



WEEKLY ACTIVITIES

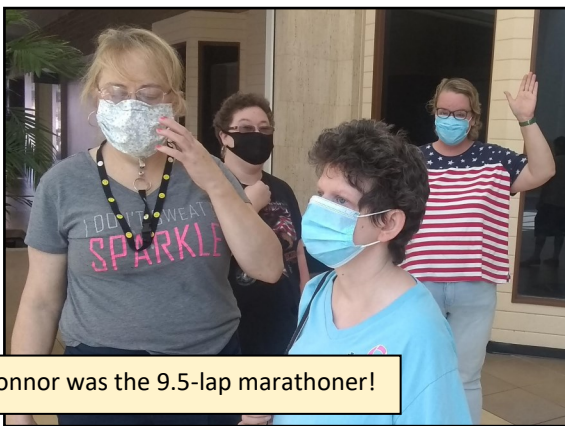
- Mon., Aug. 23:** 10:00 a.m., Low Impact Exercise
2:00 p.m., UNO Playoff: **1st,2nd,3rd, runner-up prizes**
- Tues., Aug. 24:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., B-I-N-G-O!! Go for the Blackout!
- Wed., Aug. 25:** 10:00 a.m., Walking at Greenway Farms
2:00 p.m., Art with Mary
- Thu., Aug. 26:** 10:00 a.m., Weights and Stretching
2:00 p.m., Let's Make Fruit Salad!
- Fri., Aug. 27:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Yee-Haw!! Visit & Feed Horses at a Local Stable



Gospel Karaoke. Thanks for joining in, Carolyn Rice!



Mall Walking. Connor was the 9.5-lap marathoner!



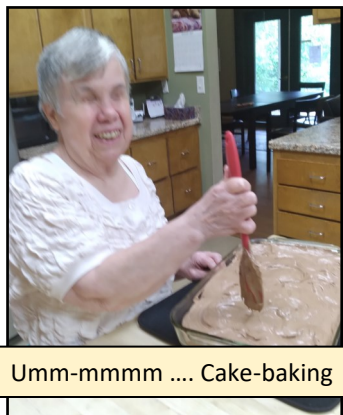
Okay ... "You can have anything you want." I look at this reality two different ways: First, absolutely not one desire is too big to reach. If somebody has already achieved it, you can be seen as an achiever. If no one has done it, you can be a 'legendary first.' Keep in mind when someone says 'can't' that is an invitation of what to do.

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Connor's Corner

The legendary George Burns has given many instructions on living life to its fullest. I believe you, my readers, will appreciate his suggestion on finding happiness. He observes:

Happiness? A good cigar, a good meal, and a good woman - or a bad woman. It depends on how much happiness you can handle!



Umm-mmmm Cake-baking



BEFORE



AFTER



SMILIN' LANDO & DR. KUYRKENDALL

Thanks to the skill and generosity of Dr. Leigh Kuyrkendall of Lookout Mountain Dental, Orlando is a whole new man - or at least he looks like it. Dr. Kuyrkendall replaced Orlando's missing tooth with a fake one. He hasn't stopped smiling. Looking good, Lando!