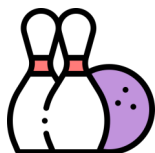




WEEKLY ACTIVITIES

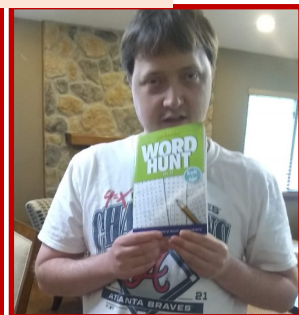
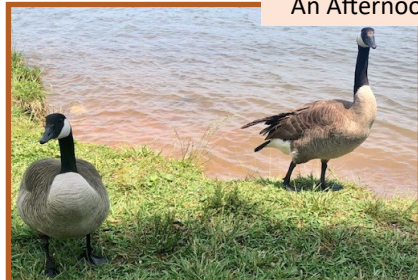
- Mon., May 23:** 10:00 a.m. -Tai Chi
2:00 p.m. -WalMart Trip
- Tues. May 24:** 10:00 a.m. -Walking with Susan D.!!!
2:00 p.m. -Make Sugar-Free Banana Splits!
- Wed., May 25:** 10:00 a.m. -Chair Yoga
2:00 p.m. -Bowling at SpareTime!
- Thurs., May 26:** 10:00 a.m. -Low Impact Exercise
2:00 p.m. -Gospel Karaoke
- Frid., May 27:** 10:00 a.m. -Walk-a-Mile
2:00 p.m. -Director's Choice



Lucky Bingo Winners!



An Afternoon at Chester Frost Park



Keeping on track with using the **Connor's** Bible to help relay a message or give a lesson to learn, I want to take a close look at John 14:27. It reads:

"Peace, I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

This powerful statement carries a tremendous amount of meaning. It is obvious Jesus is telling us we need to put trust in Him while making sure not to be discouraged or agitated. After all, He shows grace for us, cares for us in unusual times, loves us unconditionally, and remember, at all times, He lives within us.

With that realization established, the most important message He has for us is: living a life free of anxiety and worry is a choice we can all make. Yes. We can all refuse to be anxious about anything, because we are aware that He has asked us to be free of worry and because He is forever willing to give all who ask:

His peace.



Making - and Eating - Cool & Delicious Canteloupe Sorbet

