



## WEEKLY ACTIVITIES

- Mon., Oct. 3** 10:00 am - Tai Chi  
2:00 pm - Monday Movie Madness
- Tues. Oct. 4:** 10:00 am - Mall Walking  
2:00 pm - Pumpkin Painting
- Wed., Oct. 5:** 10:00 am - Chair Yoga  
2:00 pm - Chester Frost
- Thur., Oct. 6:** 10:00 am - Low Impact Exercise  
2:00 pm - Cooking with Beth
- Frid., Oct. 7:** 10:00 am - Walk-a-Mile challenge  
2:00 pm - Surprise Activity



Hanging with therapy dog Lucy  
& her 'mom' Kelly Underwood



Bowling practice & getting ready for Special Olympics



What a great Saturday morning get-together with the youth of Hixson United Methodist Church. So nice that they joined us for bowling, horseshoes, corn hole and more.

It was not only huge fun, it was also a good workout!

