

June 2024

LifeWords

What are Your Words to Live By?

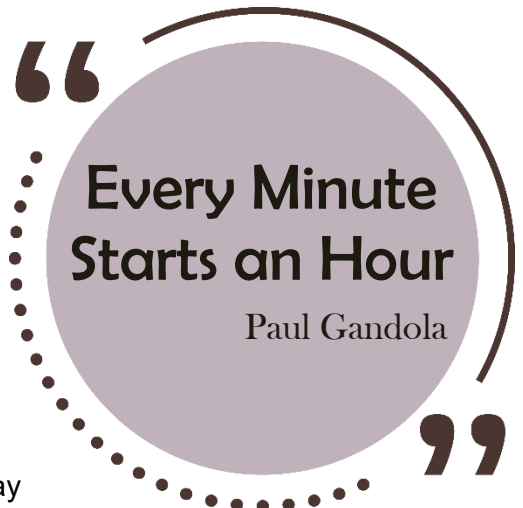
LifeWorks member Paul Gandola wasn't trying to be a philosopher when he was 6 years old, rather he was just looking at his father's watch, puzzling over the mystery of telling time. But the words he spoke became a phrase that sticks in your mind and became a special inclusion to a book published in 1959 by William Nichols, "A new treasury of Words to Live By."

As William stated in his book, these words are a reminder of the unfolding challenge and adventure that come just through being alive. Every minute starts an hour. And every minute is a new opportunity. Each time the clock ticks you have a chance to start over, to say, do, think or feel something in a such a way that you and the world are better for it.

Bill Nichols went on to become the editor of America's most popular Sunday newspaper supplement, *This Week Magazine*, which reached over 15 million Americans in its peak, until it stopped publishing in 1970. "Words to Live By" was its single most popular feature. In 1992, the editor of Guideposts magazine asked Bill Nichols what particular words meant the most to him from all the words he had published. His answer? The young 6 year old Paul Gandola's quote, "Every Minute Starts an Hour" because they echo a plain and simple truth: *Life goes on*. Each time the clock ticks you have a chance to start out – or to start anew.

As for Paul, after practicing antitrust law for 14 years, he realized he wanted to do something more fulfilling than talking on the phone with other lawyers all day. He gave up his practice to start a small company that makes educational and scientific toys, and his own travel business. And what do his own words "Every Minute Starts an Hour" mean to him? First, you can always start over. Second, and most important, you only live once, and you don't get a dress rehearsal. You've got the time now to do what you find fulfilling. Don't put things off until the future, because all too often that future never seems to come.

We thank Paul for sharing his story and giving us all the opportunity to ask ourselves, what are my words to live by? Think about what inspires and motivates you each day. Use these words as strength during challenging times, and as reminders to seek out and enjoy the adventures that this life has to offer us.



Lake to Lake Walk with Brian

Tuesday, June 18, 10:30 – 11:30am

Walk the Lake to Lake trail with fitness specialist Brian. FREE to members & guests.



Sign Up Required.
Sign up at the Service Desk.

Meet in the LifeWorks lobby café area.
Walk will be cancelled if inclement weather.



HOLIDAY HOURS

Thursday, July 4th Friday, July 5th
OPEN 7am – 12pm OPEN 7am – 7pm

There will be a special class schedule on these days.



Summer Group Exercise Schedule

The summer schedule will start June 17.
We will post the schedule before that date.



Free

Member Brunch

Thursday, June 13
10am – 12pm

Stop by the LifeWorks lobby and grab
brunch & coffee or a mimosa!
Sponsored by Generations Senior Living

LifeWorks 13th Annual Fight Like a Girl Golf Outing

Friday, August 16

Valleaire Golf Club
9am shot gun start
9-hole Scramble for men and women
Register early to receive a discount!

\$60/person by June 30
\$65/person beginning July 1

The annual Fight Like a Girl Golf Outing helps raise
funds to keep LifeWorks' Fitness is Power® exercise
program for breast cancer survivors going strong!

**Stop at the LifeWorks Service Desk or
call 440.816.4202 to register your
foursome today!**



Special Programming

Sign up at the Service Desk or call 440-816-4202.
For more information contact Jamie at 440-816-4223 or
jaanderson@swgeneral.com

Meditation 101

An introduction to *Practices to Change Your Life*
Tuesdays, June 18 – July 23

6:45 – 7:45pm

Members: \$27 members; Nonmembers: \$72

Chair Yoga

For those looking to remain seated while enjoying the
benefits of YOGA.

Mondays, June 24 – July 29

11:45am – 12:45pm

Members: \$27 members; Nonmembers: \$72

Thursdays, June 27 – August 8 (no class July 4)

11:15am – 12:15pm

Members: \$27 members; Nonmembers: \$72



Special Offer for Summer!

New Client Training Special

Receive the education and motivation to reach
your goals with the help of a professional.

4 Sessions for \$80

Get Started Now!

Need assistance finding a trainer? Contact Katy Momirovic, fitness coordinator,
at 440-816-4222 or kmomirovic@swgeneral.com

Offer available for purchase at the Service Desk through June 24.

All sessions expire 2 months from purchase date.
New training clients only. Offer available for purchase through 6/24/24. All sessions must be
completed by 7/31/24. Sessions can be used with one or multiple trainers.
No refunds for unused sessions or packages.



**Fitness is our passion
Wellness is our focus
Education is our way.**