

2110 Woodridge Drive, Hendersonville, NC 28739

WEEKLY WORD: STAY CONNECTED EDITION

JULY 29—AUG 2

NEWS

BE KIND TO EACH OTHER

HOUSE MEETING

UPCOMING SOCIALS

Adam's social will be **August 10th** to the pool. Vote for where you want to eat when you sign up.

Maggie's social will be August 24th. Details TBD.

UPCOMING CLOSURES

September 2
Labor Day

We are starting a new creative expression group. Join Abigail for art journaling on Wednesdays!

Let us know if you need assistance scheduling with the new transportation services.

Monthly scheduled trips:
1st Friday Recycling Center
2nd Friday Sams/Walmart
3rd Friday Storehouse
4th Friday Inner Faith.

How to instantly feel better

- Angry → Sing
- Burned out → Walk
- Overthinking → Write
- Anxious → Breathe
- Stressed → Exercise
- Sad → Gratitude
- Lazy → Cold shower
- Impatient → Reflect on progress

WELLNESS TIPS FROM MEMBERS:

"Stay away from fast food."

"Exercise everyday."

"Stay healthy and drink a lot of water."

"Get plenty of rest."

"Eat healthy foods."

THRIVE CAFÉ: MENU



Monday	Reuben Quesadillas with Fries
Tuesday	Chicken Schnitzel with Warm German Potato Salad
Wednesday	Spinach Stuffed Shells with Side Salad
Thursday	Greek Chicken with Cucumbers and Tzatziki Dressing
Friday	Hot Dog Cubans with Chips and Dip

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Camping Word Search



BACKPACK
BUG SPRAY
CAMPFIRE
COMPASS
FISHING POLE
FLASHLIGHT
FOREST
HIKE
ICE CHEST
KNIFE
LAKE
LANTERN



MAP
MOSQUITOES
NAPKINS
RACCOON
RANGER
SLEEPING BAG
SMORES
STREAM

SUNBLOCK
SWIMSUIT
TENT
TRAIL

