

Bingo Time!

Come and join us every Wednesday and Saturday afternoon for a fun game of Bingo with great prizes.



Refreshing Watermelon (Continued)

the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C. More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



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 summer with our Watermelon, Strawberry Shortcake and Ice Cream Socials and our Summer Sock Hop!



Be sure to check your activity calendar to see what exciting outings and events are scheduled for each month!

August has many exciting things in store including an outing to enjoy some Frozen Yogurt on Tuesday, Aug. 9, a National Cupcake Day Social on Monday, Aug. 20, and on Aug. 7, we will be spending the night "On Broadway" at our Main Event. Make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and the website for weekly picture updates.

Happy August!

Erin Montgomery
Executive Director

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect

(Continued on back.)





ASSISTED LIVING
AL#010063
AUGUST 2018

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)
- Roberta Stepan, 9th
- Margaret Gates, 10th
- Evelyn Costin, 18th
- Don Rheinfeldt, 19th
- 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, 2 p.m. Walmart
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Tone Those Bones, AR ¹ 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Ring Toss of Fire, L	National Coloring Book Day ² 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Adult Coloring Club, AR	International Beer Day ³ 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Cracker Barrel, O 1:00 Bible Study w/Laura 2:00 Root Beer Floats Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! ⁴ 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 ⁵ 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 With Legacy, AR ⁶ 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Star Kids Musical, L 3:00 Snack Attack Bingo, AR 4:00 Adult Coloring Club, AR	9:30 Beauty Salon Is Open ⁷ 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 6:00 A Night on Broadway, L	9:30 Tone Those Bones, AR ⁸ 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 Town Hall Meeting, L 3:30 Country Store	9:45 Christian Service w/Rev. Mark, L ⁹ 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 2:30 Out for Frozen Yogurt, O 3:30 Ring Toss of Fire, L	Kool Aid Day ¹⁰ 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Have a Kool Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! ¹¹ 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 ¹² 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 With Legacy, AR ¹³ 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 10:00 Big Lots, O 2:00 Star Kids Musical, L 3:00 Snack Attack Bingo, AR 4:00 Wonder Word Search, AR	7:30 Men's Out for Breakfast to Cracker Barrel, O ¹⁴ 9:30 Beauty Salon Is Open 9:30 Parachuting, L 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L	9:30 Tone Those Bones, AR ¹⁵ 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Trivia, L	9:45 Christian Service w/Rev. Mark, L ¹⁶ 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Rowdy Ring Toss, L	Thrift Shop Day ¹⁷ 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to 54th Street, O 1:00 Bible Study w/Laura 2:00 Let's Party Thrift Style Happy Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! ¹⁸ 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 ¹⁹ 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	Cupcake Day ²⁰ 9:30 Exercise With Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Store 2:00 Cupcake Social, AR 3:00 Snack Attack Bingo, AR 4:00 Adult Coloring Club, AR	9:30 Beauty Salon Is Open ²¹ 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR ²² 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Tic Tac Toss, L	9:45 Christian Service w/Rev. Mark, L ²³ 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 2:00 Social Hour w/Liia, AR 3:30 Ring Toss of Fire, L	9:30 Senior Fitness, AR ²⁴ 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Fun Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! ²⁵ 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 ²⁶ 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 With Legacy, AR ²⁷ 10:00 The Prize is Right and Snack Social, L 10:00 Tom Thumb, O 2:00 Tic Tac Toss, L 3:00 Snack Attack Bingo, AR 4:00 Wonder Word Search, AR	9:30 Beauty Salon Is Open ²⁸ 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L	9:30 Tone Those Bones, AR ²⁹ 10:00 Post Office/Bank, O 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Trivia, L	9:45 Christian Service w/Rev. Mark, L ³⁰ 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 2:00 Scrapbooking Club, AR	9:30 Senior Fitness, AR ³¹ 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 3:00 Name Your Game!, AR	