

## WEEKLY ACTIVITIES

**Mon. May 1:** 10:00 am - Tai Chi  
2:00 pm - Cooking with Beth

**Tues. May 2:** No Activities

**Wed. May 3:** 10:00 am - Chair Dance Yoga  
2:00 pm - Art with Mary

**Thur., May 4:** No Activities

**Frid., May 5:** 10:00 am - Walk-a-Mile  
2:00 pm - **SURPRISE ACTIVITY!!**



**HAPPY CINCO DE MAYO**  
**FRIDAY, MAY 5**



I strongly believe in the statement:  
"Actions speak louder than words." If

**Connor's**

**Corner**

you genuinely think about it, the truth is that there are far too many people with hopes and dreams of potential success who envision, see, and talk about future happiness. There are others who get up each day with the intent of making it a reality. Understanding that your actions define who you are helps bring admiration and respect from others. John Quincy Adams, the sixth president of the USA, best explains the advantages that can be achieved with respected actions when he said, "If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." I do fully agree, and it is why today I am asking all to think about what we do or say before we do it. Our actions do carry more power than we give them credit to do.



Susan, Tina & Keller at the McKamey volunteer appreciation ice cream social.