



Director - Julie Kulka



SERVING LUNCH at 11:30

**OPEN 8:30 - 2:00**

**ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917**

MONDAY	WEDNESDAY	THURSDAY
 4TH of JULY <b>CLOSED</b>	BINGO W/ Treats	LINE DANCING W/ GLORIA  Cards, Games, Puzzles <b>Ice Cream Thursday</b>
All- American Pet Photo Day Bring in photos of all your pets  National Blueberry Muffin Day CARDS, PUZZLES, GAMES	<b>Christmas in July</b> \$5.00 Gift Exchange Christmas Party games	LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES  <b>Ice Cream Thursday</b>
VEGGIE MOBILE CARDS, PUZZLES, GAMES	BINGO W/ Treats	LINE DANCING w/ GLORIA Horse race game @10:30 CARDS, GAMES & PUZZLES <b>Ice Cream Thursday</b>
	Bingo w/ Pennies	LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES  <b>Taco with the Legion for lunch 11:30</b>
		

**NUTRITION NOTES:**

**NUTRITION NEWS**

Water is the basis of life. Water keeps our mouth, eyes and nose moist. We need water to digest food and prevent constipation. As we get older, our sense of thirst can change. When you don't physically feel thirsty, you may become dehydrated.

Indicators of dehydration include a mouth that feels dry, fatigue or a headache; advancing to periods of confusion, weakness and dizziness.

Drinking fluids is usually sufficient to treat mild dehydration. Taking small, frequent amounts of fluids rather than forcing large amounts at once. When dehydration is recognized and treated promptly, one will soon feel much better.

These are some techniques to increase fluid intake. Caffeine and alcohol are diuretics, so when having either, have extra water to balance the dehydrating effect. Try drinking decaffeinated coffee, or tea, or even just warm water.

Consuming water-based foods count, and vegetables are a natural source of water, along with valuable vitamins and minerals.

Reduce the sodium intake in your diet. Foods can make you excessively thirsty and can also lead to bloating.

Lenawee County Dept. On Aging, 1040 S. Winter St., Suite 3003, Adrian, MI 49221 phone: 264-5280

4-Jul CLOSED 4th of JULY

26-Jul Senior Day at the Fair 1: 00 P.m.

