

Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

Heart: Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

Brain: Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

Digestion: Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

Kidneys: Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

Muscles and joints: Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.



Getting a Good Deal

Everyone likes to get a bargain, and with these tips, you may be able to save a few bucks.

Senior discounts: Your age can earn you automatic savings. Many businesses offer discounts to seniors, including some restaurants, movie theaters, museums, grocery stores, thrift stores and banks. Sometimes the discount applies to specific products or certain days of the week.

Other discounts: If you are a veteran or a member of AARP or an auto club, such as AAA, you may be able to save money at various merchants. Before making a purchase, ask if you can take advantage of these discounts.

Coupons: Saving a few dollars may be as simple as presenting a coupon, which can be found in newspapers, magazines, marketing mailers and online.

Memberships: Many stores have exclusive offers for those who belong to their membership program. While some are free to join, some may charge an annual fee, but if you are a frequent customer, the savings may outweigh the price.

Always ask: Businesses may not advertise the discounts they offer, so be sure to inquire. You may be surprised at the money you can save just by asking!



Dear Residents, Family and Friends

I hope you all enjoyed a fun and safe Fourth of July with fireworks, friends and family! We had such a fun July celebrating the start of summer with trips out to Lone Star Park for the horse races, piña colodas, ice cream and watermelon socials! Of course, our Summer Main Event was Uncle Sam's Backyard Barbecue!

August has many exciting things in store, so please be sure to check your Activity Calendar, as well as our weekly flyers to see what exciting outings and events are scheduled! We hope to see you all there!

Also, make sure to follow along on Facebook for almost daily picture updates.

Happy August!

Erin Montgomery
Executive Director



Tropical Treat

They're golden, tropical and oh-so-sweet. Pineapples have long been prized for their refreshing taste and regal image.

Pineapples originated in South America and were brought to the Caribbean islands, where Christopher Columbus encountered the strange-looking fruit on one of his voyages. During Colonial times, only the wealthy could afford the few pineapples that were shipped to America. Dinner parties in affluent homes showcased the exotic fruit as a decoration in elaborate food displays. The pineapple grew into a symbol of hospitality and was often depicted in home décor, art and architecture.

Around the turn of the 20th century, Massachusetts native James Dole moved to the island of Oahu, Hawaii, and started a pineapple plantation and canning operation, which later became Dole Food Co. Ad campaigns and recipes promoting canned pineapple led to booming sales, and the fruit became more widely available and an affordable treat.

Hawaii is the only U.S. state that grows pineapples.





ASSISTED LIVING
AL#010063

AUGUST 2019

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- Lidia Barillas, 3rd (Employee)
- Carmella Lasagna, 3rd
- Katelin Stracke, 16th (Employee)
- Hazel Irvin, 19th
- Wendy Martinez, 28th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	National Coloring Book Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Olive Garden, O 1:00 Bible Study w/Laura 2:00 Color Me Stress Free Social Hour, L 4:00 Name Your Game!, AR	Watermelon Day 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 2:30 Watermelon Social, L 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 10:30 1st Baptist Senior Singers, L 2:00 Star Kids Musical, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 3:00 Game of Choice, L 6:00 Murder on the Misty Island (Main Event), L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Trivia, L	9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 12:45 General Store, L 1:00 Memories and Music, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	Kool Aid Day 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 1:30 Employee School Supply Donation, L 2:00 Let's Have a Kool Social Hour, L 4:00 Name Your Game!, AR	S'mores Day 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 2:30 Time for S'mores, L 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Star Kids Musical, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/the Yellow Rose Hospice, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:00 Town Hall Meeting, L 4:00 Connect 4, L	9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	Back to School Supply Donation Elvis Week 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Cotton Patch Cafe, O 1:00 Bible Study w/Laura 3:30 Jailhouse Rock Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Adult Coloring Club, AR	Cupcake Day 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 3:00 Game of Choice, L 3:00 Yummy Cupcake Decorations, AR	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Trivia, L	9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 12:45 General Store, L 1:00 Memories and Music, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	National Chefs' Appreciation Week 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Hot Rocking Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Tom Thumb, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Connect 4, L	9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 2:30 Art Expression, AR 4:00 Activity Meeting & Lemonade w/ Sarah, AR	9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L