



WEEKLY ACTIVITIES

- Mon., July 12:** 10:00 a.m., Low Impact Exercise
- Tues., July 13:** 10:00 a.m., Yoga & Meditation
2:00 p.m., Bowling at Spare Time!!
- Wed., July 14:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Woo-Hoo - Hula Hoop Competition
- Thur., July 15:** 2:00 p.m., Afternoon Tea with Scones
- Frid., July 16:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Movie & Popcorn:
"The Prince of Egypt"



Very Important!!!



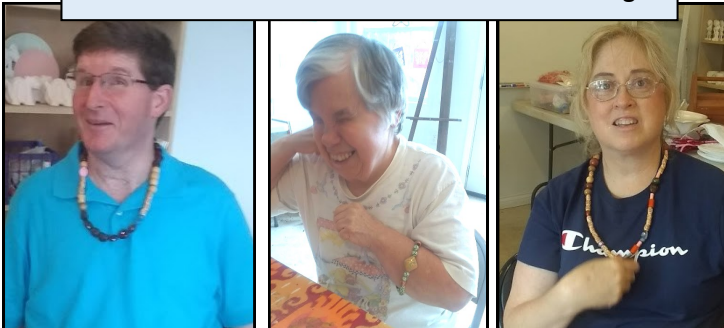
Monday, July 12, is "Air Filter Cleaning Day"!! We need to clean air conditioning filters in EACH room in BOTH houses on Monday. Someone will need to enter your room some time during the day to do so. Please be prepared for the brief interruption. See Beth if you have any questions. Thanks for your understanding!



The Special Olympics Bowling Tournament is coming up, We're brushing up on bowling skills to be ready!!



Check out the necklace and bracelet beaded bling !



The "Coupon Clipping" Good Samaritans of St. Martin's Episcopal Church have paid us another visit, bringing lots of toilet paper, paper towels, cereal, shampoo, soap & more. Check the toiletry cabinet at Hope House basement if you need something.

Thanks so much, Amanda & Cecelia Womack & St. Martin's!!

Do you ever stop and think, "That sure does lift my spirits"?

Connor's

Corner

The reason I ask is that my dear friend, Ms. Bev Brockman, former parishioner at St. Peter's Episcopal Church and a UTC professor and I keep a strong spiritual bond. Her comments and suggestions on how to deal with stress at all levels are inspiring.

Today I'd like to share a quote from Sarah Young's devotional book, "Jesus Calling: Enjoying Peace in His Presence" that Bev found truly helpful.

Part of the July 5 message reads: "Instead of striving for a predictable, safe lifestyle, seek to know Me in greater depth and breadth. I long to make your life a glorious adventure, but you must stop clinging to old ways. I am always doing something new within my beloved ones. Be on the lookout for all that I have prepared for you."



Obviously, Bev helps me to grow spiritually. I hope after reading this that you also have gained hope.