

July 2009 Calendar of Events

Mon

Tue

Wed

Thu

Fri

<p>Know the Facts!</p> <p>The summer heat is on. Here are 8 summer health tips dedicated for seniors.</p> <ol style="list-style-type: none"> 1. Reduce strenuous activities. 2. Keep hydrating. 		<p>1</p> <p>9:00 am-Volunteer Sewing Group 10:00 am-Support Group for Caregivers with Adult Family Members with Mental Illness 1:00 pm-Early Stage Memory Loss Program*</p>	<p>2</p> <p>9:00 am-Dr. Nyaeme in the Health Clinic 9:30 am-Arthritis Exercise Class</p>	<p>3</p> <p style="text-align: center;">Aging Care Connections is closed in observance of Independence Day</p>
<p>6</p> <p>Drink 4-8 glasses of water a day. Avoid alcoholic beverages.</p> <ol style="list-style-type: none"> 3. Avoid too much sun. Use sun-block with at least SPF 15 or higher. 4. Wear lightweight clothing. 	<p>7</p> <p>9:30 am- Arthritis Exercise Class 10:30 am-Yoga for the 60+</p>	<p>8</p> <p>9:00 am-Volunteer Sewing Group 9:30 am-Wills and Legal Assistance Program* 1:00 pm-Early Stage Memory Loss Program*</p>	<p>9</p> <p>9:00 am-Dr. Nyaeme in the Health Clinic 9:30 am-Arthritis Exercise Class</p>	<p>10</p> <p>9:00 am-Men's Support Group* 10:00 am-Early Alzheimer's Exercise Class* 11:00 am-Alzheimer's Support Group 11:00 am-Reminiscing Support Group</p>
<p>13</p> <ol style="list-style-type: none"> 5. Stay connected. Have someone check on you. 6. Check with your doctor or pharmacist to ensure that your medications will not cause you or your loved ones to 	<p>14</p> <p>9:30 am- Arthritis Exercise Class 10:30 am-Yoga for the 60+</p>	<p>15</p> <p>9:00 am-Volunteer Sewing Group 10:00 am-Support Group for Caregivers with Adult Family Members with Mental Illness 1:00 pm-Early Stage Memory Loss Program*</p>	<p>16</p> <p>9:00 am-Dr. Nyaeme in the Health Clinic 9:30 am-Arthritis Exercise Class</p>	<p>17</p> <p>9:00 am-Men's Support Group* 10:00 am-Early Alzheimer's Exercise Class*</p>
<p>20</p> <p>be more susceptible to heat-related problems.</p> <ol style="list-style-type: none"> 7. Scream for ice cream. Enjoy cool treats like ice creams, popsicles, and other frozen refreshing treats. 8. When planning 	<p>21</p> <p>11:00 am-"Your Best Weight"*</p>	<p>22</p> <p>9:00 am-Volunteer Sewing Group</p>	<p>23</p> <p>9:00 am-Dr. Nyaeme in the Health Clinic</p>	<p>24</p> <p>9:00 am-Men's Support Group* 10:00 am-Early Alzheimer's Exercise Class*</p>
<p>27</p> <p>outdoor activities, consider locations with cool shades and ventilation.</p>	<p>28</p> <p>9:30 am- Arthritis Exercise Class 10:30 am-Yoga for the 60+</p>	<p>29</p> <p>9:00 am-Volunteer Sewing Group</p>	<p>30</p> <p>9:00 am-Dr. Nyaeme in the Health Clinic 9:30 am-Arthritis Exercise Class</p>	<p>31</p> <p>9:00 am-Men's Support Group* 10:00 am-Early Alzheimer's Exercise Class*</p>
<p>*Please call 708-354-1323 to register</p>				

