

July 2025 Newsletter

Crossword Answers

1. Revolutionary 10. Founding

2. Selfevident 11. Hotdogs

3. Blue 12. Speeches

4. Flag 13. JohnHancock

5. Equal 14. Stars

6. Independence 15. American

7. Philadelphia 16. Fireworks

8. Picnic 17. Swimming

9. Watermelon 18. Legal

Nutrition Facts & Puns

Who said eating healthy can't be fun

- Potatoes were the first food planted in space in October 1995
- Waffles are just pancakes with abs
- Pistachios aren't nuts- they are actually fruits! They are a "drupe" a fleshy tree fruit containing a shell-covered seed.
- Why do beets always win at everything? They are unbeatable!
- Carrots are sweeter in the winter time. They have developed the physical response of increasing their sugar content when its cold outside to stop ice crystal formations that cause damage.
- To keep yourself from crying while chopping onions don't cut off the root top.
- What are twins' favorite fruit? Pears!
- Alliumphobia is the fear of garlic, lachanophobia is the fear of vegetables, and arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.
- A ripe cranberry is bouncy and can bounce as high as 12 inches, this is a common test used by cranberry farmers.
- I'm on a seafood diet. I see food and I eat it.
- Kentucky has a law that forbids you to carry an ice cream cone
 in your back pocket. Horses used to go missing because they
 followed the ice cream people had in their pockets.
- All these food puns have me wonton more!
- · A bunch of bananas is called a hand, a single banana is called a finger

Extreme Heat Information For Older Adults & Caregivers

According to the Center for Disease Control and Prevention (CDC), extreme heat is increasing in the United States and is projected to be more frequent and intense.

This poses a serious threat to older adults and those with chronic diseases who are at the highest risk for heat-related illness. While serious health and safety effects are preventable in many cases, approximately $\underline{1,220}$ people in the United States are killed by extreme heat every year, the CDC reports.

According to the CDC, factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription Drug Use

- Heat Disease
- Mental Illness
- Poor Circulation
- Sunburn
- Alcohol Use

Before a heat wave you should:

- Know the symptoms of heat-related illnesses: heavy sweating; cold, pale, and clammy skin; fast, weak pulse; nausea or vomiting; muscle cramps; tiredness or weakness; dizziness; headache; fainting (passing out).
- Make sure that you can open your windows and/or that your air conditioner is working properly. To see if you qualify for cooling assistance call DSS at (315) 785-3229
- Find out where to cool down Identify air-conditioned buildings where you can go (such as libraries, malls, supermarkets, or friends' homes).
- Choose someone that you can call for help or who can check on you
- Talk to your doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat.

During a heat wave you should:

- Use air conditioning to cool down or go to an air-conditioned building
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- Drink plenty, particularly water (at least 2-4 glasses of water per hour during extreme heat) even if you do
 not feel thirsty. Your body needs water to keep cool. Avoid alcohol, caffeine and sugary drinks.
- Beat the heat with cool showers and baths
- Take regular breaks from physical activity
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. & 4 p.m.)

Older Adults Among Those at Highest Risk for Heat-Related Illness

During a heat wave you should (Continued):

- Wear loose, lightweight, light-colored clothing to help keep cool
- Stay out of the sun as much as possible
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are older or have special needs

Did you know?

- When indoor air temperatures are <u>hotter</u> than 95° F it can be dangerous to use a fan- On very hot, humid days, sweat evaporates off the skin slower than normal, which means fans blowing that air over the body makes it difficult for your body to cool you off by sweating.
- Fans usage at these temperatures may cause your body to gain heat instead of lose it, which can cause dehydration to occur more quickly.
- When indoor air temperatures are <u>cooler</u> than 95° F you should use a fan in the window so cooler air from the outside can circulate over the body helping you to regulate temperature quickly.

Places to Get Cool:

New York State pools and beaches across the New York State Park system are available for individuals to cool off during hot days this summer. There are 16 parks within Jefferson County they are:

- Black River Trail
- Burnham Point State Park
- Canoe-Picnic Point State Park
- Cedar Point State Park
- Long Point State Park
- Mary Island State Park
- Robert G. Wehle State Park
- Rock Island Lighthouse State Park

- Dewolf Point State Park
- Grass Point State Park
- Keewaydin State Park
- Kring Point State Park
- Southwick Beach State Park
- Waterson Point State Park
- Wellesley Island State Park
- Westcott Beach State Park

For further information on how to stay safe during periods of excessive heat, please visit the <u>New York State</u> <u>Department of Health</u> website or the <u>CDC website</u>.

Lastly, for information on long term care services and supports for older adults and caregivers, please visit $\underline{\text{NY}}$ $\underline{\text{Connects}}$ or call 1-800-342-9871.

5 Tips on How to Stay Hydrated

If you want to prevent dehydration, it's as easy as incorporating more water and water-rich foods into your diet.

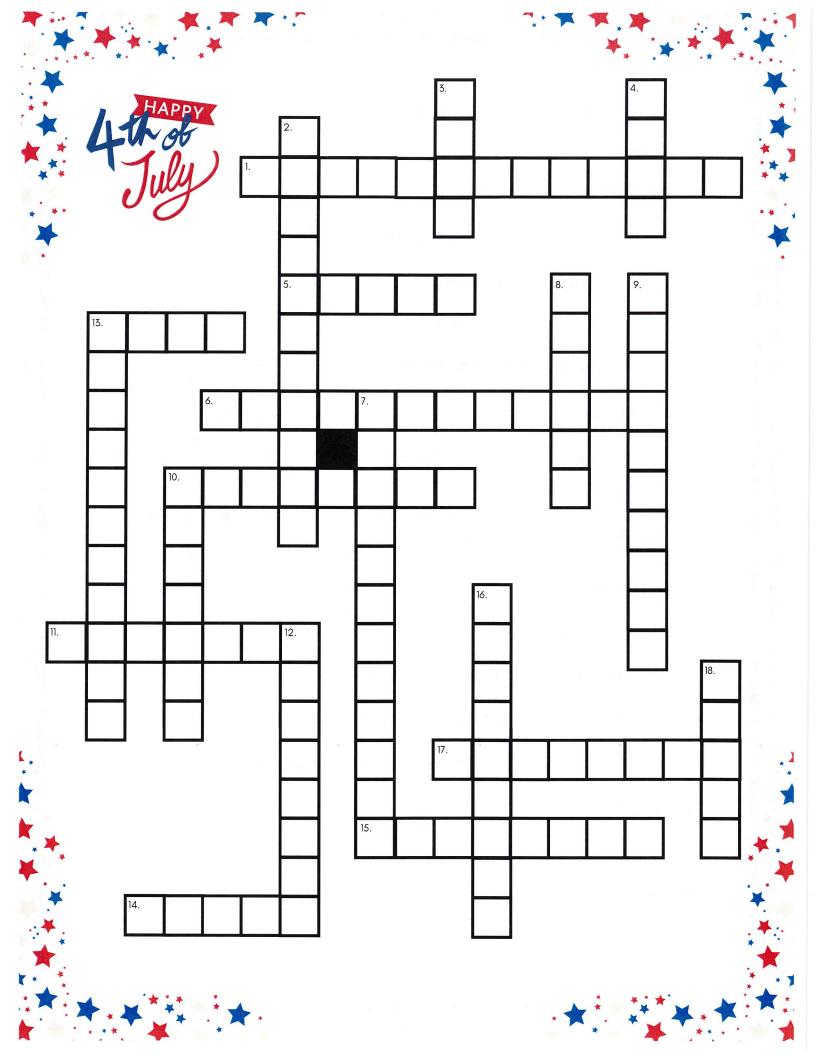
Here are some tips:

- <u>Eight glasses</u> a day is an easy rule to remember and a good general target. You
 can also use the body weight formula: take one-third of your body's weight and
 drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim
 to drink 50 ounces of water each day.
- When you feel thirsty (if not before), drink. Make it a point to drink a big glass of water with every meal.
- Focus your hydration strategy on water or low-calorie beverages like sparkling water, plain coffee, tea, or flavored water.
- Carry a large, reusable water bottle with you throughout the day and refill it as needed with clean drinking water.
- Certain situations will require you to drink more water to maintain good hydration.
 These include physical activity and exercise, hot and or/humid weather, and occasions when you are vomiting or have diarrhea.

Mild dehydration can usually be resolved by drinking fluids, but severe dehydration can be life-threatening. Seek medical help immediately if you experience some or all of the symptoms below:

- Dizziness or feeling faint
- Dry mouth
- Rapid breathing and/ or heartbeat

- Dark-colored urine
- Trouble Urinating



Across

- 1. This war was fought for our independence
- 5. All men are created _
- 6. The Colonies declared their _ from England
- 10. Washington, Jefferson, Hancock, and other _ Fathers
- 11. Good at a BBQ or a campfire
- 13. We celebrate our independence during this month
- 14. The American flag has _ and stripes
- 15. Proud to be an _
- 17. A good way to cool off on a hot day

Down

- 2. We hold these truths to be _ _
- 3. Red, White, & _
- 4. "We pledge allegiance to the _ of the United State of America"
- 7. The Declaration of Independence was signed here
- 8. Don't forget the potato salad, chips, and buns, ect... for the _
- 9. Heavy summertime fruit. Watch out for the seeds!
- 10. Let _ ring
- 12. Politicians like to give these at gatherings
- 13. Well-known Declaration signer
- 16. At night on the 4th there are many displays of _
- 18. The 4^{th} of July was declared a _ holiday in 1941





Got Medicare Questions?



Health Insurance Information Counseling & Assistance Program (HIICAP) is funded by the NYS Office for the Aging and helps people of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

HIICAP's certified volunteer insurance counselors provide personalized counseling face to face or over the phone to individuals who have questions about Medicare.

Frequently HIICAP is helping people understand what Medicare covers: Part A is hospital insurance, Part B is medical insurance, Part C is the option of a Medicare Advantage Plan (through a private insurance company), Part D is Medicare prescription drug coverage (also through a private insurance company). In addition, counselors provide information on Medicare supplement policies.

A common concern brought to HIICAP is the issue of cost-keeping insurance and health care costs within each person's budget. Those concerns are addressed in several ways, including informing people with low incomes about options that can assist them: Medicare Savings Program, Part D Extra Help Program, and Medicaid. Comparing the costs and coverage offered through Medicare supplemental policies (Medigap) and Medicare Advantage Plans. Both re available from private insurance companies. Looking at New York State's Pharmaceutical Assistance Program (EPIC) which can help with drug costs.

At each appointment, the starting point is your individual situation, your questions, and concerns. If you wish to talk with a certified counselor, call the Jefferson County Office for the Aging at (315) 785–3191 to make an appointment.



Save The Date!

Medicare 101 Seminar

- Considering retirement?
- Already retired and have questions about Medicare or health insurance options?

Please join us and learn how to take charge of the decision-making process as you navigate the Medicare system and coverage options.

The presentation will cover the following:

- Medicare A, B, C & D
- Medicare changes in 2025
- Filling the Gaps in Medicare- Medicare Advantage Plans & Medigap
- Preventative services, covered and non-covered services
- Lower income assistance programs such as Medicare Savings Program, Extra Help, and EPIC which help cover costs of premiums, copays, deductibles.



Jefferson County Office for the Aging 175 Arsenal St. 2nd Floor - Large Conference Rm. Watertown, NY 13601



Thursday, July 24th, 2025 2:30pm - 4:00pm

Pre-registration is required. Please call the Office for the Aging at 315-785-3191 to register.

"This project was supported, in part by the U.S. Administration for community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy."



2025 Senior Picnic



Westcott Beach State Park, Pavilion D



Wednesday, July 16th, 2025 (Rain Date: Thursday, July 17th, 2025) 10 A.M. - 2 P.M.

Lunch will be provided to individuals who register.

Seniors 60+ will have a chance to win a prize from our raffle!

Download the registration form from the Office for the Aging website or stop by the office to pick one up!

A Huge Thank You to Nascentia Health and Fidelis Care for sponsoring the event

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to these local businesses for donating to the raffle so far!

1000 Island Harbor Hotel

Jreck's Subs

Applebee's

Lofink Motor Company - Caskinette Ford

Art's Jug

Olive Garden

Bad Apple Saloon

Pizza Hut

Blue Mountain Spring Water

Red Robin

Cam's New York Pizzeria

Samaritan Health

Clipper Inn, Ltd

Stewarts

Cracker Barrel

Vito's Gourmet

Edible Arrangements

Watertown Savings Bank

Hannaford Superstore

Willowbrook Gold Club

Jefferson County Office for the Aging

SENIOR HEALTH EXPO

Learn about services in Jefferson County that could aid you in your day to day life.

Join Us



Thursday August 14th, 2025



9 am - 1 pm



Jefferson Community College
James McVean College Center #4
Parking in Lot C
1220 Coffeen St. Watertown, NY
13601



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State Police Warns of Scams-Targeting Elderly in Jefferson, Lewis Counties

By 7 News Staff

Published: Jun. 25, 2025 at 12:58 PM EDT

WATERTOWN, New York (WWNY) - State police are warning of scams targeting elderly people in Jefferson and Lewis County.



Scams include someone posing as a member of law enforcement conducting a financial investigation, or someone claiming they're a lawyer representing your grandchild and you need to send money.

Police say common themes in these scams are urgency and the need for secrecy.

Contact is made either through a phone call that is either spam, an unrecognized number, or spoofed to be made to look like it is from a trusted person or family member, or through a pop-up message on a computer or cell phone.

Usually, a person will be asked to use a text messaging app or another phone number to continue communications.

Police offer the following tips:

- Remember that law enforcement does not collect money in any way from the public
- Law enforcement and lawyers do not request that money be paid through gift cards
- Do not send cash packaged in magazines and/or wrapped in foil to anyone
- Never turn cash over to a person who is being sent to meet you
- There is also no need for secrecy from family members involving financial transactions

Police say in many cases, a simple check of Google will show that phone numbers are associated with scams. Addresses used by scammers are sometimes just unoccupied houses for sale.

Troopers recommend that people call law enforcement if they've been targeted by scammers or want to verify information.



RESIDENT RIGHTS & RESPONSIBILITIES



Secretary of HUD

This brochure does not apply to the Public Housing Program, the Section 8 Moderate Rehabilitation Program (except for multifamily housing properties insured by HUD), and the Housing Choice Voucher Program (except when a voucher is used in a multifamily housing property with a HUD-insured mortgage).

AS A RESIDENT, YOU HAVE RIGHTS AND RESPONSIBILITIES THAT HELP MAKE YOUR HUD-ASSISTED HOUSING A BETTER HOME FOR YOU AND YOUR FAMILY.

This brochure is being distributed to you because the United States Department of Housing and Urban Development (HUD), which regulates the property in which you live, has provided some form of assistance or subsidy for your apartment. As part of its dedication to maintaining the best possible living environment for all residents, your local HUD office encourages and supports the following:

- Management agents and property owners communicate with residents on any and all issues
- Owners and managers give prompt consideration to all valid resident complaints and resolve them as quickly as possible
- Your right to file complaints with management, owners, or government agencies without retaliation, harassment or intimidation
- Your right to organize and participate in certain decisions regarding the well-being of the property and your home
- Your right to appeal a decision made by the local HUD office to the Office of Asset Management and Portfolio Oversight at HUD Headquarters.

Along with the owner/management agent, you play an important role in making your apartment, the grounds, and other common areas—a better place to live.

This brochure briefly lists some of the most important rights and responsibilities to help you get the most out of your home.



YOUR RIGHTS

As a resident of a HUD-assisted multifamily housing property, you should be aware of your rights.

Rights: *Involving Your Apartment*

- The right to live in decent, safe, and sanitary housing that is free from environmental hazards including lead-based paint.
- The right to have repairs performed in a timely manner, upon request.
- The right to be given reasonable notice, in writing, of any non-emergency inspection or other entry into your apartment.
- The right to protection from eviction except for specific causes stated in your lease.
- The right to request that your rent be recalculated if your income decreases.
- The right to access your tenant file.

Rights: Involving Resident Organizations

- The right to organize as residents without obstruction, harassment, or retaliation from property owners or management.
- The right to provide leaflets and post materials in common areas informing other residents of their rights and opportunities to involve themselves in their property.
- The right to use appropriate common space or meeting facilities to organize (this may be subject to a reasonable, HUD-approved fee).
- The right to meet without representatives or employees of the owner/management company present.
- The right to be recognized by property owners/management company as having a voice in residential community affairs.

Rights: *Involving Nondiscrimination*

The right to equal and fair treatment and use of your building's services and facilities, without regard to race, color, religion, gender, sexual orientation, gender identity, disability, familial status (children under 18), national origin (ethnicity or language), or in some circumstances, age.



YOUR RESPONSIBILITIES

As a resident of a HUD-assisted multifamily housing property, you also have certain responsibilities to ensure that your building remains a suitable home for you and your neighbors. By signing your lease, you, the owner and the management company have entered into a legal, enforceable contract. You are responsible for complying with your lease, house rules, and local laws governing your property. If you have any questions about your lease or do not have a copy of it, contact your property management agent or the local HUD office.

Responsibilities: To Your Property Owner or Management Agent

- Complying with the rules and guidelines that govern your lease.
- Paying the correct amount of rent on time each month.
- Providing accurate information to the owner/management agent's company at the certification or recertification interview to determine your total tenant payment, and consenting to the release of information by a third party to allow for verification.
- Reporting changes in the family's income or composition to the owner/management agent's company in a timely manner.

Responsibilities: To the Property and Your Fellow Residents

- Complying with rules and guidelines that govern your lease.
- Conducting yourself in a manner that will not disturb your neighbors.
- Not engaging in criminal activity in your apartment, common areas or grounds.
- Keeping your apartment reasonably clean, with exists and entrances free of debris, clutter or fire hazards and not littering the grounds or common areas.
- Disposing of garbage and waste in the proper manner.
- Maintaining your apartment and common areas in the same general physical condition as when you moved in.
- Reporting any apparent environmental hazards to the management (such as peeling paint, which is a hazard if it is a lead-based paint) and any defects in building systems, fixtures, appliances, or other parts of the apartment, the grounds, or related facilities.



YOUR RIGHT TO BE INVOLVED

In decisions affecting your home

As a resident in HUD-assisted multifamily housing, you play an important role in decisions that affect your community. Different HUD programs provide for specific resident rights. You have the right to know under which HUD program your building is assisted. To find out if your apartment building is covered under any of the following programs, contact your management agent, Section 8 contract administrator, or the HUD office nearest you. If your building was funded under HUD's Rental Assistance Demonstration Program, or HUD's Section 236, 221(d)(3)/BMIR, Rental Assistance, Section 202 Direct Loan or Section 202/811 Capital Advance Programs or is assisted under any applicable project based Section 8 program or Rent Supplement, you have the right to be notified of, or in some instances, to comment on, the following:

- Nonrenewal of a project based Section 8 contract
- An increase in the maximum permissible rent
- Conversion of a project from project-paid utilities to tenant-paid utilities
- A proposed reduction in tenant utility allowance
- Conversion of residential apartments in a multifamily housing property to a nonresidential use or to condominiums, or the transfer of the housing property to a cooperative housing mortgagor corporation or association
- Transfer of the project-based Section 8 contract in your property to one or more buildings at other locations
- Partial release of mortgage security
- Capital improvements that represent a substantial addition to the project
- Prepayment of mortgage (if prior HUD approval is required before owner can prepay)
- Any other action, which could ultimately lead to involuntary, temporary or permanent relocation of residents
- If you live in a building that is owned by HUD and is being sold, you have the right to be notified of, and comment on HUD's plans for disposing of the building.



ELIGIBLITY FOR ENHANCED VOUCHERS

If your apartment is assisted under a project-based Section 8 contract that is ending, and if the owner decides not to renew it, the owner is required by law to notify you in writing of that decision at least one year before the contract expires. Under these circumstances, you may be eligible for an Enhanced Voucher (EV), which owners are required to accept and which would give you the Right to Remain in a apartment at your property, provided that you are in compliance with your lease and the property remains rental housing. HUD will select a local Public Housing Agency (PHA) to provide an EV for eligible families who decide to remain at the property and to administer this assistance.

If you decide to remain at your property using an EV, a higher payment standard will be used to determine the amount of Section 8 assistance that is paid on your behalf if the gross rent for the apartment is more than the PHA's payment standard. However, the PHA must determine that the rent that the owner charges for your apartment is reasonable, and you must continue paying at least the amount of rent that you were previously paying.

If you are eligible for an EV, you can instead choose to move out of the property and use the voucher to rent a apartment anywhere in the United States where the owner will accept the voucher and the rents are in an allowable range, subject to approval. If you move out, however, the voucher is no longer "enhanced," and the amount of Section 8 assistance that is paid on your behalf will be based on the PHA's normally applicable payment standard.



ADDITIONAL ASSISTANCE

For additional help or information, you may contact:

- Your property manager or the management company
- The account executive for your property in HUD's Multifamily Regional Center or Regional Satellite Center
- HUD's National Multifamily Housing Clearinghouse at 1-800-685-8470 to report maintenance or management concerns
- HUD's Office of Fair Housing and Equal Opportunity at 1-800-669-9777, if you believe you've been discriminated against
- HUD's Office of Inspector General Hot Line at 1-800-347-3735 to report fraud, waste, or mismanagement
- HUD's Housing Counseling Service locator at 1-800-569-4287 for the housing counseling agency in your community
- Your local government tenant/landlord affairs office, legal services office or tenant organizations to obtain information on additional rights under local and state law
- If appealing a local HUD Office decision, you may contact the Director of the Office of Asset Management and Portfolio Oversight in Washington, DC at 202-708-3730

ON-LINE RESOURCES:

- Housing and Urban Development website: www.hud.gov
- The local HUD Field Office: http://www.hud.gov/local/index.cfm.
- Note: To locate your local field office, select: Contact My Local Office (under the I Want To section)



U.S. Department of Housing and Urban DevelopmentOffice of Multifamily Housing Programs
Washington, DC 20410-0000 Official Business
Penalty for Private Use \$300



This brochure about your rights and responsibilities as a resident of HUD assisted multifamily housing is available in 13 alternate languages in addition to English and Braille. To determine if your language is available, please contact HUD's National Multifamily Housing Clearinghouse at 1-800-685-8470 or visit http://www.hud.gov/offices/fheo/lep.xml.

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	Flower holder"	Alisha "Book	1:00 Craft with	Luncheon	11:30 Depauville	11:00 Boxing	10:00 Bingo 28				T. OO DOXIIIG	10:00 Bingo 11:00 Boying	21			Holly	1:00 Craft with	11:00 Boxing	-		\$3.00	"Rookmark"	Z AIC		10:00 Bingo	7		Paynter Center		CVUV	0007		Monday
				12:00 Lunch	11:15 Zoomers	10:00 Boomers	29	12:00 Lunch	11:15 Zoomers	CIRCUIT	10:00 Boomers-	9:00 Evans Mills	22	Farmers Market	12:00 Eulich 12:30 Cape	Cancelled	11:15 Zoomers	For walk	Meet at Cerow		Cancelled	11:15 Zoomers	For walk	Meet at Cerow	Shopping 10:00 Roomers -	9:00 Watertown 8	Canada Day			12:00 Lunch	10:00 Boomers	1	Tuesday
1:00 Tai Chi	11:00 Exercise	10:00 Coffee Hour	Shopping	9:00 Clayton	Lorna	9:00 Zumba with	00	1:00 Exercise 1:00 Tai Chi	10:00 Coffee Hour	Shopping	9:00 Clayton	9:00 Zumba with		Picnic	9:30 Bus OFA	Shopping	9:00 Clayton	J orna	مار کرسیام مینید	1:00 Tai Chi	11:00 Exercise	10:00 Coffee Hour	Shopping	9.00 Clayton	9:00 Zumba with	9	1:00 Tai Chi	10:00 Coffee Hour	Shopping	9:00 Clayton	umba with	2	Wednesday
		12:00 Lunch	Farmers Market	10:30 Clayton	11:15 Zoomers	10:00 Boomers	18	Classic Cloggers	12:30 Country	12:00 Lunch	11.15 Zoomers			12:00 Lunch	Farmers Market	Cancelled	11:15 Zoomers	For walk	Meet at Cerow	1	Cancelled	11:15 Zoomers	For walk	Meet at Cerow	With Cathy			12:00 Lunch	10:30 Clayton	11:15 Zoomers	omers –	3	Thursday
						a de la composition della comp		& Dollar General	10:00 Thrift Shop	Nature Center	Wellesley Island	10:00 Barn Quilt	24 10:00 Bingo 25	Hawaiian Dancers	5:30 TCD	Lazy Acres Park	Sponsored by	Dinner	E:00 Community		& Dollar Gerieran	& Dollar General	10:00 Bingo	Shirley	9:00 Sewing with	11	Independence Day (US)			CENTER			Friday
													26						-							12					7		Saturday

Watertown Senior Center July Calendar

Treasurer: Pattie Shreck		
Vice President: Mike Hedrick		
President: Deb Doyle		1pm - 3pm / Craft - Conch Shell Decorating (Sign Up Limit 10)
Office for the Aging: 315- 785-3191	1pm - 3pm / Family Feud	12:50pm - 1:30pm / Signing w/ Jean
Watertown Senior Center: 315-221-4021	12pm - 1pm / OFA Lunch or \$5 Pizza	12pm - 1pm / OFA Lunch or BYO Lunch
167 Polk St. 2nd Floor	11am - 12pm / Exercise	Ivam - Ilam / Popcorn & Movie - "Red Skelton"
Watertown Senior Center	10am - 11am / Social Hour	8:30am - 9:30am / Walking
	Wednesday 7/30	Monday 7/28 Miracles By The Acres Delivery
1pm - 3pm / Dragonfly Craft w/ Sandi - (Sign up Limit 8)		ibm - 3pm / Dancing
12:30pm - 1:30pm / Signing w/ Jean		12:30pm - 1:30pm / Signing w/ Jean
12pm - 1pm / OFA Lunch or BYO Lunch	1pm - 3pm / Flower Pots w/ Sandi (Sign Up Limit 10)	12pm - 1pm / OFA Lunch or BYO Lunch
12pm - 1pm / Discover Live Tour - Buenos Aires, Argentina	12pm - 1pm / OFA Lunch or BYO Lunch	11am - 12pm / Reiki & Meditation
11am - 12pm / Exercise	11am - 12pm / Exercise	10am - 11am / Blood Pressure & Nutrition by YMCA
10am - 11am / Book Club	10am - 11am / Public Health Presentation	8:30am - 9:30am / Walking
Friday 7/25	Wednesday 7/23	Monday 7/21 Miracles By The Acres Delivery
	1pm - 3pm / Game Day	1pm - 2pm / Fraud Prevention w/ Rebecca
1pm - 3pm / Nickel Bingo	12pm - 1pm / OFA Lunch or BYO Lunch	12:30pm - 1:30pm / Signing w/ Jean
12:30pm - 1:30pm / Signing w/ Jean	11am - 12pm / Exercise	12pm - 1pm / OFA Lunch or BYO Lunch
12pm - 1pm / OFA Lunch or BYO Lunch	11am - 12pm / Parkinson's Support Group	10:30am - 11:30am / Card Making
10am - 12pm / Team Trivia w/ Mike	10am - 11am / Social Hour	8:30am - 9:30am / Walking
Friday 7/18	Wednesday 7/16	Monday 7/14 Miracles By The Acres Delivery
1pm - 3pm / Popcorn & Movie - Vote at Front Desk for Movie	(Sign Up at Front Desk for Lunch)	1pm - 3pm / Family Feyd - Teams
12:30pm - 1:30pm / Signing w/ Jean	ing-a-long w/ Dennis Marshall	12:30pm - 1:30pm / Signing w/ Jean
12pm - 1pm / OFA Lunch or BYO Lunch		11am - 12pm / Reiki & Meditation
11am - 12pm / Exercise	10:30am - 11:30am / Discover Live Tour- Plymouth, England	10am - 11am / Blood Pressure Checks by YMCA
10am - 11am / Sand Art w/ Mary	10am - 11am / Poker w/ Mike	8:30am - 9:30am / Walking
Friday 7/11	Wednesday 7/9	Monday 7/7 Miracles By The Acres Delivery
		48 Hour Prior Notice Required
		Sign up for OFA's Lunches at (680)222-7038
	1pm - 3pm / Nickel Bingo	
Closed for the 4 th of July	11am - 12pm / Exercise 12pm - 1pm / OFA Lunch or BYO Lunch	Every Day- 3pm Close
	10am - 11am / Team Song Burst	Every Day- 9am Meet & Greet
Friday 7/4	Wednesday 7/2	