

# WEEKLY WORD: STAY CONNECTED EDITION

MAY 19—MAY 23

**NEWS**

BE KIND TO EACH OTHER

## HOUSE MEETING

### UPCOMING SOCIALS

Adam's Memorial Day social is Mon **May 26th** to the Blue Ridge Mall and Binion's.

Abigail's social is **May 31st** to 7th Ave, the Farmer's Market, Train Depot, and White Duck Taco.

Maggie's social is **June 14th**.

We are talking with First Bank to start up budgeting classes again. Let us know if you are interested or have a day of the week that works best for you.

We are encouraging members to sign up for at least 2 tasks per day.

We have an intern who will come and do a weekly group.

We have a grant and are working on getting literacy and math tutors.

We can assist anyone who wants to try to get into BRCC classes. Talk with your caseworker to start an application for this.

Reminder, when you are doing front desk to stay off of electronics and focus on doing the task at hand. This includes answering the phone, greeting people, and making sure people sign in and out.

### WELLNESS TIPS FROM MEMBERS:

"Have a good fun weekend."

"Enjoy your life."

"Be on your best behavior."

### UPCOMING CLOSURES

**May 26th**  
Memorial Day

**May 29th**  
Closed at 2pm

## THRIVE CAFÉ: MENU



<b>Monday</b>	Baked Ziti
<b>Tuesday</b>	Taco Salad
<b>Wednesday</b>	Crispy Tofu and Veggie Stir Fry with Rice and Peanut Sauce
<b>Thursday</b>	Veggie Tom Kha
<b>Friday</b>	Sloppy Joes from Scratch w/ Potato Chips

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Happiness

Z M E D I T A T I O N K C P I W A Y P E H O V Q  
O G H E L P F U L B S I L L Y F P F A H D L F Z  
T I V S K N A T U R E W N E D G R C H W D W H D  
S J L Q K V U U Q Z F E E E F A T F V F I Y L P  
W H S R W C H F W V I V R G R M M C E O G I L Q  
P V U B N W A C G D D G I I W E H S M B H Q S C  
T V N O H L P B H K P E J S V S X H B O N N J D  
Q W S L C Q P D F U L Q Q U O F O M D G F K X Z  
R A H G F C Y Z K Q A B U G D X T K U H A E U D  
Y R I E E Q T V Z Y Y R A I N B O W S C L P B S  
M I N P R Z R U A M Q I X H U G S L O V E D S X  
Z X E C D H Y W R B T X K C M A E U X S W T I W  
N T I S X K A Y K E T X Q O Q N J W T T H O Y T  
C M P A B C L A D B Y W X Q T Z L D V E Z U I M  
D O V R Z R A H W G W V G G R A T E F U L C F B  
M O D F C O W P O S I T I V I T Y L G B H O R U  
J D P E X E R C I S E A M F U N O O Q L O Z I D  
C S R R E K Y N H N R Z I A A F F J N B P J E S  
K O U X G E F A I A U M Q M C D R T Z L I A N M  
F R T K U J F F R X W Y T I Q C N P O I Z E D I  
R Z T U R L H I C K H C I L U Q G N W B C L S L  
D L U T G O N U F M K L W Y O W E V L G W Y U E  
J B B Z I Q B J N L H K V P I R G L A S J V Q L  
Q H Y F U N G U F Y S K I N D N E S S D J O Y X

meditation

positivity

rainbows

sunshine

grateful

exercise

kindness

helpful

friends

nature

family

games

silly

moods

smile

happy

hugs

play

love

fun

joy

