

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 colada, ice cream, and watermelon socials! Of course, our Summer Main Event was Uncle Sam's Backyard BBQ!

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.



Locations

AL Parking Lot, ALPL
Bistro, B
Community Room, CR
Dining Room, DR
Dog Park, DG
Fitness Room, F
Flagpole, FP
Garden, G
Library, LL
Lobby, L
Outing, O
Route 66, R66
Theater, TH

Birthdays

Mauricio Padilla, 4th (Employee)
Harold Hovde, 5th
Alyce Eustace, 8th
Sue Gates, 10th
Jack Gonz, 16th
Sheila Call, 18th (Employee)
Susan Croasdell, 24th
Jacob Rodriguez, 30th (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

Thursday, 2:30 p.m.

Misc. Errands

Friday, 9:30 a.m.

Express Errands

Friday, TBA

Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					9:30 Balance Class w/Legacy, CR ¹ 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 4:00 Trivia Club, R66 6:00 Mexican Train, LL	Twin Day ² National Coloring Book Day 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Color Me Stress Free Happy Hour, L 6:00 Hand & Foot Card Game, B	Watermelon Day ³ 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:00 Watermelon Social w/Patty, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 ⁴ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ⁵ 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Star Kids Musical, L 4:00 Trivia Club, R66 6:00 Hand & Foot Card Game, B	National Root Beer Floats Day ⁶ 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 3:30 Root Beer Floats Social, B 6:00 Hand & Foot Card Game, B	8:30 Out to Winstar Casino, O ⁷ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR ⁸ 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:00 Fancy Nails and Hand Massage, B 2:30 Misc. Errands, O 6:00 Mexican Train, LL	Kool Aid Day ⁹ 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Rosa's Cafe, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:00 Employee School Supply Donation, L 3:30 Let's Have a Kool Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors ¹⁰ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	
7:30 The Truth in Love (TV Channel 7), R66 ¹¹ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 2:30 Gospel Hour w/Andy, L 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ¹² 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Star Kids Musical, L 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	8:00 Podiatrist Visit, F ¹³ 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 School Memories Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR ¹⁴ 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Senior Fit Test w/Legacy, CR 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR ¹⁵ 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 6:00 Mexican Train, LL 6:15 Murder on the Misty Island (Main Event), DR	Back to School Supply Donation ¹⁶ Elvis Week 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Jailhouse Rock Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors ¹⁷ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	
7:30 The Truth in Love (TV Channel 7), R66 ¹⁸ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ¹⁹ 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:30 Health Talk w/Legacy: Urinary Incontinence, B 6:00 Hand & Foot Card Game, B	Cupcake Day ²⁰ 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 3:30 Yummy Cupcake Decoration Social, B 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR ²¹ 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Book Club: Funny Folks, LL 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR ²² 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 4:00 Connect 4, B 6:00 Mexican Train, LL	National Chef's Appreciation Week ²³ 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Hillside Cafe, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Hot Rocking Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors ²⁴ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	
7:30 The Truth in Love (TV Channel 7), R66 ²⁵ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ²⁶ 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR ²⁷ 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR ²⁸ 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 4:00 Horseshoe Toss, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR ²⁹ 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 3:00 Activity Meeting and S'mores Social w/Patty, B 6:00 Mexican Train, LL	Buffalo Wings Day ³⁰ Wear Your Favorite College Colors Day 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors ³¹ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	