

The Wellness Weekly

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.” Luke 10:27

May 12, 2017

May 12th: National Military Spouses Day!

Thank you not only to all of our veterans that we remember this month, but a special thanks today to all of you who are the spouses of persons who serve or served in the US Armed Forces. Today is National Military Spouse Appreciation Day, and we understand that it is an entire family—not a single soldier, sailor, or airman—who serves our country. We appreciate you and your family!

Sunday is Mothers’ Day!



Purple Mondays

Thanks to all those of you who wore purple last Monday! Last year, we wore purple on Mondays leading up to our June Longest Day observance. Let’s again wear purple on Mondays between now and June 21st, in solidarity with our friends, neighbors, and family members battling Alzheimer’s and other forms of dementia. For more information about The Longest Day, visit <http://act.alz.org/goto/FUMC>.

May 19th on a Bicycle-Built-for-Two?

Friday, May 19th is National Bike-to-Work Day. Noting the lack of nearby bike lanes and knowing the challenges and potential dangers of riding a bicycle in the often heavy traffic around FUMC, our Community does not suggest that FUMC employees or residents travel by bike to or from campus on May 19th or any

other day of the year. That is why we have chosen not to sponsor any sort of FUMC ride. That said, we are home to many avid bikers and we applaud all who choose to exercise on a bicycle, on campus at FUMC, on safe routes elsewhere in the state or country, and in the Wellness Center. It is kind of “like riding a bike”! If you are one of our avid cyclists, you may want contact Chaplain David Owens to hear his enthusiasm about May 19th.



May 18th-19th Pickleball?

Thursday, May 19th is looking stormy. Let’s plan to try Pickleball at 2:00pm on Friday, May 19th. Come to the FUMC tennis court (by bicycle?) for Pickleball instruction that afternoon if the weather is fair. For you over-achievers, rules of play can be found at www.usapa.org.

“Normal” in the Wellness Center?

As far as we foresee, all classes and fitness gatherings in the Wellness Center should take place as normally scheduled this week. The PERK coffee bar will also be serving up smiles each morning (except Sunday). Please contact Jeremy if you have any questions!

Questions about Wellness happenings?
Contact Jeremy at extension 1196 or email
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