







WEEKLY ACTIVITIES

- Sat. July 31:** **HAPPY BIRTHDAY, SHEROLYN!** 
- Mon., Aug. 2:** 10:00 a.m., Low Impact Exercise
2:00 p.m., Thrift Store Swimsuit Shopping 
- Tues., Aug. 3:** 10:00 a.m., Yoga & Meditation
2:00 p.m., Bowling at Spare Time!! 
- Wed., Aug. 4:** 10:00 a.m., Chester Frost Swimming with Watermelon
- Thur., Aug. 5:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Dollar Store Outing 
- Frid., Aug. 6:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Let's Make Homemade Ice Cream!!



Thank You, St. John Divine Episcopal youth group of Sun City, FL.! They stopped by while on a mission trip & dismantled our garden boxes. With 98-degree temps Thursday, their hard work & stamina was impressive and so appreciated!



Today, fellow friends and interested readers, I am not afraid to repeat a valuable lesson focusing on our responsibility to daily share the belief: "Nothing separates us from the love of God." Admittedly, since 1979 I have and highly recommend following St. Peter's example to "Proclaim the Good News of God in Christ." I do feel we all need to realize that changed lives through trauma and discouragement are part-and-parcel to our lives. Those of us who are strong in faith and hope help us to believe the Bible that claims: "This is not final." This world is too full of negativity and pain resulting in feeling hopeless about the future. Jeremiah 29:11 provides positive encouragement for us all to pay attention to. It says, "'For I have plans for you,' declares the Lord, 'to give you hope and a future.'"

Connor's

Corner

**T-Shirts
Are Here!**



**Get Ready!
Special Olympics
Bowling Tournament!!!**

**Thurs. Aug. 19, 10 a.m., Spare Time
Hixson, Ages 50 & Up**

**Thurs. Sept. 2, 10 a.m., Spare Time
Hixson, Ages 30 - 49**

**Thurs. Sept. 16, 10 a.m.,
Spare Time Hixson,
Ages 15 - 29**

