

Hot & Humid!!!

We had a brief brake from the heat this month, before the Hot, Humid Weather returned! I guess, when they say the seasons balance out, they mean a colder than usual winter turns into a hotter than normal Summer!!! So, what is your guess for this Winter??

When we started out with the *Coffee & Doughnuts* this month, Dick Hambleton and I gave a brief presentation on T'ai Chi Chih. See the picture at the bottom. Our purpose was to reach out to people in Lakeside who need something to keep them from falling, as well as energized, etc. Dick has been very enthusiastic about TCC since he experienced the benefits it gives him! Following the presentation, we had a good response which resulted in new members.

Following our presentation, a local business woman, Ana Mabry, from *A.S.K. Nutrition*, gave a talk on how to keep healthy with good diet and nutrition. Anna's presentation is the result of my intervention between Ana and Nancy. Ana gave a wonderful presentation. I personally found Ana to be an excellent person to consult with on nutrition.

Well, Bob finally got his flag pole for the front yard. He got some ideas from the one Charles put up, and up it went. It looks nice, don't you think? The Army flag is below it and the South Carolina flag is on the porch.

In case you are wondering, Ms Gracie is doing just fine and Ms Minnie has accepted her as a full fledged member of the family. As you can see, Gracie is a 'lap cat' and loves to sit with Bob, especially if he is reading something. The two play together and occasionally share a bed together.



As you can see this has been a relatively slow month with activities. Bob & I have been busy with routine tasks. In September, things should pick up here at Lakeside and with a little bit of luck, the weather will be a bit cooler.