

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 19, 2017

Pickleball Today: Rain Plan

Today's forecast is not looking so good for Pickleball. Jeremy will plan to be ready Pickleball at **2:00pm today, May 19th**. If the weather is wet or stormy, stay indoors. Next Tuesday, May 23rd at 4:00pm will be our rain date if we cannot meet today. Come to the FUMC tennis court for Pickleball instruction if the weather is fair. Again, rules of play can be found at www.usapa.org.

Did You Ride Today?

Today, 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 did not suggest that FUMC employees or residents travel by bike to or from campus today or any other day of the year. That is why we chose not to sponsor any sort of FUMC ride. That said, we are home to many avid bikers and **we applaud all who chose to exercise today, including those who rode safely on a bicycle, on campus at FUMC on safe routes elsewhere in the state or country, or even in the Wellness Center**. If you are an avid cyclist, you may want contact two-wheel commuter Chaplain David Owens today to hear his favorite Bike-to-Work stories.

Purple Mondays Till the Longest Day

Thanks to all those of you who wore purple last Monday—Jeremy forgot his! Let's keep wearing 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>.

Your Wellness Center!

We certainly have a lot of fun in the Wellness Center! If you are not a part of it, please join us!


The Wellness Center has been running strong for more than 10 years. Many of you have taken ownership of aspects of our Wellness Center, and you regularly

participate in classes, lead fitness gatherings, socialize over coffee, volunteer your time, attend an occasional seminar, or exercise using the equipment. If a neighbor or a friend asked you to consider your current use of the Wellness Center (including the pool, tennis court, campus pedestrian areas, and fitness equipment scattered throughout Wesley Center), how would you answer the question below:

How do you like FUMC's Wellness Center?

_____ I am very satisfied with the Wellness Center just the way it is; I hope nothing changes because I like it like this!

_____ I am thankful for what we have but I would prefer that the Wellness Center ...



If you have an opinion about the Wellness Center, please take 30 seconds to note it. Then return this page (or at least half of it) to Jeremy via campus mail, email, or through the slot in his office door. No promises about changes or no changes—it's hard to please 500 people with varying preferences—but your input helps! Thank you very much!

Questions about Wellness happenings?

Contact Jeremy at extension 1196 or email

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