

Upcoming Activities

Watch your calendars for some new and returning fun events:

Summerhill Cafe resumes

Two Wednesdays a month and soon it will be time again for **Chillin' and Grillin'**

UCC Annual Luncheon

May 9

Mothers' Day Tea

May 11

Young At Art -New projects to try; beginning pottery, paper mache and acrylic painting

Chris Justice's Yoga Class, will be covered by Mibs Pell while Chris takes time off

New Performers and Guest speakers coming

We are finalizing the dates

Just a reminder- the large monthly calendar is just a guide. In spite of our best efforts, changes and cancellations happen, so watch your daily calendars for current activity information.

Also, it's very important to sign up for errands, scenic rides, and special trips if you wish to join us. We need to coordinate drivers and vehicles, and we'd hate to run out of room or leave anyone behind!

New to Summerhill

Qigong, pronounced "Chee Gung", (literally: "Life Energy Cultivation") is a holistic system of coordinated body posture and movement, breathing, and meditation used in belief it promotes health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi), translated as "life energy". If you ask our residents who participate on Monday mornings, they will say it just makes you feel good! Beverly the volunteer who leads this class brings you through a journey of mind and body with easy seated or standing movements, breathing and mindfulness that while peaceful, is very invigorating. A wonderful way to start the week!

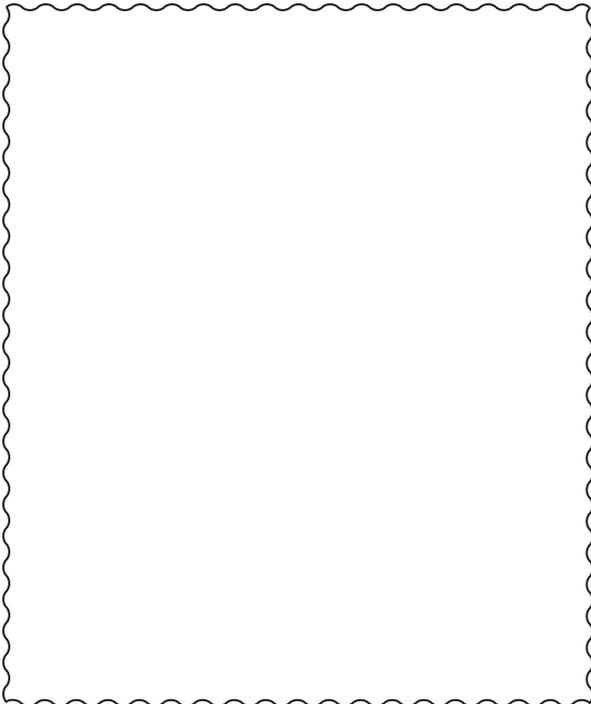
Volunteer Opportunities

WELCOME, WELCOME TO SUMMERHILL

If you're interested in welcoming new residents to Summerhill, please contact Jean Kundert at Extension 153. It's always nice to have a friendly face show you the ropes while learning new routines.

Creativity - Your space

The box below is empty. It needs something in it! Here is your chance to write a poem, quote your cute granddaughter, sketch a bird or tell your favorite joke. Feel free to use another piece of paper if needed, and drop it off in the Grapevine box! Thanks!



The Appalachian National Scenic Trail, generally known as the Appalachian Trail or simply the A.T., is a marked hiking trail in the Eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine.[1] The trail is estimated around 2,200 miles long. Joanne's grandnephew Zach, is on that trail as we speak and just entered into Virginia. Zach began the trail in Georgia in March and is making good progress so far. Joanne has begun a "Trail Board" with maps and pictures so we can follow along on his adventure. Watch your calendar for "Following Zach"!

Lobby Gift Shop News

Come see what's new at the Summerhill Lobby Gift Shop! We have Mothers' Day gifts and cards, homemade jams; strawberry and blueberry, silver multicolored earrings with topaz and a 34" by 48"



tablecloth. Beautiful shawls and scarves; from Bangladesh, a raw silk scarf from Nepal; a 100% Pushima shawl and a blue and white shawl for any occasion.

"Special Shipment"

NECCO wafers; either mixed flavors or chocolate.

Get them while they last!

Word Challenge Puzzle

The puzzle below is a palindrome puzzle. There are four words that spell a word forward and backward.

	T		P
T		M	
E		I	T
P	E		S