



WEEKLY ACTIVITIES

Sat. June 17: HAPPY BIRTHDAY, CONNOR!!

Mon. June 18: 10:00 am - Tai Chi

2:00 pm - Art with Mary

Tues. June 19: 10:00 am - Low Impact Exercise

2:00 pm - Cooking with Beth

Wed. June 20: 10:00 am - Chair Dance Yoga

**1:00 pm - Barking Legs Theater
(Signal Center Film)**

Thur., June 21: 10:00 am - Low Impact Exercise

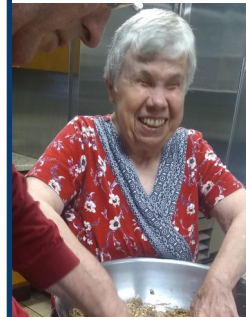
No Afternoon Activities

Happy First Day of Summer!

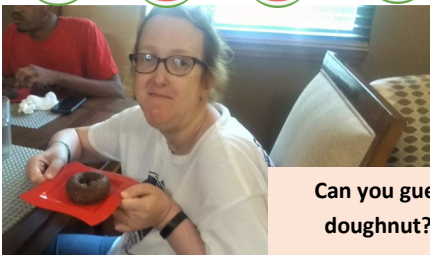
Frid., June 22: 10:00 am - Walk-a-Mile

Noon - Lunch

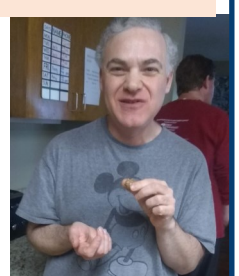
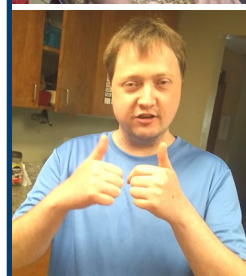
2:00 pm - WalMart



Making "Power Balls"



Can you guess Tennesseans' favorite doughnut?!? Chocolate, of course!



Chester Frost Frisbee Fun



The highly respected and well-known pastor and minister of God's Word from Atlanta, GA., Dr. Charles Stanley, recently passed. But he will continue to have an everlasting impact on many people's trust in the importance of having a strong relationship with God.

Connor's

Corner

In one sermon on which I gladly took detailed notes, he explained the only way to have a strong life is to make sure your actions are full, not simply intentions. The foundation is the absolute key. To be strong, you must have full trust in Jesus.

This happens with the following: Your life needs to be guided by the Holy Spirit. It is essential to spend time alone with God in prayer. Realize your faith is built on the teachings of God and His application proving His eternal love.

As a result, we learn to consistently obey God, express love and care for others, trying to love, live and serve God, being quick to forgive, all while accepting His eternal grace and remaining thankful.

