



8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH
 AT 11:30

JULY 2017

REMEMBER TO DRINK
 PLENTY OF FLUIDS

MONDAY	WEDNESDAY	THURSDAY
10:00 GENTLE EXERCISE 10:30 BLOOD PRESSURE CHECK 12:00 BOARD GAMES 12:30 VEGGIE MOBILE 3	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 11:30 PICNIC 5	8:45 BRAINIACS 9:15 LINE DANCING 6
10:00 GENTLE EXERCISE 12:30 VEGGIE MOBILE 1:00 VEGGIE TALK 10	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 ARMCHAIR TRAVEL 12	8:45 BRAINIACS 9:15 LINE DANCING 13
10:00 GENTLE EXERCISE 12:00 CRAFT 12:30 VEGGIE MOBILE 17	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 SPECIALTY BINGO 19	8:45 BRAINIACS 9:15 LINE DANCING 20
10:00 GENTLE EXERCISE 12:00 BOOK TALK 12:30 VEGGIE MOBILE 24	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 26	8:45 BRAINIACS 9:15 LINE DANCING 27
10:00 GENTLE EXERCISE 12:00 VEGGIE MOBILE 31		

- *Place a full pitcher of lightly-spiced tea, fruit tea, or a bottle of mineral water on the kitchen table. The pitcher or bottle should be empty by nightfall.
- *Drink a glass of water immediately after you get up in the morning.
- *Drink a glass of water after cleaning your teeth at night.
- *Mix and match diluted fruit juices as substitutes for the other drinks.
- *Remember that soups and bouillon are good sources of fluid.
- *Remember that soups and bouillon are good sources of fluid.
- * Adding freshly sliced lemons, limes, cucumbers, oranges or strawberries adds fresh taste to beverages.
- * Try to steer clear of the caffeinated beverages.
- * Popsicles and ice cubes, made from flavored water or teas are refreshing as well.

LENAAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN, MI 49221, PHONE: 264-5280



~Wishing you wellness...
 Cassie Hollenbeck, Nutrition