



WEEKLY ACTIVITIES



- Mon., July 11:** 10:00 am - Tai Chi
2:00 pm - Crafts
- Tues. July 12:** 10:00 am - Mall Walking
2:00 pm - Inside Bowling
- Wed., July 13:** 10:00 am - Chair Yoga
2:00 pm - WalMart
- Thurs., July 14:** 10:00 am - Low Impact Exercise
1:00 pm - Ice Cream Cones!!
2:00 pm - Ice Cream B-I-N-G-O!!
- Frid., July 15:** 10:00 am - Walk-a-Mile
1:30 pm - Hixson United Methodist Church youth visit for snacks and games!!!
- Sat., July 16:** St. Alban's Pancake Breakfast. Bus leaves at 8:30 am



Thank you, Pam & Gary Helton & all the members of the Sammy Gooden Class at Hixson United Methodist Church! The paper product donation is so very much appreciated!!



Making a Flag Cake with strawberries & blueberries



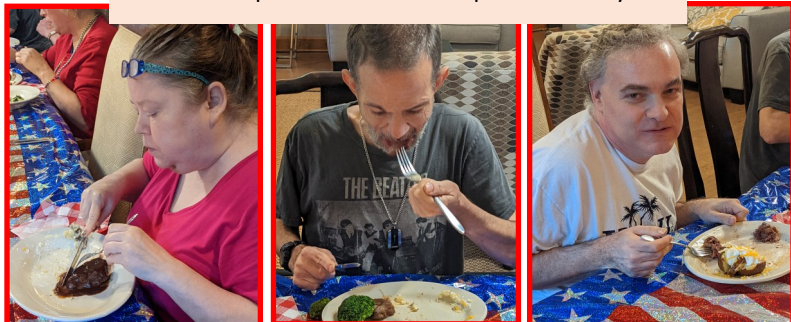
It's Hot Out There!

Take Care of Yourself:

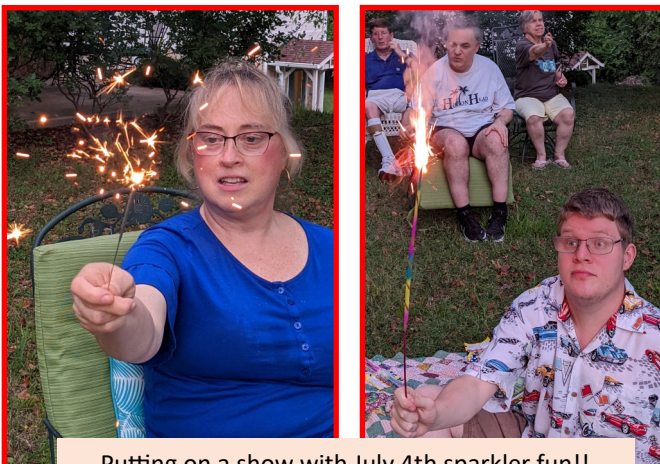
Wear loose, lightweight, light-colored clothing. Drink plenty of fluids to stay hydrated. If you're outside, stay in the shade. Take cool showers or baths.



A scrumptious meal for Independence Day



Chocolate Pudding & Oranges



Putting on a show with July 4th sparkler fun!!

