

Welcome To Rotary

**Tuesday
August 21, 2018**

Today's Program

Today's Song: My Country 'tis of Thee - Tom Evans

Today's Invocation: Martha Chapman

Health & Happiness: Todd Stephens

Today's Program: The Johnson Collection: Scenic Impressions
- Sarah Tignor

Last Week's Program

Our program last week was presented by 8 time Mr. Olympia Lee Haney, who spoke about what we need to do to live long lives and be healthy. The keys to living a long life are exercise and good nutrition. His book "Fit At Any Age" shares ways to get rid of excess weight, how to deal with stress, and tips on staying motivated. He told us that breakfast and lunch should be your largest meals of the day, and to drink 8-10 glasses of water every day.

Upcoming Programs

August 28 USC Upstate's Men's Basketball Program
- Coach Dickerson

Sept. 4 Table Rock Tea Company - Steven Lorch

Sept. 11 Carolina Miracle League - Pam Dean



President Max poses with
eight time Mr. Olympia
Lee Haney

Birthdays

- Aug. 20 Natalia Rosario
- Aug. 21 Kirk Neely
- Aug. 22 Trey Gowdy
- Aug. 23 John Dargan, Clyde Wells
- Aug. 24 Vic Bailey
- Aug. 25 Bob Justice
- Aug. 27 John Perry, Frank Lee

