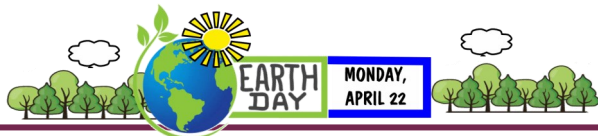




**WEEKLY ACTIVITIES**

- Mon. April 22:** 10:00 am Tai Chi  
2:00 pm Paint the Coiled Pots We Made!!
- Tues. April 23:** 10:00 pm Low Impact Exercise  
2:00 pm Create Your Own Story!!
- Wed. April 24:** 10:00 am Chair Yoga  
2:00 pm Get Ready for Decades Party ...  
\* \* Bus leaves at 5:30pm \* \*
- Thur. April 25:** 10:00 am Light Weightlifting  
Staff Workday - No Activities
- Frid. April 26:** 10:00 am Walk A Mile  
2:00 pm WalMart Trip



Although "Connor's Corner" is often written with lengthy tributes regularly, today's issue hopes to be more direct.

I want us all to admit that as we try to slowly improve our health through the benefits of exercise: Remember:

**Physical Weakness Is Not A Gene**

**No. It is actually a Personal Choice.**

**And most importantly ....**

**You receive consequences from your choices.**



Connor's  
Corner



**Making Air-Dry Clay Coil Pots**



**Shopping at 2nd & Charles!**



**Frisbee Time with Keller & Rogers**

