



JULY 2010

Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BREAKFAST is served Mon. - Sat. 8:30am - 11am SUNDAY BRUNCH 10am - 12:30pm \$5 per guest	*MEET & GREET BBQ on 7/24 Sign up sheet for side items located in the Arts & Crafts Room	Always REMEMBER to sign up for ALL of the monthly opportunities available at Villa Grande in the Arts & Crafts Room.		1 Birthday Party 4-5pm Card Game Night 7:00pm	2 Computer Class 3-4pm Happy Hour 6pm-8pm	3 Enjoy a dip in the pool and relax away the stresses of the week.
4 NO SUNDAY BRUNCH ON JULY 4th, OFFICE CLOSED.	5 APEX 9:30-10:30am Movie & Pizza Night 5:30pm 	6 Nintendo Wii 4pm Poker Night 7:00pm	7 Publix 10am-12pm Bingo Night 7:00pm	8 Seminole Towne Center Shopping 9:45am-1:30pm Bridge Game Night 7:00pm	9 Play a game of Shuffleboard or Pickleball see office for equipment.	10 Don't Forget to refer a friend to Villa Grande so you can earn \$500!
11 Sunday Brunch 10am -12:30pm	12 APEX 9:30-10:30am Chess/ Checkers 4pm	13 APEX Pizza Day 12:30pm Wii 4pm Poker Night 7:00pm	14 Publix 10am -12pm Bingo Night 7:00pm	15 WalMart Shopping 9:45am-12pm Rummy Game Night 7:00pm	16 Happy Hour 6pm-8pm	17 Grab a friend and play some Pool today!
18 Sunday Brunch 10am -12:30pm	19 APEX 9:30-10:30am Residential Council Meeting 7- 8:15pm	20 Nintendo Wii 4pm Poker Night 7:00pm	21 Publix 10am -12pm Bingo Night 7:00pm	22 Target Shopping 9:45am-12pm Pinochle Game Night 7:00pm	23 Enjoy a dip in the pool and relax away the stresses of the week.	24 Meet & Greet Resident BBQ* 4-6pm
25 Sunday Brunch 10am -12:30pm	26 APEX 9:30-10:30am Mystery Dinner 5:30pm	27 APEX Ice Cream 3:00pm Wii 4pm Poker Night 7:00 pm	28 Publix 10am -12pm Financial Seminar 5:30-6:30pm Bingo Night 7:00pm	29 Spanish Dinner Party 5-7pm Rummikub Night 7:00pm	30 Happy Hour 6pm-8pm	31 Hard Rock Hotel & Casino 8:00am-6:30pm see Newsletter for more details

BREAKFAST CLUB

Monday thru Saturday

8:30 am - 11:00 am

Grand Sunday Brunch

10:00 am - 12:30 pm

Specials for the Month of July:

Sunday, July 4th CLOSED: No Breakfast will be served.

Week 2 - July 5th - 10th: Look for Assorted Yogurts in the Clubroom Kitchen Refrigerator.

Sunday, July 11th: Turkey Bacon

Week 3 - July 12th - 17th: Look for Pancakes in the Clubroom Kitchen Freezer.

Sunday, July 18th: Sausage Biscuits

Week 4 - July 19th - 24th: Look for French Toast Sticks in the Clubroom Kitchen Freezer.

Sunday, July 25th: Turkey Bacon

Week 5 - July 26th - 31st: Look for Waffles in the Clubroom Kitchen Freezer.

PLEASE NOTE: Due to unforeseen circumstances, all fitness activities will be cancelled until further notice.

We apologize for any inconvenience.

Summer Heat Can Mean Danger

As summer temperatures climb in some parts of the U.S., more people are vulnerable to heat exhaustion and heat stroke.

And while seniors are more likely to be affected by high temperatures and heat-related problems than younger people, heat exhaustion and heat stroke can affect anyone if the conditions are right. This includes animals. Please provide shade and plenty of cool, fresh drinking water for your pets, and **never leave a pet, child or elderly person in a locked car on hot days.**

Heat Exhaustion:

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, along with dehydration caused by inadequate or unbalanced replacement of fluids.

Heat Stroke:

The CDC reports that heat stroke is the most serious heat related illness. It occurs when the body is exposed to an excessive amount of heat and becomes unable to dissipate the heat through sweating.

When heat stroke happens, the body's temperature rises rapidly, the body loses its ability to sweat and it is unable to cool down.

Body temperature can rise to 160 degrees or higher within 10-15 minutes.

Heat Exhaustion and Heat Stroke can be avoided if you protect yourself from heat-related stress by following these prevention tips from the CDC:



Protecting Yourself:

- Drink cool, non-alcoholic, non-caffeinated beverages.
- It is best to avoid extremely cold liquids because they can cause stomach cramps.
- Drink water regularly throughout the day, even if you don't feel thirsty. Once you recognize the feeling of thirst, dehydration is already taking place.
- Rest often. If you need an excuse to be a couch potato, hot days are just the ticket.
- Take a cool shower, bath or sponge bath.
- Wear lightweight clothing.
- If possible, remain indoors during the hottest parts of the day.
- Do not engage in strenuous activities.
- Be aware that some medications can make you more vulnerable to heat exhaustion and laxatives can increase the risk of dehydration. If you have any questions regarding medications, be sure to check with your doctor or local pharmacist.

Tips on Staying Cool during the Summer Heat



Air-conditioning is your best friend during a heat wave. If you have it, use it. Though you may save a few pennies by not turning it on, that's false economizing if you risk heat sickness.

Lie low when the sun is high. Stay out of the sun during the hottest part of the day, usually from 10:00 a.m. to 6:00 p.m. If you do venture out during these hours, try to spend as much time as possible in malls, movie theaters, and indoor public environments that are air-conditioned.

Get acclimated. Give your body time to adjust to hot weather. By acclimatizing to your surroundings, you'll sweat sooner but lose less sodium and other minerals that your body needs to stay comfortable in the heat. Begin by spending about 10 to 15 minutes outdoors early in the morning and at dusk. Then gradually increase the amount of time you spend in the heat each day. In a couple of weeks, your body should become acclimatized, and heat-related problems will be less of a concern.

Stay in touch. If you live alone, ask a friend, relative, or neighbor to check in on you at least twice a day during hot weather to make sure you're okay. If you're not, they can summon assistance that may save your life.

Turn off the oven. It is recommended that you eat light, cool meals like salads and sandwiches that don't require cooking. Using the stove or oven just adds unwanted heat to the house. If you must heat your food, try using a microwave.

Take the plunge. A dip in a cool pool, a tepid bath, or a refreshing shower can help lower your body temperature. Place cool cloths, as needed, on your head, neck, and wrists to help beat the heat.

Go "Au Naturel". Wear light-colored, loose-fitting clothing made from natural fibers like cotton. Unlike synthetic nylon or polyester, natural fibers are porous and will help prevent you from overheating. Lighter colors like khaki absorb less heat than darker colors like black. Reach for the accessories. Wear a broad-brimmed hat to shade yourself in the wilting sun. A sunburn will make it harder for your skin to sweat and release body heat. So use sunscreen with a sun protection factor (SPF) of at least 15 whenever you are outdoors.

Shake off the salt tablets. Salt tablets were once believed to speed fluid replacement on hot days. Doctors now know that taking these tablets can actually worsen your reaction to intense heat. In reality, salt tablets actually impede fluids from entering your bloodstream and prevent those fluids from being quickly distributed throughout your body. The excessive amounts of sodium in these pills also can cause kidney damage. Even if salt tablets have been prescribed for some other condition, don't take them unless you have your doctor's permission. *For more information go to www.mothenature.com*

Residents Mark Your Calendars:

Craft Weekend: Saturday, July 10th

Fitness Weekend: Saturday, July 31st

Further details to be announced. Residents are encouraged to bring a friend.
