

July 25- 29, 2022

It is **HOT!!!** Which is very dangerous for many older adults. The National Council on Aging wants you to know that Heat can be a Medical Emergency. Each year, most people who die from hyperthermia are over 50. Health problems that put you at greater risk include: Heart or blood vessel problems; Poorly working sweat glands; Heart, lung, or kidney disease; Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; Taking several prescription drugs; Being very overweight or underweight, Drinking alcohol.

Lower your risk of heat-related illness: Drink plenty of liquids, such as water or fruit or vegetable juices; Stay away from hot drinks, alcohol & caffeine; If you live in a home or apartment without fans or air conditioning, try to stay in the lower levels which are usually cooler and keep your house as cool as possible; Limit use of the stove/oven; Keep your shades, blinds, or curtains closed; Open your windows at night; If your house is hot, leave, spend time at a place that is air conditioned like, a shopping mall, movies, library, senior center, or a friend's house; Dress for the weather, natural fabrics, such as cotton are cooler than synthetic fibers. Don't exercise or do a lot of outdoor activities; Avoid crowded places; Plan trips during non-rush-hour times. **The Phoenixville Senior Center is open daily 8-3, Fridays until 1, but has extended hours until 6 most days during extremely hot weather. Call 610-935-1515 to confirm closing times.**

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

August 1	2	3	4	5
Meatloaf w/ Gravy	Roast Turkey Special	Cheeseburger	Chicken Cordon Blue	Baked Tilapia

**Lunch is served weekdays at noon.** If you plan to have lunch at the Center, please make your reservation by Monday the week prior. If you would like to join us for any of the meals above, please make your reservation by Monday, July 25 at <https://community.copilot21.com/> or by calling 610-935-1515. If you would like to join us, but didn't make a reservation? No problem, call ahead to see if someone cancelled or bring a bag lunch.

Check the **ACTIVITY SCHEDULE** below, most activities are in-person, some are on Zoom (Z) or both-Hybrid (H).

Click [HERE](#) for PASC Zoom classroom. For vaccinated participants, masks are optional.

25 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise(H) 10:30am Board Games 10:30am Christmas in July BINGO 10:30am Pickleball Open Play 1:00pm Digital Skills Ready@50+ Lecture (Affordable Home Internet) 1:00pm Yahtzee 2:00pm Book Club w/ Mark Pinto	26 8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 10:30am Zoom Coffee Hour (Z) 10:30am Board Games 12:45pm Pinochle 1:00pm Yoga	27 8:00am Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise(H) 10:00am Fresh2You Mobile Market 10:00am Blood Pressure Checks 10:30am Board Games 10:30am Pickleball Open Play 11:00am Tower Health Talk 1:00pm Digital Skills Ready@50+ Lecture (Google Maps)	28 8:00am Breakfast 9:00am Walking Group 9:30am Pinochle 101 9:30am Coffee Hour 9:30am Representative for State Rep. Shusterman 10:00am Duplicate Bridge 10:30am Poker 12:45pm Pinochle 1:00pm Social Stitchers 1:00pm Yoga	29 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise(H) 10:30am Scrabble 10:45am Gilded Age (TV Series) 12:45pm Board Games 1:00pm Pickleball @ Rec Center
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### Upcoming and On-going Programs

**Get your VIP card now!** Last year's card expired on June 30. Some benefits include discounts to retail shops, early bird tax sign up, Sr. Center program discounts, VIP card holder only events, and the Senior Center newsletter sent to you by mail or email. [Click here](#) to purchase.

**Digital Skills Ready@50 Lectures** continues on Monday July 25 at 1. Learn about your Home Internet. And Wednesday, 7/27 at 1:00, we discuss Google Maps . Program continues Mondays and Wednesdays at 1 with other topics.

**Thursday Night Fever** – 70's Dance Party is our Third Thursday on August 18<sup>th</sup> at 5-7. Join us for DJ Tom Dalton spinning records, Spaghetti and Meatballs, salad, bread, dessert and beverage, and 70's Costume Contest with prizes for \$15 or \$13 with a VIP Card. [Click here](#) for tickets.