

The Friendly Bulletin

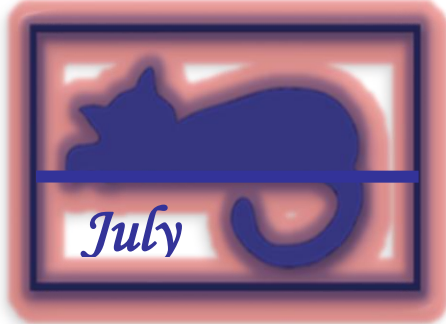
Published by the High Point Friends Meeting since 2020

Home Edition

Week of July 17, 2022

Vol. 120

We have decided to continue this Bulletin for a while because many of us are still at home.



Some Things to Try

Watch a comedy show or movie

Remember people or incidents that made you laugh.

Call an old friend

De-clutter 1 surface

Deep clean the decluttered area

Find one item for the "GO BOX"

A new food, recipe, or restaurant

Take the dogs on an adventure

Don't forget your 15 minutes of Sketching

Google ART Question:

What is Op Art

The Funnies/Did You Know

Benefits of Laughter

Laughter can help to reduce pain.

~

Regular laughter can prevent illness.

~

Evidence shows that after laughing, our stress levels drop.

~

Ten to fifteen minutes of laughing a day can help you lose weight.

~

The harder you laugh, the healthier you will be.

~

Laughing is a workout for your abs!

~

Laughter is a form of bonding.

~

Regular laughter can reduce the risk of heart diseases and lower our blood pressure.

~

Studies have shown that a harder laugh produced more immune-boosting cells, which is beneficial to our health.

This Weeks Google Question:

What is the Hyundai N 74



We Hold Up in Prayer

**Our Homebound Members,
Our Grieving Members,**

The Families of

Ronnie Murr, Groome Fulton
& Will Holland

Our Recovering Members

Charles Riehs, Carol Pierce,
JD Dobbins, Linda Embler,
Nancy Blair



Summer Recipe Links

<https://www.southernliving.com>

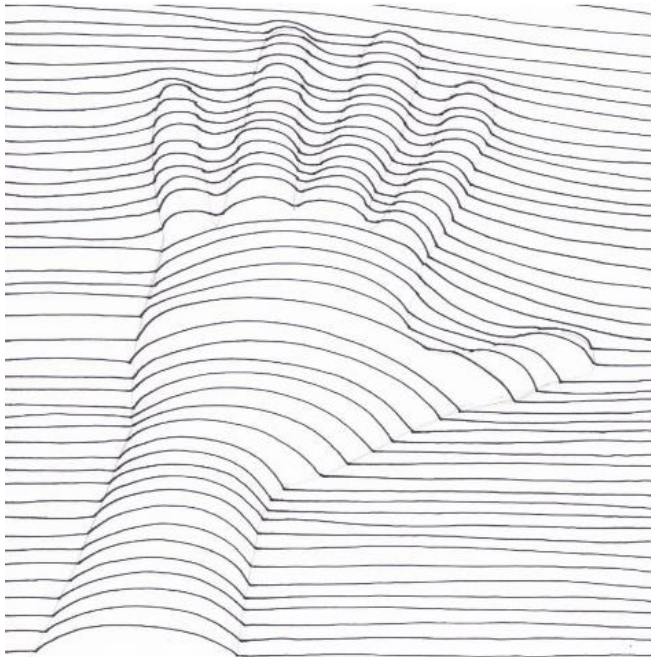
<https://www.savingdessert.com>

<https://www.acouplecooks.com/summer-recipes/>

<https://www.bbcgoodfood.com/recipes/collection/summer-recipes>

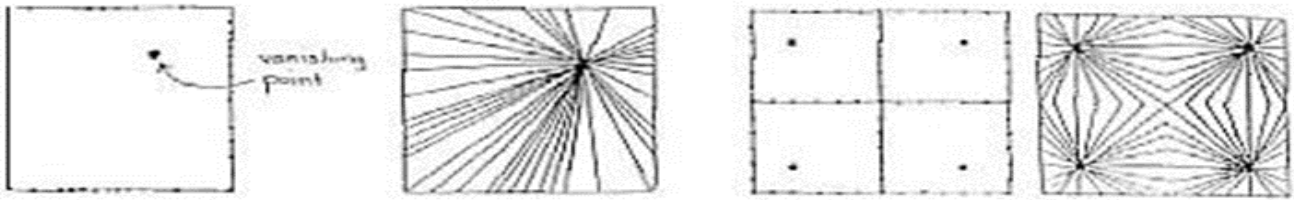
There is an Artist in Everyone ~ Find Yours

Keep Practicing

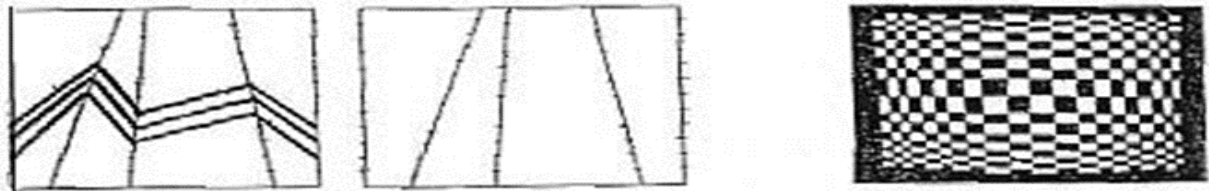


Optical Weaving

Make 4 vertical lines. They don't need to be perfect.	Add 6 horizontal lines.	Ensure so that the top 2 lines look like they are going over than under the vertical lines.
Continue the over under pattern for the bottom lines.	Color in the squares between the weaving.	Add shading before and after going under.

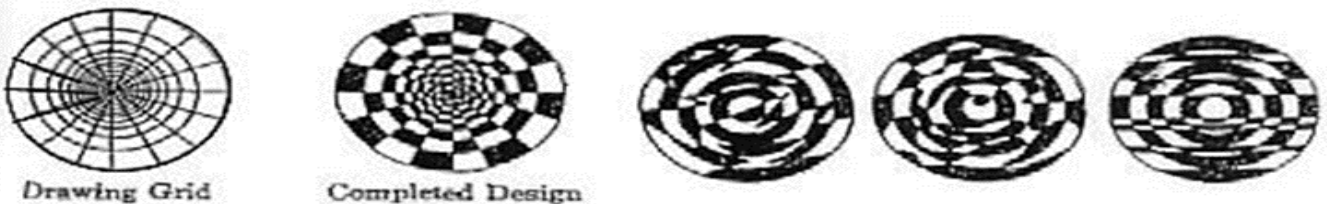


VANISHING POINT ILLUSIONS



BENT PAPER

WEAVING



Drawing Grid

Completed Design

BULL'S EYE DISTORTIONS

