



*Summer is here remember to stay hydrated*



*Visit our Facebook page*

*Lamar County Active Life Senior Center  
106 Veterans Drive Barnesville, GA 30204*

*Tele:770-358-5361*

*Antoinette Watts—Director*

*Amanda Kilchriss- Site Manager*

# July 2022

Sun

Mon

Tue

Wed

Thu

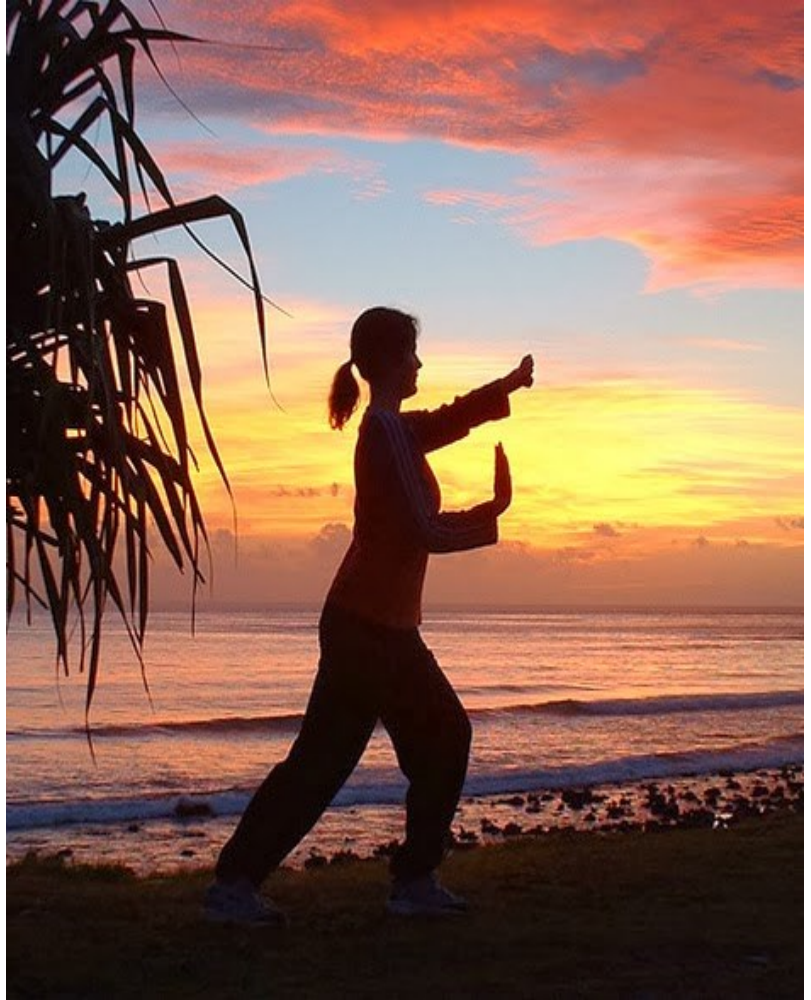
Fri

Sat

					1 Parking lot fun	2
3	4 Closed	5 9:00 Crafts 10:00 Exercise 11:00 Cards	6 Farmers Market	7 9:00 Waking 10:00 Exercise 11:00 Cards	8 9:00 Bingo 10:00 Yoga 11:00 Health	9
10	11 9:00 Bingo 10:00 Yoga 11:00 Cards	12 9:00 Walking 10: 00 Tai Chi 11:00 Crafts	13 9:00 Bingo 10:00 Yoga 11:00 Cards	14 9:00 Walking 10:00 Tai Chi 11:00 Crafts	15 9:00 Bingo 10:00 Yoga 11:00 Safety	16
17	18 9:00 Bingo 10:00 Yoga 11:00 Cards	19 9:00 Walking 10:00 Tai Chi 11:00 Crafts	20 9:00 B. Bean 10:00 Yoga 11:00 Cards	21 9:00 Walking 10:00 Tai Chi 11:00 Crafts	22 9:00 Bingo 10:00 Yoga 11:00 Cards	23
24	25 9:00 Bingo 10:00 Yoga 11:00 Cards	26 9:00 Walking 10:00 Tai Chi 11:00 Crafts	27 9:00 Bingo 10:00 Yoga 11:00 Cards	28 9:00 Walking 10:00 Tai Chi 11:00 Crafts	29 Joy Club Trip	30
31						

## Dates to Remember

1st- Parking Lot Fun  
4th- Center Closed  
6th - Farmers Market  
7th - HDTC Trip  
8th- Birthday Celebration  
8th- Medication Safety  
12th- Tai Chi starts  
15th- SNAP Coordinator  
19th- HDTC Meeting  
20th- Lamar Collaborative  
20th- Joy Club Meeting  
22nd- Georgia Center of the deaf  
27th- Anytime Fitness  
29th- Joy Club Trip



To celebrate the 4th of July we will have a parking lot fun day on July the 1st

Tai Chi is back on July 12th  
at 10:00 am

Call the center to sign up



Remember summer is here make sure you  
stay hydrated

### **Signs of dehydration in seniors may include:**

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate
- Low blood pressure
- Low urine output
- Constipation

# 4<sup>TH</sup> OF JULY

## WORD SEARCH

T M N W Q J E T A R B E L E C D Y  
 I M T Q H H Y M Q R Q U D U E I A  
 O Q T A W Q M Z Y E X U C C N T D  
 I N D E P E N D E N C E L C J A I  
 A S I O U O R H A M U A A T U Q L  
 N K S A M E R I C A R P P S O S O  
 U R P U F U B E E A Y S T R U B H  
 P O A Y D L D W T O E C I N C I P  
 K W R W E A A I L P O E A U E O N  
 F E K H T F O G I A D E U S D I H  
 Y R L I I N T R B E M D T N A T L  
 L I E T N P T Z E U R A E T R S C  
 U F R E U S L Q R R R U I U A A E  
 J V S O D L K V T S L R O K P J B  
 W I T O E O M O Y B B F I U P J L  
 I A S V Y E M R E D R E M M U S E

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	