

## What happened to Spring??

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Well, I think this is going to be a one pager. The reason is that it was a month of all kinds of appointments, including doctors, chiropractor, exercise classes, checking the motor home, and other community activities. Just routine kinds of 'stuff'. I usually see a chiropractor, but due to distance to Little River, I found one closer to home thanks to the Daughadays. In between, I was also in physical therapy for my shoulder (arthritis). I learned something in the process. Some chiropractors apparently will adjust 'extremities' as well as the back and neck. Their skills were developed for working with sports injuries. I never knew this. This is the third chiropractor I have had and the first one who has this skill. Well, this man is great!! He is Dr Daniel Falk. He really has made a difference! For me, I prefer the chiropractic approach to treatment.

Next, Bob & I have started an exercise class called 'FIBS', (Flexibility, Independence, Balance, Strength), on Tuesday mornings with a Personal Trainer, Joyce Finch, here at Lakeside. She runs the class. She only asks \$2.00 per person. This is another person of whom I am so very impressed with her knowledge and experience. For me, I find it complements my T'ai Chi Chih in strengthening my damaged knees, as well as the rest of my body. Maybe I should have entitled this newsletter something to do with health, instead of Spring?

The weather has been quite hot and humid, which brings the motor home to mind, and the drain on the batteries. Bob & I check it out on a regular basis, run the generator to charge the batteries. We showed it, but no takers yet. Someone has to sell their home first, and someone else wants darker interior wood rather than light oak.

Well, like I said, it has been quite hot, in upper 90's with high humidity. So, what do we do? Well, for one thing this newsletter is going out on time!! :-). We did a little interior decorating. The picture on the right is of me at my new command center, a new small writing desk along with my computer stand. Above is our new metal wall décor of flying geese. Then there is the big book I am holding. Bob & I have taken to reading quite a bit. When the weather gets this hot, a good book to pick up is James Mitchner's, 'Alaska'! It helps you to think cool!!!

Finally, there is one picture left over from last month, that I didn't realize I had and that was Charles' 90th birthday party, which was at his favorite restaurant, 'Brother Shuckers'. Doris did a great job organizing it with neighbors and people from church.

Lastly, there are some pictures of Spring animal life. We were all excited when we were visited by a swan one day, but he didn't stay...DARN!! We so hoped he would. Then there is Ms Gracie keeping an eye on some geese at the edge of the lake in front of our porch. She just loves it out on the porch. Talk with you again in July!!

