



## WEEKLY ACTIVITIES

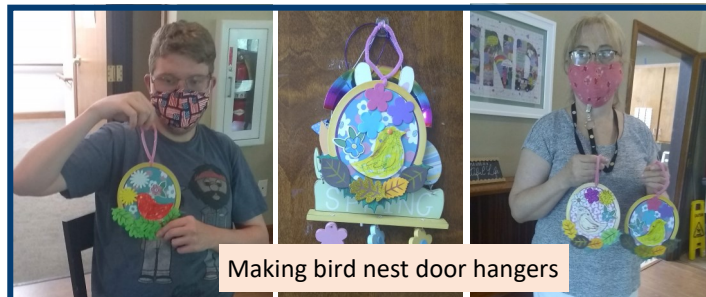
- Mon. May 22:** 10:00 am - Tai Chi  
2:00 pm - Bake a Flag Cake with Susan!
- Tues. May 23:** 10:00 am - Low Impact Exercise  
2:00 pm - Movie and Popcorn
- Wed. May 24:** 10:00 am - Chair Dance Yoga  
2:00 pm - Art with Mary
- Thur., May 25:** 10:00 pm - Low Impact Exercise  
2:00 pm - Karaoke
- Frid., May 26:** 10:00 am - Walk-a-Mile  
2:00 pm - To Be Determined



*"Home of the free because of the brave."*



**Happy Memorial Day**



Making bird nest door hangers

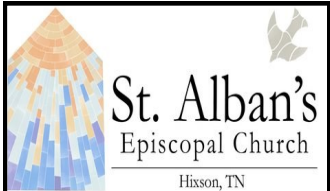
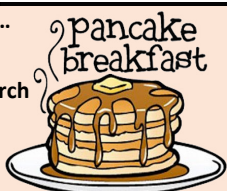


Meeting Ciara, Charlie's dog



They're Back ...

St. Alban's  
Episcopal Church  
Pancake  
Breakfasts!



How many times have you heard, "It's gonna take a lot of patience for you to ..." or "All you need is a little patience."

**Connor's**

**Corner**

Patience, a learned frame of mind, involves dealing kindness with others' faults and failures while not seeking any harm or revenge when you've been wronged. It's the actual willingness to offer forgiveness while not holding ill feelings or bearing a "grudge." In the end, it's a wonderful way to show others you recognize their imperfections, but you love them anyway.

Interestingly, people give too much attention to relating the time involved when explaining patience. Patience isn't a test of time. It's really a look at how you act while you wait.

I recommend you spend your efforts in a loving manner. That's the best way to prove you are pleased to be made in God's image. After all, isn't our goal on earth to live with the full love of God?

