



WEEKLY ACTIVITIES

Mon. Sept. 18: 10:00 pm - Tai Chi
2:00 pm - Monday Movie - Superman & Lois

Tues. Sept. 19: 10:00 pm - Low Impact Exercise
2:00 pm - Motown Karaoke

Wed. Sept. 20: 10:00 am - Chair Dance Yoga
2:00 pm - Fundraiser Art Project

Thur., Sept. 21: 10:00 am - Light Weight-Lifting
2:00 pm - No Activity

Frid., Sept. 22: 10:00 am - Walk-a-Mile
2:00 pm - Surprise Activity!

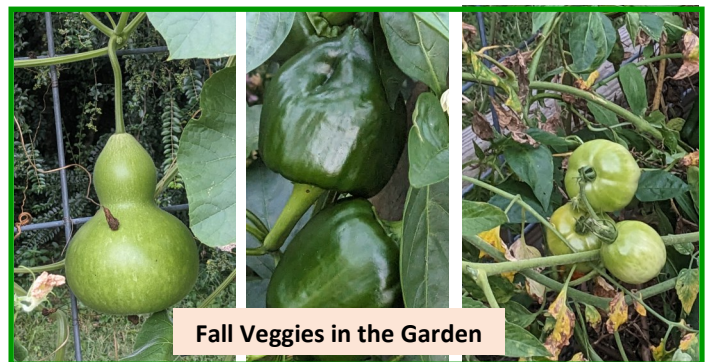
Sat., Sept. 23: **First Day of Fall!!**



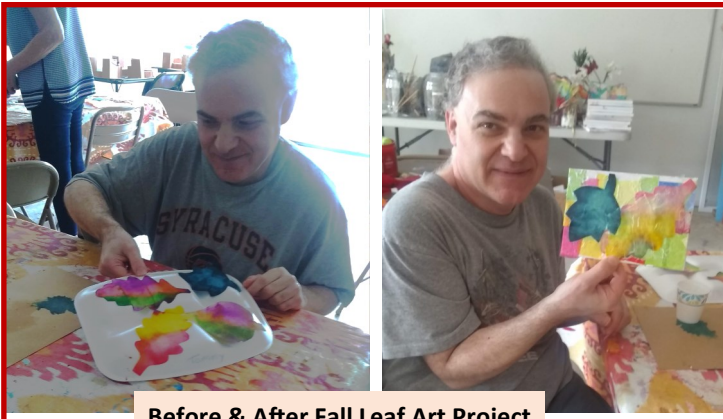
H A P P Y F A L L

A Fall of Colors

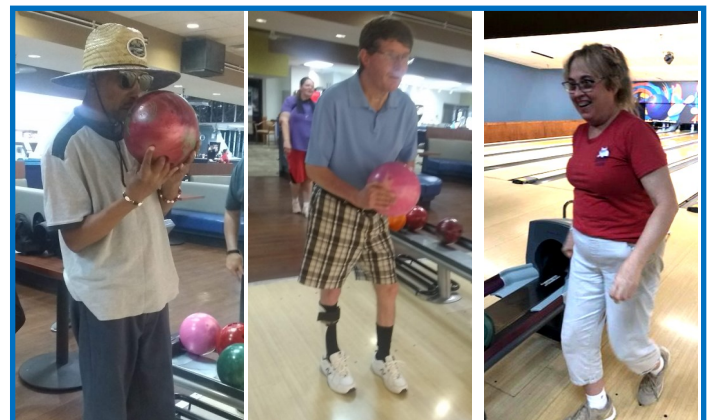
I like sunshine.
I like trees.
I like dancing in the breeze.
I turn orange.
I turn brown.
I go sailing to the ground.
I am crispy.
I can crunch.
I get raked up in a bunch.



Fall Veggies in the Garden



Before & After Fall Leaf Art Project



The Hosanna Bowling Crew

