

## July 2021



### Upcoming Events

### Summer Health Tips

- Dress appropriately for the weather, light clothes will keep you cooler, but guard yourself from the sun.
- Always apply sunscreen if outdoors.
- Keep hydrated, drink plenty of water.
- If you feel weak and nauseated after being in the sun for an extended period of time, slowly sip water and seek medical help.

For more information, speak to your health care professional.

### Health Presentation:

The Topic for the July Health Presentation is on Summer Health Tips & will be held on Monday, July 26<sup>th</sup> at 1:15pm.

### Health Topic-Exercise



- Regular exercise and cardiorespiratory fitness can reduce the risk of illness.
- Older adults should be getting up to 150minutes per week of moderate exercise.
- As humans age, the immune system becomes less effective at responding to new viruses because of an age related weakening of the immune system.
- One of the best exercises to start this fitness routine is to walk the floors of your home. Set aside 10min a day with the goal of increasing Boost your immunity with exercise. Regular exercise and your daily steps.
- Take advantage of your walls. Wall sits are an easy way to engage your muscles. Simply stand with your back against the wall, Move your feet 2ft away from the wall and open your legs hip distance apart. Keeping your shoulders against the wall, carefully lower your body until you are sitting in an imaginary chair.
- Always remember to keep breathing. Come up and down 5 times if you feel safe and comfortable.
- For extra comfort, keep a chair close by to hold onto.
- Exercise habits developed during this period of a pandemic, and then maintained after the threat has passed will support your health for years to come.

Source: Tanya Guthrie/Activities Convenor

### Let's Celebrate July Birthdays



July 5 <sup>th</sup>	Adelaine
July 11 <sup>th</sup>	Phyllis
July 14	Edna
July 16 <sup>th</sup>	Ted
July 16 <sup>th</sup>	Jean
July 20 <sup>th</sup>	Skip
July 31 <sup>st</sup>	Joan

## Photo Gallery

### Friendly Reminders:

- Please remember to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the current COVID-19 Pandemic Situation and the current Flu Season. Also please remember to sneeze or cough into your elbow area not your hand and please social distance 2 metres (the length of a hockey stick) from one another. Please wear a mask also when going out. Thank you so much for your continued cooperation☺
- **Recycle Program:** A Friendly Reminder that we do not have a recycle program, but do have a bottle return program. Proceeds go into the Resident Council Fund and used to benefit residents of Grove Manor. Please do not put food cans, plastic containers that are not beverage containers into blue bins☺
- **Outside Front Entrance Resident Sitting Area: Friendly Reminder:** When enjoying a beverage and/or snack in the outside front sitting area, please put disposable wrappers and cups in the garbage can inside the front entrance. This will keep the area clean for other residents wishing to enjoy the outdoor sitting area. Thank you☺
- **Did you Know?**
  - July is the month dedicated to freedom, independence, and celebrations of our country and culture. July 1 is Canada Day, a Canadian creation of the Dominion of Canada in 1867.
  - Happy Canada Day!



*Father's day Lunch*



*Father's Day lunch*



*Father's Day Lunch*