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**NEW OFFICE HOURS:**

**Monday - Thursday**  
9 a.m. - 7 p.m.  
**Friday & Saturday**  
9 a.m. - 5 p.m.  
**Sunday** 11 a.m. - 5 p.m.



**THE OFFICE WILL BE  
CLOSED JULY 4th.**

Your Staff Members:

Ashlee Wooley  
Assistant Manager

Kim Coggon  
Fitness & Activities Director

Rob Piezon Jr.  
Walle Waters  
Elsie Virella  
Leasing Consultants

Carlos Rodriguez  
Maintenance Supervisor

Christy Stovall  
Housekeeper

Ismael Acevedo  
Grounds Technician

*Celebrate  
Independence Day*

On July 4th, 1776, a great nation was born declaring its independence from the Kingdom of Great Britain. 232 years on, it is now known as the United States of America, a federal republic that has emerged a superpower and a leading nation setting a standard for all countries to follow. It's time for all Americans to celebrate the spirit of liberty, equality, fraternity and pride that each one of us feel ourselves enthused with when it comes to basking in the glory of this great

Here is a list of some local 4th of July activities. Visit [www.wesh.com/](http://www.wesh.com/) entertainment for more events and details.

**Deltona's 6th Annual Independence Day Extravaganza:**

Dewy O' Boster Sports Complex,  
1200 Saxon Blvd., Deltona  
6-10 pm, Fireworks @ 9:15 pm



**Red, White & Boom Event:**

Daytona Beach Bandshell  
6 pm-Midnight, Fireworks @ 9:30 pm

**Ormond Beach 4th of July Party:**

22 S. Beach Street, Ormond Beach  
6-9:30 pm

**Sanford Star Spangled Celebration:**  
Sanford's Riverwalk & Fort Mellon Park, Fireworks @ 9:15 pm

**Red, White & Zoo Event:**

Central Florida Zoo, Sanford  
9 am-3 pm, July 4th & 5th



**Red, Hot & Boom Event:**

150 Cranes Roost Blvd.,  
Altamonte Springs, **Sat., July 3rd,**  
4-10 pm, Fireworks @ 9:30 pm

**An Old Fashioned 4th of July Celebration:**

Park Avenue, Winter Park  
9 am-1 pm

**Meet & Greet BBQ**

You are invited to our Resident B B Q on **Saturday, July 24th, from 4:00**



**- 6:00 pm** in the Screen Lanai/Bar Pool Area. Meat & drinks will be provided, sign up and let us know what side dish you will bring.

**Clubhouse Hours:**

The Clubhouse will be open **7:00 am - 10:00 pm Everyday.**

**PLEASE NOTE: FRONT OFFICE WILL BE CLOSED & THERE WILL BE NO SUNDAY BRUNCH ON JULY 4th.**

**IMPORTANT:** To any resident that has changed their phone number, please see someone in the front office to make sure we have an updated contact number.



# Movie Night

Our Movie of the Month will be The Blind Side shown on Monday, July 5th at 5:30 pm. Come join us at the Clubhouse and bring a friend or family member to enjoy pizza and a movie with you! (\$5.00 per guest) If you are not able to attend movie night you may check out the movie of the month for a day, throughout that month, to view at your leisure.



## RESIDENT REMINDER:

Please help us by signing up for any and all activities that you may be interested in attending. Recently, we have had residents come to an event that was cancelled due to lack of sign up participation. We appreciate your help. All sign up sheets are located in the Arts & Crafts Room, unless otherwise noted. THANK YOU!!!



## LET'S GO SHOPPING!

**SHOPPING DATES HAVE BEEN CHANGED.**

THURSDAY is the new Shopping Day, except for Publix Wednesdays which will remain the same. Space is limited, so please be sure to reserve your seat by signing up in the Arts & Crafts Room.

### Seminole Towne Center Mall:

Thursday, July 8th

Meet in the Clubhouse at 9:45 am. Return Pick Up will be at 1:30 pm.

### Wal-Mart: Thursday, July 15th

Meet in the Clubhouse at 9:45 am. Return Pick Up will be at Noon.

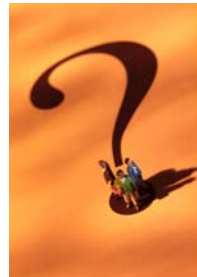
### Target: Thursday, July 22nd

Meet in the Clubhouse at 9:45 am. Return Pick Up will be at Noon.

### Publix: Every Wednesday

We will continue our weekly Publix Trips every Wednesday from 10 am-Noon.

## MYSTERY DINNER



You will find a sign up sheet in the Arts & Crafts Room. Please fill out your name as well as what restaurant you would like to suggest. We will put all the suggestions in a hat and pick one. Be ready at 5:30 pm on Monday, July 26th to find out which restaurant was chosen to go to that evening. Reservations will be made for 6:00 pm.

## Jade Serenity Spa

**FREE Hair Cut OR Shampoo & Style with purchase of any 1-Hour Massage, Acupuncture or Facial Treatment**

**25% OFF All Dermalogica Age-Smart Anti-Aging Skin Care Products.**

Free Consultation, Face Mapping & Samples

**July Specials**

**NOW OFFERING:  
Acrylic Nail Services**

Remember we offer **25% OFF** Menu Pricing to Villa Grande Residents Everyday.

Call Carla at **386-775-0860** to make an appointment today!



# Resident Referrals

Did you know that if you refer someone to Villa Grande you can earn **\$500** once they move in? Inquire at the front office for more details and refer someone today!

## Resident Council Meeting

Our monthly Resident Council Meeting will be held on Monday, July 19th at 7:00 - 8:15 pm. *The Council has requested that there be no Pot Luck Dinner throughout the Summer.*

## Financial Planning Seminar

*WHERE DO WE GO FROM HERE?* Jason Edwards, RFC Senior Partner of Edwards Financial Services will be here on Wednesday, July 28th @ 5:30-6:30 pm. Refreshments will be served as well as a complimentary Financial Kit for all those that attend. Please RSVP by signing up for this event in the Arts & Crafts Room by July 26th.

## HAPPY HOUR FRIDAYS



**Every other Friday Night we meet on the Screen Lanai/Bar Area from 6:00pm - 8:00 pm to wind down your busy week with some drinks and good conversation. Don't want to come down by yourself? You're welcome to bring a friend. Snacks will be provided, but remember to B.Y.O.B. on July 2nd, 16th & 30th.**

*Enjoy & always remember*

## APEX Mondays

An Apex representative will be here Every Monday at 9:30-10:30 am. Mark your calendars for Special APEX Tuesday events this month:

Pizza Day:  
July 13th @ 12:30

Ice Cream Social:  
July 27th @ 3:00 pm



## Appt. REMINDER

Please be sure to sign up a week in advance for a ride to any scheduled Doctor appointments on Tuesdays and Thursdays ONLY (Beginning in August). Please keep in mind that there is a 5 mile radius.



## GAME NIGHTS SCHEDULE

Come join your neighbors in the Clubhouse and play a game of bingo, poker or cards. See you there!

TUESDAYS at 7:00 pm:

### POKER

Located in the Card Room

WEDNESDAYS at 7:00 pm:

### BINGO

Located in the Clubroom.  
*Refreshments will be provided.*

THURSDAYS at 7:00 pm:

### CARD GAMES

Located in the Card Room.

**THERE WILL BE NO SUN. BRUNCH ON JULY 4TH**

## BREAKFAST REMINDER:

BREAKFAST IS SERVED

Monday thru Saturday

8:30 am-11:00 am

SUNDAY BRUNCH

10:00 am-12:30 pm

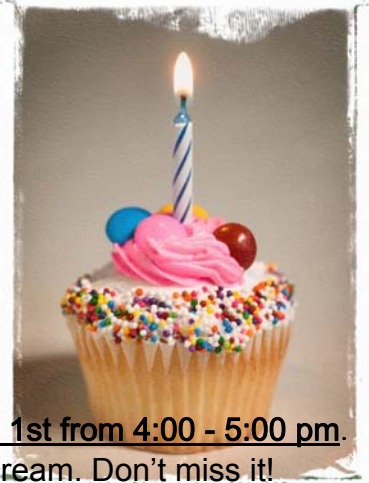
\$5.00 per guest

*Check the calendar for our Breakfast Special of the Week.*



# Happy Birthday to all our Residents with JULY BIRTHDAYS

Joan Gross	07/01	Hiram Ortiz	07/18
William Deputy	07/05	Robert Wallace	07/27
Miriam Ortiz	07/06	Pat Dilettoso	07/29
Leon Mikesell	07/07	Agnes Ingino	07/29
Carol Weakly	07/14		



Join us in the Club Room for our Monthly Celebration on Thursday, July 1st from 4:00 - 5:00 pm. Where we will sing Happy Birthday and enjoy some cake and ice cream. Don't miss it!



## It's Casino Time!

We have set up a trip to the Seminole Hard Rock Hotel & Casino.

**Date:** Saturday, July 31st

**Bus Leaves:** 8:10 am

**Returns:** 6:30 pm

**Play Time:** 10:30 am - 4:30 pm

**Cost:** \$35.00 per person, includes \$35 in Free Play, \$5 Meal Voucher & Round Trip Transportation, provided by hotel.

**A minimum of 15 people must sign up in order for this activity to take place.**

Please sign up in the Arts & Crafts Room. See the office for more details.

## Guest Suite

Don't forget that we are offering a one bedroom, fully furnished Hospitality Suite for your out of town guests. **Now through the end of August 2010 for only \$75 a night.** More affordable than a hotel stay and a lot cozier. See someone in the front office to reserve a date.



## Computer Classes

Basic Internet Computer Classes for the Novice, will continue on July 2nd from 3:00 - 4:00 pm, located in the Library/Cyber Café.

Walle will be teaching residents steps on how to set up an e-mail account. Be sure to sign up in the Arts & Crafts Room.

## Monthly International Dinner Party

**Spanish Food will be highlighted in July**

Thursday, July 29th  
5:00 - 7:00 p.m.

**Tickets will be \$15 and must be paid in cash by Monday July 26th.** See office for menu and more details.



## Show Your Support

Send a card for free to our Soldiers currently serving in Iraq and all over the world. Go to [www.letsaythanks.com](http://www.letsaythanks.com) to show our troops how much we appreciate them.



# 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 <b>NO SUNDAY BRUNCH ON JULY 4th, OFFICE CLOSED.</b>	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 <b>Don't Forget to refer a friend to Villa Grande so you can earn \$500!</b>
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

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# BREAKFAST CLUB

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**Monday thru Saturday**

8:30 am - 11:00 am

**Grand Sunday Brunch**

10:00 am - 12:30 pm

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## 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.

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**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.

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# 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](http://www.mothenature.com)*

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## 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.*

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