

VILLAGE VOICES

SUMMER

Edition

Hello Villagers!

I thought it would be nice to have a midsummer Voices. There are many activities happening at the Villages year round, so I thought it would be good to keep you informed.

Sincerely, Susan Crosby

VOICES INFO for July/August

SWIM AEROBICS has started

Mark your calendars!!!!!!

Swim Aerobics will be held on Tuesdays, Thursdays and Saturdays at 9 am in the mornings and will run for 1 hour regular Aerobics exercises and then an additional 15 minutes of accelerated series of exercises.

Just for your information – these sessions are FREE.

Please be mindful of the hot temperatures when walking your dog. Their paws can burn easily!

Monsoons will soon be starting up (no joke) and everyone should be looking at their palm trees!! They are starting to look shaggy and when the winds come, they shed their fronds. These can actually do damage to cars, people, and pets when they fall. Palm trees can also be magnets for lightning strikes which cause them to catch on fire so it is advisable to have them trimmed.

Don't forget to donate to the food box. There is a need year round!

Summer Village Activities

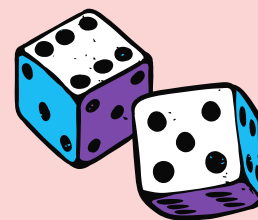
Bingo: 1:00 Mon



Coffee Social: 8:30 Wed

Pickleball 7:00am

Tues/Thurs/Sat



Poker 2:30 pm Wed/Fri



Potluck Third Thursday 4pm

Happy Hour

5pm Dinner

Tai Chi Tues/Thurs 10am last
class July 27




Water Aerobics

Tues/Thurs/Sat 9am



July 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 Pickleball 7am Water Aerobics 9am
2. Hand/Foot 1:30pm	3 Bingo 1p Cribbage 6:30pm	4. Pickleball 7am Water Aerobics 9am Tai Chi 10am Jesters 1pm 	5. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	6 Pickleball 7am Water Aerobics 9am Tai Chi 10am	7. Poker 2:30pm	8. Pickleball 7am Water aerobics 9am
9. Hand/Foot 1:30pm	10. Bingo 1p Cribbage 6:30pm	11. Pickleball 7am Water Aerobics 9am Tai Chi 10am Jester 1pm	12. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	13. Pickleball 7am Water Aerobics 9am Tai Chi 10am	14. Poker 2:30pm	15. Pickleball 7am Water Aerobics 9am
16. Hand/Foot 1:30pm	17. Bingo 1p Cribbage 6:30pm	18. Pickleball 7am Water Aerobics 9am Tai Chi 10am Jester's 1pm	19 Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	20. Pickleball 7am Water Aerobics 9am Tai Chi 10am	21 Poker 2:30pm	22 Pickleball 7am Water aerobics 9am
23. Hand/Foot 1:30pm	24 Bingo 1p Cribbage 6:30pm	25. Pickleball 7am Water Aerobics 9am Tai Chi 10am Jester's 1pm	26. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	27 Pickleball 7am Water aerobics 9am Tai Chi 10am	28. Poker 2:30pm	29. Pickleball 7am Water Aerobics 9am
30. Hand/Foot 1:30pm	31. Bingo 1p Cribbage 6:30pm					

August 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1. Pickleball 7a Water Aerobics 9am	2. Coffee 8:30 Hand/Foot 10:15	3. Pickleball 7am Water Aerobics 9am	4. Poker 2:30pm	5. Pickleball 7am Water Aerobics 9am
6. Hand/Foot 1:30pm	7. Bingo 1p Cribbage 6:30pm	8. Pickleball 7a Water Aerobics 9am	9. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	10. Pickleball 7am Water Aerobics 9am	11. Poker 2:30pm	12. Pickleball 7am Water Aerobics 9am
13. Hand/Foot 1:30pm	14. Bingo 1p Cribbage 6:30pm	15. Pickleball 7am Water Aerobics 9am	16. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	17. Pickleball 7am Water Aerobics 9am Potluck Happy Hour 4pm Dinner 5pm	18. Poker 2:30pm	19. Pickleball 7am Water Aerobics 9am
20. Hand/Foot 1:30pm	21. Bingo 1p Cribbage 6:30pm	22. Pickleball 7am Water Aerobics 9am	23. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	24. Pickleball 7am Water Aerobics 9am	25. Poker 2:30pm	26. Pickleball 7am Water Aerobics 9am
27. Hand/Foot 1:30pm	28. Bingo 1p Cribbage 6:30pm	29. Pickleball 7am Water Aerobics 9am Jester's 1pm	30. Coffee 8:30 Hand/Foot 10:15 Poker 2:30pm	31. Pickleball 7am Water Aerobics 9am		

Parent/Caregiver Information

This handout is designed to help parents and caregivers recognize the symptoms of heat-related illness and learn about how to treat and prevent its occurrence.

Heat cramps are muscle pains or spasms, usually in the legs, abdomen, or arms and might occur in association with strenuous activity.

Sweating depletes the body's salt and moisture and the low salt level in the muscles can cause painful cramps.

Treatment:

- Have athlete rest in a cool, shady, or air-conditioned place.
- Drink water, clear juice, or a sports beverage.
- Do not allow athlete to return to strenuous activity for a few hours after cramps subside.
- Seek medical attention if cramps do not subside in one hour.

Heat exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Symptoms:

- Heavy sweating•Headache
- Paleness•Nausea or vomiting
- Muscle cramps•Fainting
- Tiredness•Cool, moist skin
- Weakness•Fast, weak pulse
- Dizziness•Breathing fast and shallow

Treatment:

- Remove restrictive clothing, equipment, and helmet.
- Rest in a cool, shady area or seek an air-conditioned place.
- Drink water, clear juice, or a sports beverage.
- Take a cool shower, bath, or sponge bath.

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature:

- the body's temperature rises rapidly, the sweating mechanism fails, and
- the body is unable to cool down.

Warning! Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. **Seek medical attention immediately.**

Symptoms:

- An extremely high body temperature (104°F or higher)
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Treatment:

Have someone call for immediate medical assistance while you begin cooling the athlete. Response time will be critical.

- Remove restrictive clothing, equipment, and helmet.
- Cool the person rapidly:

immerse him or her in a tub of cool water or ice water; place the person in a cool shower; spray the person with cool water from a water hose; sponge the person with cool water; use icebags at neck, armpit, and groin area; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.

- Monitor body temperature and continue cooling efforts until body temperature drops to 101-102°F (should then be removed from water to prevent overcooling).
- If the person is alert, give him or her sips of cool water.
- Do not give the person alcohol to drink.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

Try Water Aerobics
Tuesday, Thursday and Saturdays @
9am
Join the fun!



Shirley's Laugh's and Jokes



Peanuts Anyone?

A tour bus driver is driving with a bus load of seniors down a highway, when he is tapped on the shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully eats. After about 15 minutes, she taps him on the shoulder again, and hands him another handful of peanuts. She repeats this gestures about 5 more times. The bus driver asks, "why don't you eat the peanuts yourself?"

"We can't chew them because we have no teeth", she replied.

Puzzled the driver asks, "Why do you buy them then?"

The old lady replied, "We just love the chocolate around them."

JESTERS!!! The next meeting of the Jesters will be on Tuesday, July 25, 1:00, in studio B. We have new material ready to rehearse, so please come if you are able!

August meeting of Jesters will be on Tuesday, August 29. Same time and place. Thanks everyone!



July Potluck

Thursday July 20th

Theme will be SUMMER BURGER BLAST. We have a volunteer who offered to grill hamburgers and hotdogs. Your potluck donations will pay for the burgers and hot dogs. We will not be grilling any vegan burgers. Hopefully we will have a couple people offer to bring a vegan dish to share. As always, bring your table setting and what you would like to drink. We can also bring sides to go with the burgers and hotdogs: salad, relish tray, chips and dip, melon, and of course, desserts!!!!

We will be indoors. THURSDAY, JULY 20. Happy hour at 4pm, potluck at 5pm.

The AUGUST POTLUCK will be on THURSDAY, AUGUST 17. The theme is not set yet, but you will be informed via the Blast.

Happy hour at 4, potluck 5:00. See you on the 20th!
Questions, call Dayle, 970-685-8289



Travel News!

Imagine Travel is your neighborhood travel agency.

We are having a group cruise the lower Mississippi Aug 27. It's not too late to join!

Want to beat the heat? I have last minute summer travel deals. Call or email for your adventure.

Already made plans for the summer, well now is the time to book your holiday getaways, and don't forget about planning for next summer!

I can find great deals whether it's a big trip or just airfare only. Your business is appreciated and helps support my heart transplant fund.

Travel tip: Order your passports early, there is a wait depending on the time of year you are traveling.

Please arrive at airport early, have patience! A record number is people are traveling this summer!

Plan for the unexpected!

Call Susan 520-419-4956 or email
imaginetravel77@gmail.com

In Remembrance



The Village Voices would like to remember all those that have passed this year.

If there is someone you would like to honor in the next issue please contact me.

suscros68@gmail.com

Villages of Green Valley

Contact info

Artist Alcove

Debra Denison
debdenison50@gmail.com

Bunco

Cathy Merritt 503-245-5914

Cribbage

Ken Benz 520-399-0757

Hand/Foot

Joyce Greenlee 520-349-2262

Jester's

Dayle Davidson 970-685-9851

Library

Joyce Greenlee 520-349-2262

Line dance

Lynn Van Atta 520-625-9851

Pickleball

Keith Doroff 907-802-1584
Nick Vugrinec 715-891-1760

Poker

Jack Bourquin 603-548-5695

Potluck-Monthly

Dayle Davidson 970-685-8299

Rambles

Joan Roof 412-496-4925
Linda Hanson 253-312-6971

To reserve Lounge

Office 520-625-9851

Shuffleboard

Wendy Sen wendy_sen@hotmail.com

Snake/Pest Removal

Green Valley Fire 520-629-9200

Table Tennis

Volunteer needed

Tai Chi

Kathy Brethour 402-419-0241

Landscape Crew

Ken Benz 520-399 0757

Water Aerobic

Women's Club

Linda Lee, President 303-807-4437

Yoga

Wendy Sen wendy_sen@hotmail.com

The Village Voices

Your community news!

Articles for publication

All articles and letters must include the name and phone number of a contact person in case of questions. Check the accuracy of all proper names and phone numbers. **No one** will verify these for you. The Village Voice reserves the right to edit, format, and/or revise all items submitted to be included in this newsletter. If possible please a typed or computer generated item is preferred. Articles with images and text must be submitted via email. Letters and articles express the opinion of the author and in no way reflect an endorsement by the Villages homeowners. Letters to the voices should be short and must be signed. Not all letters or articles will be used, and **never** if they are abusive, divisive, or derisive.

Editor: Susan Crosby

Email: suscros68@gmail.com

Deadline for September newsletter Aug 29.

Articles submitted after the deadline may not be submitted.

Disclaimer: Subject and content of the articles in this publication belong wholly to the submitter. The Village Voices shall not be held responsible or liable for any misprints or omissions contained therein.

Any typo-graphical or grammatical errors will be reviewed and acted solely upon by the editors.

Pool Hours
6:00am-10:00pm

HOA Office Hours
Monday-Thursday
9:00am-2:00pm

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