



WEEKLY ACTIVITIES

☆☆ Happy July 4th! ☆☆

Mon., July 5: 10:00 a.m., Low Impact Exercise

2:00 p.m., Spare Time Bowling!!

Tues., July 6: 10:00 a.m., Yoga & Meditation

2:00 p.m., B-I-N-G-O!!

Wed., July 7: 10:00 a.m., Chair Dance Yoga

2:00 p.m., Art with Mary

Thur., July 8: 12:00 p.m., Pizza Party @ Hope House

Frid., July 9: 10:00 a.m., Walk-a-Mile Challenge

2:00 p.m., Frosties at Chester Frost!



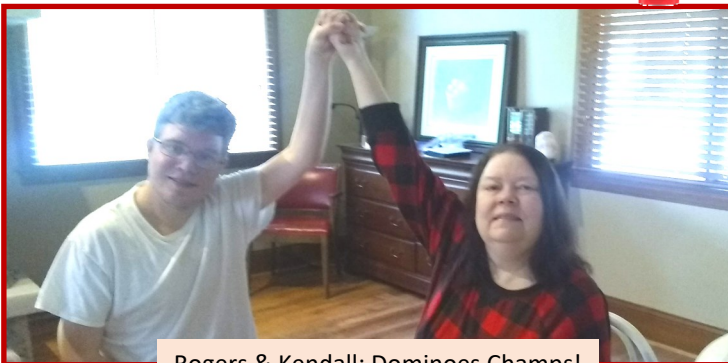
20-mile walkers: Tina & Connor. Good Job!



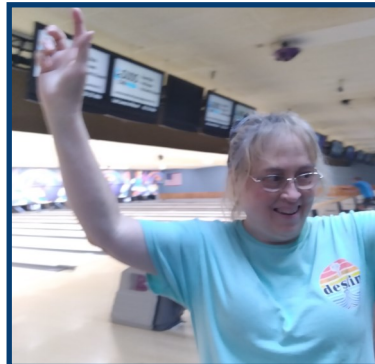
Tina at the McKamey Gala



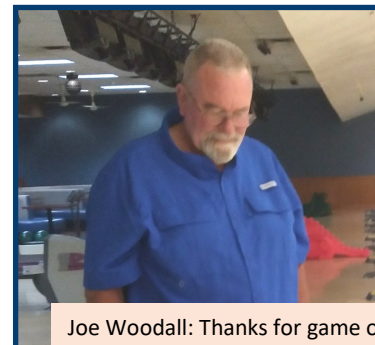
Tomatoes - fresh off the vine.
Thanks, Bob & Beverly Merritt



Rogers & Kendall: Dominoes Champs!



Dominoes + Doughnuts = A great combo!



Joe Woodall: Thanks for game of bowling!



Okay, I readily admit. I am a strong believer in ...
"Where there is a will, there is a way." But, I do
feel the desire to point out that a willingness to do creates
the ability to do.

Now, recognizing that only you can do it helps you realize it
all comes down to the "DO."

Connor's

Corner



This brings me to this defining conclusion:
Since life primarily involves spending time
doing something to survive and to find
happiness, then shouldn't you be doing
something that you enjoy and want to do?

Think about it!



BINGO - with a bounty of prizes!

