



WEEKLY ACTIVITIES



Mon., July 25: 10:00 am - Tai Chi

2:00 pm - WalMart

Tues. July 26: 10:00 am - Mall Walking

Noon - TACO TUESDAY



Taco Salad Bar!!!

Wed., July 27: 10:00 am - Chair Yoga

2:00 pm - Coolidge Park



Carousel Ride & Water Fountain Fun!!



Thurs., July 28: 10:00 am - Low Impact Exercise

2:00 pm - Cooking Class

Frid., July 29: 10:00 am - Walk-a-Mile

2:00 pm - Surprise Activity!!!

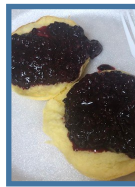


Charades, Pictionary, snacks & best of all, lots of fun & laughter with Hixson United Methodist Church 4th & 5th graders & youth leaders.

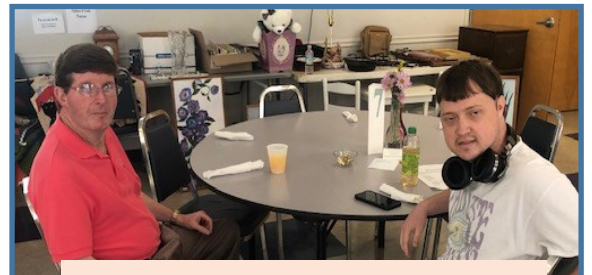
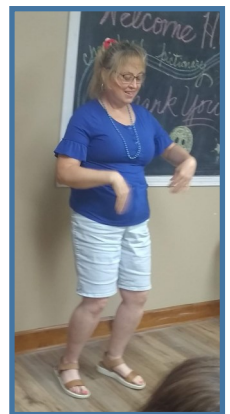
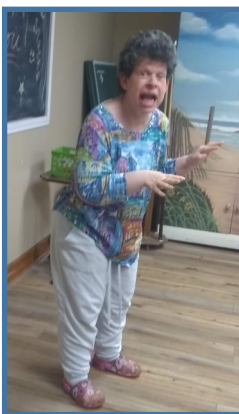
It was a great afternoon!



It can't be beat: Biscuits & Blackberry Jam, made with Hosanna berries



Mixing Up a Strawberry Cake



Saturday Pancake Breakfast at St. Albans

