

Hello
JUNE



Lamar County Senior Center

106 Veterans Drive

Barnesville, GA 30204

Tele: 770-358-5361

Facebook: 770-358-5062

June 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1	2	3	4 9:00 Walking 10:00 Bingo 11:00 Jewelry 12:00 Exercise	5
6	7 9:30 Line Dancing GAME DAY	8	9 10:00 Arts and Crafts 11:00 Music with Tara 12:00 Exercise	10	11 9:00 Walking 10:00 Bingo 11:00 Jewelry 12:00 Exercise	12
13	14 9:30 Line Dancing GAME DAY	15	16 10:00 Arts & Crafts 11:00 Smoothies 12:00 Exercise	17	18 9:00 Walking 10:00 Bingo 11:00 Jewelry 12:00 Exercise	19
20	21 9:30 Line Dancing GAME DAY	22	23 10:00 Arts & Crafts 11:00 Health Talk 12:00 Exercise	24	25 9:00 Walking 10:00 Bingo 11:00 Jewelry 12:00 Exercise	26
27	28 Line Dancing GAME DAY	29	30 10:00 Arts & Crafts 11:00 Vitals 12:00 Exercise			

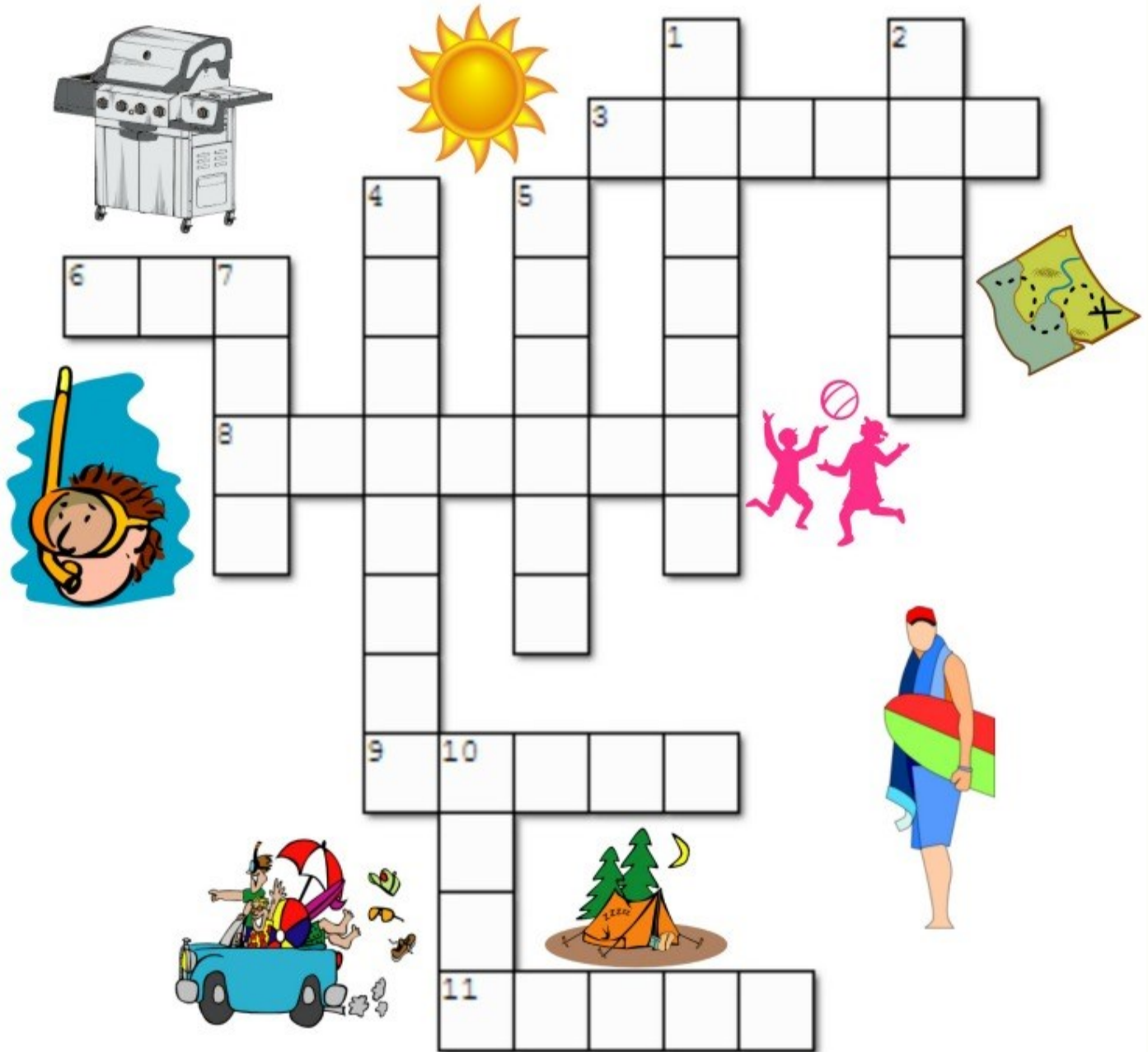
ALZHEIMER'S & BRAIN AWARENESS MONTH

10 WAYS TO LOVE YOUR BRAIN

- * **BREAK A SWEAT:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced cognitive decline.
- * **BUTT OUT:** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risks to levels comparable to those who have not smoked.
- * **HEADS UP:** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat-belt , use a helmet when playing contact sports or riding a bike , and take steps to prevent falls.
- * **CATCH SOME ZZZ'S:** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- * **BUDDY UP:** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community –If you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at a afterschool program. Or, just share activities with family and friends.

Summer Road Trip Crossword

Complete the crossword below



Across

3. School is out, it's time for _____ vacation.
6. Don't forget to bring the _____ in case we get lost!
8. We might go _____ and sleep in a tent.
9. I love burgers cooked on the _____.
11. My dad is going to _____ the car while mom checks the map.

Down

1. My family packed a whole set of _____.
2. We build sandcastles on the _____.
4. I can't wait to jump in the pool and go _____.
5. My mom, dad, brothers and sisters are my _____.
7. I have to _____ my suitcase.
10. We are taking a family _____ trip.