



## WEEKLY ACTIVITIES

**Mon., Oct. 10:** 10:00 am - Flu Shots  
12:00 pm - PIZZA!!!

**Tues. Oct. 12:** 10:00 am - Mall Walking  
2:00 pm - Movie & Popcorn

**Wed., Oct. 13:** 10:00 am - Chair Yoga  
2:00 pm - Chester Frost

**Thur., Oct. 14:** 10:00 am - Low Impact Exercise  
2:00 pm - Bowling Practice

**Frid., Oct. 15:** 10:00 am - Walk-a-Mile challenge  
2:00 pm - Surprise Activity

**Sat., Oct. 16:** 9:00 am - L.A.S.T. St. Alban's Pancake Breakfast!!



**Monday, October 10  
10 a.m.**

**Time to Get Our Flu Shots!!**

**You MUST Bring With You  
an ID and Your Insurance  
Card!!**

**Please wear a short-  
sleeved or loose shirt.**

Evidently, it is difficult for us all to tell the whole truth. We do a good job of passing by the real issue while making sure we don't look foolish. For example, I feel we spend too much time in the search of freedom, happiness, and joy, when we really long for some heavenly peace. To be honest, there are times when we feel unable to receive such a blessing. Interestingly, Jesus' statement, soon after His resurrection, "Peace be with you!", were His first words spoken to His disciples. The Bible clearly states: "Peace transcends all understanding." As a result, I hope we can work on realizing this truth: Peace is readily available. It is offered for us to receive at all times. With this known, I will end with this: "Lord, you are my Giver of All Good Blessings, including peace. Please do accept my thanks." Amen.

**Connor's**

**Corner**



Lava Lamp Science



Really Cool String Art!



Pretty Fall Day at  
Chester Frost

**Tues., Oct. 18 (50+)**

- Susan E.
- Orlando
- Connor
- Sherolyn
- Carrie



**SPECIAL OLYMPICS BOWLING LINE-UP**

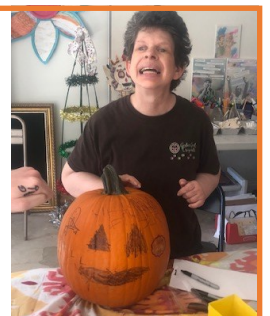
Anyone can come & cheer  
on your fellow residents,  
even if you are not bowling.



**WE'LL LEAVE AT 9:15 a.m.**

**Wed., Oct 19 (50-)**

- Keller
- Hicks
- Rachel



Putting Our Mark on Pumpkins!

