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: Staving 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 coladas, 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



Tarantino

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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Watermelon Day National Coloring Book Day 9:30 Word of the Day! 9:30 Chair Exercise, L 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:30 Wonder Word 9:45 Christian Service Search, AR 9:30 Chair Exercise, L w/Rev. Mark, L 11:00 Out to Olive 10:30 Wonder Word 10:00 Shopping at Garden, O Search, AR Walmart, O 1:00 Bible Study w/Laura 2:00 Saturday Bingo, AR 2:30 Art Expression, AR 2:00 Color Me Stress 2:30 Watermelon Social, L 4:00 Rowdy Ring Toss, L Free Social Hour, L 3:30 Resident Choice 4:00 Name Your Game!, AR of Game, L 5 6 10 9:30 Exercise w/ 9:30 Tone Those 9:30 Chair Exercise, L **Kool Aid Day** 7:30 The Truth in Love S'mores Day 9:30 Senior Fitness, AR Legacy, AR 9:30 Senior Fitness, AR (TV Channel 7), L Bones, AR 9:45 Christian Service 9:30 Word of the Day! 9:30 Beauty Salon Is Open 10:00 The Prize is Right 10:00 "Family Feud," L 8:30 New Covenant 10:00 Post Office/Bank, O w/Rev. Mark, L 9:30 Beauty Salon Is Open and Snack Social, L 10:00 Shopping at 10:30 Wonder Word Baptist Church, L 10:00 Bible Study w/ 10:00 Shopping at 9:30 Chair Exercise, L 10:00 Dollar Tree, O Walmart, O Search, AR 8:30 In Search of the the Yellow Rose Walmart, O 10:30 Wonder Word 10:30 1st Baptist Senior 10:30 Catholic Communion 1:00 Bible Study w/Laura Hospice, L 12:45 General Store, L Lord's Way (TV KTXA Search, AR Singers, L 1:00 Movie & Snack, L 1:30 Employee School Channel 12), L 1:30 Card Club, AR 2:00 Saturday Bingo, AR 1:00 Memories and 2:00 Star Kids Musical, L Supply Donation, L 3:00 Game of Choice, L 2:30 Time for S'mores, L 2:00 Church Service w/ 2:00 Snack Attack Music, L 2:00 Sassy Senior Bingo w/ 2:00 Let's Have a Kool 6:00 Murder on the Misty 3:30 Resident Choice Rob Harrison, L Bingo, L 2:30 Art Expression, AR the Yellow Rose, AR Social Hour, L Island (Main Event), L of Game, L 3:00 Cinema Sundays, L 4:00 Adult Coloring Club, AR 4:00 Trivia, L 3:30 Ring Toss of Fire, L 4:00 Name Your Game!, AR 14 12 15 16 7:30 The Truth in Love 11 9:30 Exercise w/ 13 9:30 Tone Those 9:30 Senior Fitness, AR **Back to School** 9:30 Word of the Day! Legacy, AR (TV Channel 7), L Bones, AR **Supply Donation** 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 9:30 Beauty Salon The Prize is Right 10:00 Post Office/Bank, O 9:45 Blood Pressure **Elvis Week** 8:30 New Covenant 9:45 Christian Service Is Open and Snack Social, L 10:00 Bible Study w/the Clinic w/the Yellow 9:30 Senior Fitness, AR **Baptist Church, L** w/Rev. Mark, L 9:30 Chair Exercise, L 10:00 Shopping at Yellow Rose Hospice, L Rose Hospice, L 10:30 Wonder Word Search, AR 8:30 In Search of the Big Lots, O 10:00 Shopping at Walmart, O 1:00 Chicken Foot 10:00 Shopping at 10:30 Wonder Word 11:00 Out to Cotton Lord's Way (TV KTXA 10:30 Catholic Communion (Dominoes), AR Patch Cafe, O 2:00 Star Kids Musical, L Walmart, O Search, AR Channel 12), L 1:30 Popcorn/Movie, L 1:30 Card Club, AR Bible Study w/Laura 2:00 Sassy Senior Bingo w/ 1:00 2:30 Art Expression, AR 2:00 Saturday Bingo, AR 2:00 Church Service w/ 2:00 Fancy Nails & Hand 3:30 Jailhouse Rock 2:00 Snack Attack Bingo, L the Yellow Rose, AR 3:30 Resident Choice 4:00 Rowdy Ring Toss, L Massage, AR Social Hour, L Rob Harrison, L 3:00 Town Hall Meeting, L 4:00 Wonder Word of Game, L 3:00 Game of Choice, L 4:00 Name Your Game!, AR 4:00 Connect 4, L 3:00 Cinema Sundays, L Search, AR 20 23 21 9:30 Chair Exercise, L 22 7:30 The Truth in Love 18 9:30 Exercise w/ 9:30 Tone Those **National Chefs' Cupcake Day** 9:30 Word of the Day! (TV Channel 7), L Bones, AR 9:45 Christian Service Legacy, AR **Appreciation Week** 9:30 Senior Fitness, AR 9:30 Beauty Salon 8:30 New Covenant 10:00 Post Office/Bank, O w/Rev. Mark, L 10:00 The Prize is Right 9:30 Beauty Salon Is Open 9:30 Senior Fitness, AR Is Open and Snack Social, L 10:00 Shopping at Baptist Church, L 10:00 Bible Study w/ 10:00 "Family Feud," L 10:00 Shopping at 9:30 Chair Exercise, L Walmart, O 10:00 Dollar Tree, O Walmart, O the Yellow Rose 10:30 Wonder Word 8:30 In Search of the 10:30 Wonder Word Lord's Way (TV KTXA 10:30 Catholic Communion Hospice, L 12:45 General Store, L Search, AR 2:00 Sassy Senior Search, AR Channel 12), L 1:00 Movie & Snack, L 1:30 Card Club, AR 1:00 Bible Study w/Laura Bingo w/the 1:00 Memories and 2:00 Saturday Bingo, AR 2:00 Church Service w/ Yellow Rose, AR 3:00 Game of Choice, L 2:00 Hot Rocking 2:00 Snack Attack Music, L 3:30 Resident Choice 3:00 Yummy Cupcake Social Hour, L Rob Harrison, L 4:00 Adult Coloring Bingo, L 2:30 Art Expression, AR of Game, L **Decorations, AR** 4:00 Name Your Game!, AR 3:00 Cinema Sundays, L Club, AR 4:00 Trivia, L 3:30 Ring Toss of Fire, L 27 28 26 7:30 The Truth in Love 259:30 Exercise w/ 9:30 Tone Those 9:30 Senior 9:30 Senior 9:30 Word of the Day! 9:30 Chair Exercise, L (TV Channel 7), L Bones, AR Legacy, AR Fitness, AR Fitness, AR 9:30 Beauty Salon 9:45 Christian Service 10:00 Post Office/Bank, O 8:30 New Covenant 10:00 The Prize is Right 9:30 Beauty Salon Is Open 10:30 Wonder Word Is Open w/Rev. Mark, L **Baptist Church, L** and Snack Social, L 10:00 Bible Study w/ 10:00 Shopping at Search, AR 10:00 Shopping at 9:30 Chair Exercise, L Walmart, O 10:00 Tom Thumb, O the Yellow Rose 8:30 In Search of the Walmart, O 1:00 Bible Study 10:30 Wonder Word 10:30 Catholic Communion Hospice, L Lord's Way (TV KTXA 2:00 Sassy Senior 2:30 Art Expression, AR w/Laura Search, AR 1:30 Popcorn/Movie, L Channel 12), L 1:30 Card Club, AR Bingo w/the 4:00 Activity Meeting 2:00 Birthday Bash, L 2:00 Saturday Bingo, AR 2:00 Fancy Nails & Hand 2:00 Church Service w/ Yellow Rose, AR 2:00 Snack Attack & Lemonade w/ 4:00 Name Your 3:30 Resident Choice Massage, AR Rob Harrison, L Wonder Word Bingo, L Sarah, AR of Game, L 3:00 Game of Choice, L Game!, AR 3:00 Cinema Sundays, L Search, AR 4:00 Connect 4, L