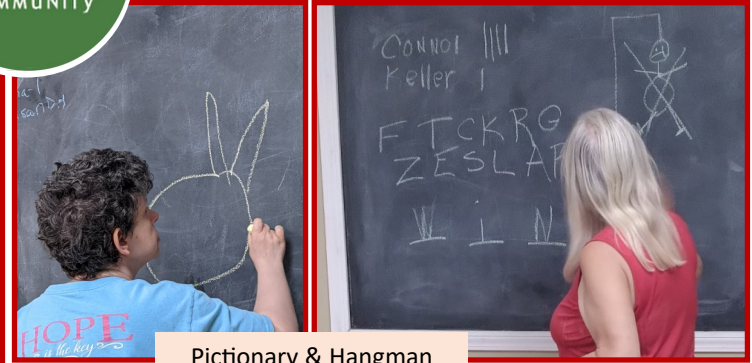


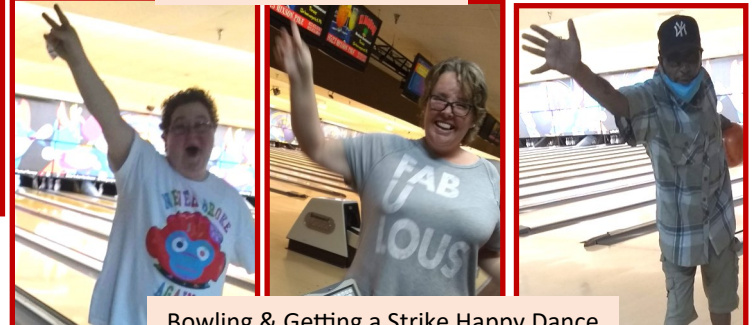


WEEKLY ACTIVITIES

- Mon., June 21:** Happy 1st Day of **Summer**
 10:00 a.m., Low Impact Exercise
 2:00 p.m., All Kinds of Cards!!! 
- Tues., June 22:** 10:00 a.m., Yoga & Meditation
 2:00 p.m., Karaoke
- Wed., June 23:** 10:00 a.m., Chair Dance Yoga
 2:00 p.m., Art with Mary
- Thur., June 24:** 10:00 p.m., Cooking with Beth & Lunch!! 
 2:00 p.m., Bowling at Spare Time
- Friday, June 25:** 10:00 a.m., Walk-a-Mile Challenge
 2:00 p.m., Outing to America's Thrift Store



Pictionary & Hangman



Bowling & Getting a Strike Happy Dance



Chillin' Like Villains at Greenway Farms



A Comment from Susan D.



Happy Birthday, Connor!

Today, with the help of Mr. Peter McWilliams, author of "The Portable Do It" book, I reiterate my strong belief that we all waste our thoughts and time on pointless subjects. Interestingly, I feel that we too often are discouraged from pursuing true dreams and goals. Negativity needs to be taken away from our thought-making. McWilliams, who comments on anger, fear, guilt, hurt feelings, unworthiness and discouragement, adds: "In the amount of time it takes for the mind to invent a good excuse, the mind could have created an alternative way of achieving the results - rendering excuse-making unnecessary." I suggest we remember our actions and thoughts are our own choices. In keeping a positive mind frame, remember the belief of Henry David Thoreau: "Men are born to succeed, not fail."

Connor's

Corner

Connor is so good about thanking everyone. He deserves a **BIG** "thank you" from Hosanna. When Connor gets home from work, he changes his clothes, picks up a broom or rake and starts cleaning the property. He sweeps the walk ways, rakes leaves, picks up a multitude of sticks and does whatever is needed to make Hosanna look good. He has done this for many years. If you come by, you've likely seen him at work. He spends hours working every day. We are very thankful. It is difficult to imagine what the grounds would look like if we didn't have Connor cleaning up the property. From the staff and residents, **"THANK YOU, CONNOR ROBERTS."** You are appreciated. Susan