### August 2019 Month-at-a-Glance

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<td><strong>Dekalb Farmers Market</strong>&lt;br&gt;Thu, Aug 22&lt;br&gt;Shopping Trip&lt;br&gt;Marine Corps League</td>
<td><strong>Senior Resource &amp; Care Expo</strong>&lt;br&gt;Tue, Aug 27&lt;br&gt;1 – Trip Sign-up&lt;br&gt;Sausage Biscuit&lt;br&gt;Tai Chi &amp; Aerobics&lt;br&gt;Healthy Living&lt;br&gt;6-Day &amp; Mahjong&lt;br&gt;Pickleball&lt;br&gt;Line Dancing &amp; DAV&lt;br&gt;Ballroom Dancing</td>
<td><strong>Chinese New Year</strong>&lt;br&gt;Line Dancing Classes</td>
<td><strong>Red Hat Trip</strong>&lt;br&gt;Movie Day&lt;br&gt;Red Hat Society&lt;br&gt;Movie Day&lt;br&gt;Pickleball&lt;br&gt;Mahjong&lt;br&gt;Line Dancing &amp; DAV&lt;br&gt;Ballroom Dancing</td>
<td><strong>Saturday Country Music Dance</strong>&lt;br&gt;Morning Stretch&lt;br&gt;Bingo&lt;br&gt;Aerobics&lt;br&gt;Gospel Singing&lt;br&gt;Chair Volleyball&lt;br&gt;Pickleball&lt;br&gt;Mahjong&lt;br&gt;Line Dancing &amp; DAV&lt;br&gt;Ballroom Dancing</td>
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### Recreation for Active Adults 55+

#### Wonderlful Wednesdays

**11:15am**

- **Technology Training**<br>Thu, Aug 8 & 22
- **Rock Painting**<br>Thu, Aug 8
- **Dementia Communication**<br>Tue, Aug 13
- **Ice Cream Party**<br>Fri, Aug 16
- **Yellowstone Pre-Trip Mtg**<br>Mon, Aug 26
- **Hearing & Blood Pressure Screenings**<br>Thu, Aug 29

### Dehydration: Is it Serious?

Dehydration can be a serious heat-related disease. It is also a dangerous side effect of diarrhea, vomiting, and fever. Children and people over the age of 60 are particularly susceptible to dehydration.

Under normal conditions, we all lose body water daily through sweat, tears, breathing, urine, and stool. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water. When a person becomes so sick with fever, diarrhea, or vomiting, dehydration happens. It also happens if an individual is overexposed to the sun and not drinking enough water.

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**Dehydration**

Dehydration can be a serious heat-related disease. It is also a dangerous side effect of diarrhea, vomiting, and fever. Children and people over the age of 60 are particularly susceptible to dehydration.

Under normal conditions, we all lose body water daily through sweat, tears, breathing, urine, and stool. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water. When a person becomes so sick with fever, diarrhea, or vomiting, dehydration happens. It also happens if an individual is overexposed to the sun and not drinking enough water. This is caused when the body loses water content and essential body salts, such as sodium and potassium.

Occasionally, dehydration can be caused by medicines, such as diuretics. These deplete body fluids and electrolytes. Whatever the cause, dehydration should be treated as soon as possible.

In cases of mild dehydration, simple rehydration is recommended by drinking fluids. Many sports drinks on the market effectively restore body fluids, electrolytes, and salt balance.

For moderate dehydration, intravenous (IV) fluids may be needed. If caught early enough, simple rehydration may be effective. Cases of serious dehydration should be treated as a medical emergency, and hospitalization, along with intravenous fluids, is necessary. Immediate action should be taken.

Take preventative measures to avoid the harmful effects of dehydration, including the following:

- Drink plenty of fluids, especially when working or playing in the sun.
- Make sure you are taking in enough fluid than you are losing.
- Try to schedule physical outdoor activities for the cooler parts of the day.
- Drink appropriate sports drinks to help maintain electrolyte balance.
Everyday Events

Be Greeted at the Door. Sign Up For Lunch or Other Events. Play Games: Bridge, Billiards, Dominos, Mahjong, or Hand & Foot. Make Works of Art: Quilting, Crocheting, Painting, Knitting, Sewing, Scrapbooking, and other Crafts. Surf the Internet, Play a Computer Game or Research your Family Tree. Enjoy a Nutritious Meal. Walk on the Walking Track or Nature Trail. Take an Exercise or Wellness Class. Learn how to Dance or use a Fitness Machine to get in shape in our Wellness Center.

Weekly Events

Sewing Class (Varies Mondays, 9am)
Maryse Vaillancourt- Prescott Resumes in Oct
Morning Stretch (Mon & Fri, 9:30am)
Stretching Exercise. Margaret Ross (706-415-0245)
Genie Club (Mon, 9:30am)
Trace your Family Roots. Utilizes Ancestry.com
Blood Pressure Check (Mon, 10am)
LaGrange Fire Dept. in the Game Room.
Mahjong (Mon, Tue & Thu, 1pm)
Betty (706-812-8840) (706-302-4896)
Beginner’s Line Dancing (Mon, 1pm, Tue, 5:45pm & Wed, 11:00am) Kathy Matthews
The Paper Dolls (Mon, 1pm)
Scrapbooking Club Barbara Hudson (706-884-7239)
His & Her Hair Care (Mon, Wed, Thu & Fri) $ Low-cost Hair Care at the Center. Walk-ins welcome. Pam Wisniewski (706-298-7405)
Chair Aerobics (Mon, Tue & Thu & Fri 10:30am) low-impact Aerobics. Jane Anderson
Move It or Lose It (Tue, 9:30am)
Dynamic Movement Class by Barbara Begg
Bible Study (Tue, 9:30am)
Held in the Media Room
Intermediate Tai Chi (Tue, 11:45am) $ Lynn Norris (706-315-7749)
Water Aerobics (Tue & Thu, 1pm) $ Mary Cameron (706-884-7921) Resumes in Sep
Oil Painting Class (Tue & Fri, 12pm) $ For all Skill Levels. Donna Bailey (706-302-0392)
Pickles Ball Games (Tue & Thu, 2:30pm)
Sporting Events held in the Wellness Center.
Advanced Line Dancing (Tue, 7pm & Thu, 1pm)
Taught by Mark Richardson and Jackie Chatterton.

Wonderful Wednesday Programs
Special Presentations held each Wednesday at 11:15am in the Dining Room

Long-Term Care Options: Three Rivers (7th)
Scam Prevention: LaGrange Police Dept. (14th) GeorgiaCares Medicare Services (21st)
400 Years - A Journey: Workshops (28th)

Veterans Assistance (Tue/Thu, 4-7pm)
Provided by the DAV in the Media Room.

90 Day Challenge (Wed, 9:30am)
In the Wellness Center. Celeste Garrett

Intermediate Aerobics (Wed, 10:00am)
Low-Impact Class Margaret Ross (706-882-1071)
Small Prize Bingo (Wed & Fri, 10:00am)
Free Bingo for Participants in Dining Room.

Hand and Foot Card Game (Wed, 1pm)
Fun Canasta Game held in the Game Room
Intermediate Line Dancing (Wed, 1pm)
Taught by Jackie Chatterton
The Knit Witz (Wed, 1,0:00pm)
This crochet & knitting club is for all levels.

Beginner’s Tai Chi (Thu, 8:30am)
Wellness Ctr. Alice Simpson & Valerie Duke
Healthy Living (Thu, 9:30am)
Tips for Living Well with Celeste Garrett
Ballroom Dance Lessons (Thu, 7pm) $ Cody Wayne Foot (334-663-2408)
Old Fashion Singing (Fri, 11am)
Enjoy Good Ole Gospel Singing.
Chair Volleyball (Fri, 1pm)
Fun Seated Competition.

Monthly Events

Trip Sign-Up (Thu, Aug 1, 8am)
Sign Up for July’s Day Trips.

Birthday Celebration (Aug 11, 11:00am)
Special Recognition in the Dining Room for those with Birthdays this Month.

Breakfast (Aug 1 & 13, 8:30am)
Sausage and Biscuit. Cost: $1 Each
Red Hot Society (Thu, Aug 8, 9:30am)
Meets in the Activity Center Lobby
Catfish Supper (Fri, Aug 9, 5:30pm) $7
Nutrition Education (Tue, Aug 20, 11:30am)
Health & Nutrition Tips from Celeste Garrett.

Special Events

Free Veterans Assistance
(Tue and Thu, 4pm-7pm) Media Room
Sponsored by the DAV.
Enter through the sliding glass door.

Terrific Tournaments
Ladder Toss Tournament
Mon, Aug 12 at 9:30am
Bucket Ball Tournament
Mon, Aug 19 at 9:30am

Weekly Pickleball Events
(Tue & Thu, 2:30pm – 4pm) Wellness Center
Join us for this “badminton” style fun sport.

Yoga Fit Classes
(Mon. & Wed, 2:30pm) Wellness Center
Build better flexibility, mobility, strength and balance. Yoga mats are available.

Free Basic Computer Training*
(Thu, Aug 8 & 22, 9:30am) Media Room
Improve your Technology Skills

Rock Painting Craft Class*
(Thu, Aug 8, 1pm) Craft Room
This class is open to adults of all ages.

Catfish Supper Night*
(Fri, Aug 9, 5:30pm) $7 Dining Room
Menu: Crispy Catfish Fillet and more with Strawberry Shortcake for dessert.

Ballroom Dance Wellness Ctr
(Fri, Aug 9, 8pm) $20 per couple Dance Lesson at 7pm: Tango

Communicating with Dementia Patients
(Tue, Aug 13, 1pm) Media Room
Healthy Living for your Brain and Body sponsored by the Alzheimer’s Association.

Ice Cream Party
(Fri, Aug 16, 12:30pm) Dining Room
Tasty ice cream and a movie.

American Home Shield
Ice Cream Sponsored by

Poplar Creek Movie Day
(Fri, Aug 16, 1pm) Dining Rm
Enjoy Breakthrough (2019) with Ice Cream.

Country Music Dance
(Sat, Aug 17, 7pm – 10pm) $6

Free Hearing Screening*
(Thu, Aug 29, 9am - 12pm) Front Office
This free medical screening will be provided by the West Georgia Health’s Audiology Dept.

AARP Safe Driving Class* Filled Up
(Wed, Sep 4 & Thu, Sep 5, 1-4pm)
Cost: $15 (AARP Members) or $20

TRAVEL NEWS

DeKalb Farmers Market* (Thu, Aug 22, 8am) $5
Large international food market with produce, meat, seafood, cheese, bakery, coffee shop, flowers, & more.
Lunch at Market.

Red Hat Service Project & Luncheon* (Fri, Aug 9, 9:30am)
A Visit to Twin Fountains Nursing Home.
Lunch at Fried Tomato Buffet

Yellowstone Pre-trip Meeting (Mon, Aug 26, 10am) Dining Room
Shopping trip to Cumberland Mall* (Tue, Aug 27, 8:45am) $5 plus meal cost
A fun shopping adventure with large selection of stores and restaurants. Lunch at Mall.

Senior Resources Expo in Newnan* (Thu, Aug 29, 8:15am) $3 (free lunch)
Educational sessions about successful aging, caregiving, legal issues, Medicare assistance and other vital topics.
Includes entertainment and door prizes.

Yellowstone Trip* Sold Out (September 11-21, 2019) See Trip Brochure
Springtime Holland Tulip River Cruise* (Apr 28 - May 6, 2020) See Trip Brochure
Other Multiday Travel Opportunities: Carnival Cruise w/ West Point: Nov 11-16
Savannah Trip w/ Hogansville: Apr 20-24 (Info Mtg, Tue, Aug 6 at 5pm at Hogansville)