



**Mon., July 4:** ★ **Special Programming for the 4th!!** ★

6:00 p.m. - Celebration Dinner at Hope House!!

**Tues. July 5:** 10:00 a.m. - Mall Walking

2:00 p.m. - Cooking with Beth

**Wed., July 6:** 10:00 a.m. - Chair Yoga

2:00 p.m. - WalMart

**Thurs., July 7:** 11:00 a.m. - Visit with Lucy the Service Dog

7:00 p.m. - Leave for Signal Mtn. Playhouse

**Frid., July 8:** 10:00 a.m. - Walk-a-Mile

2:00 p.m. - Surprise Activity!!!



## Celebrate the 4th!!

**Monday, July 4**

**Hope House**

**6 p.m.**

**Steak & Potato Dinner**

**Fireworks with Susan & David**



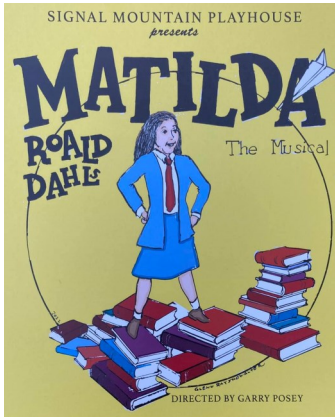
I want to reiterate to my Hosanna friends and residents, as we all try to find happiness and improve our lives, that exercise is the best answer to good health. I don't mean you need to spend time and money to join a fitness club. To feel great, it takes a little effort, but to be honest, we all should be doing some aerobic, balancing, stretching and strengthening exercise.

Aerobic exercise, meant to speed up your heart rate and breathing, to increase endurance also lowers blood pressure, burns excess body fat, lowers bad cholesterol levels and can boost a positive mood. In the long term, aerobic exercise reduces the risk of unnecessary falls, heart disease, depression and strokes.

Exercise professionals, who suggest moderate, intense levels of cycling, dancing, jogging and step aerobics classes in 30-minute sessions would be delighted with our weekly efforts at Hosanna. I highly recommend we give our best when we are marching in place, shifting our weight to our heels with squats, doing arm circles and trying to tighten our abdominal muscles while completing high knee lifts.

We have been given a gift, and we need to take advantage of its benefits.

**Connor's  
Corner**



We've been invited to The Signal Mountain Playhouse for the dress rehearsal of "Matilda, The Musical." **The Playhouse is an outdoor theater, so dress comfortably. We'll bring lawn chairs.** Popcorn and drinks will be served. "Matilda" is a musical about a five-year-old girl who has special abilities and loves reading. Sign up if you want to go. It will be a fun evening.



Making July 4th Decorations



A Winning Combination:  
Zucchini Muffins & UNO



Movie Time:  
"Lightyear"