

The Chatterbox



6800 Parkside Circle, DeForest, WI 53532 GM: (608) 846-7900 Sales: (608) 846-4640

www.theparksidevillage.com

JULY EVENTS:

- 1) Yoga
- 2) Women's Breakfast / B I N G O
- 3) Men's DFR Breakfast
- 4) **HAPPY 4TH OF JULY!**
- 5) "500" Mixed Cards
- 8) Yoga
- 9) Cribbage & Farkle Dice
- 11) Yoga
- 12) **Coffee Hour** (hosted by Vern & Phyllis Buskager & Evelyn Goodwin)
- 15) Yoga
- 16) B I N G O
- 17) **Coloring & Crafts** Coffee 18) Yoga
- 19) "500" mixed cards 22) Yoga
- 23) Cribbage & Farkle
- 24) **Great American Cookout**
- 25) Floor Yoga / **Movie Afternoon**
- 26) **Wine Spritzer & Cheese Sampler Social**
- 29) Yoga
- 30) B I N G O
- 31) **Coloring & Crafts** Coffee



Parkside's Annual Great American Cookout



Date: Wednesday,
July 24th

Time: 5 pm

Place: Parkside front parking area under shade tents. Bring a lawn chair if you'd like to sit outdoors under the tents/seating available indoors too (food served under the portico weather permitting) You need to sign up!!

FREE for Residents!!! (\$5.00 for non-resident guests)

Menu Items Include: Grilled (on-site) burgers and chicken breasts, condiments, sides and chips. Cookies & cold beverages .

Outdoor games will be available for entertainment afterwards.

4th of July Community Celebration

The Fireman's Park in DeForest is where you want to be this 4th!!

There is something for everyone. Bingo in the Firehouse 12-4 pm, a car show, Parade, food court, beer garden, musical entertainment, games and of course the main event traditional fireworks at dusk. For a complete listing go to

www.deforestarea.com/events



You are just one Yoga class away from having a good day!

We had a great month of June with our Yoga Appreciation Promotion. We have decided to extend the **FREE** classes on both Mondays and Thursdays for the month of July too! We will however have a tip jar there for Kim. Many have shared what a positive impact attending YOGA has had on them.

Class times both days will remain at 9am. The last Thursday of each month is Floor Yoga.

If you haven't come before now is the time to try it out.

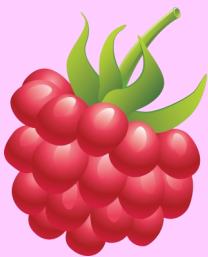
No experience necessary and no special clothing required but wear something comfortable.

Hope to see you in July!

CONGRATS!! TO THIS MONTH'S STAYING ACTIVE WINNERS ~

Vern Buskager and Gretchen Kurth who both win a \$10.00 Pick n Save Gift Card All are invited to join in on the fun. Stop in the office and see Julie or Todd. Remember: Exercise reduces stress and increases endorphins in the brain-which improves mood, reduces depression, and helps keep us active and involved. It also improves balance and muscle strength which can reduce falls. Outdoor exercise supplies the body with Vitamin D which is needed for good brain function. Always talk to your Physician before starting new exercise routines.

If you are attending YOGA you should be participating you could win too!



Wine Spritzers & Cheese Sampler Social:

Stop in the Community Room on Friday, July 26th at 3:30 pm to try a Watermelon or Raspberry Wine Spritzer and sample some area cheeses.

Come mingle with friends and neighbors on a hot summer afternoon in a nice cool community room.
"In the good old summertime"



PLEASE TAKE THIS SERIOUS!

HOT Weather & Dehydration:

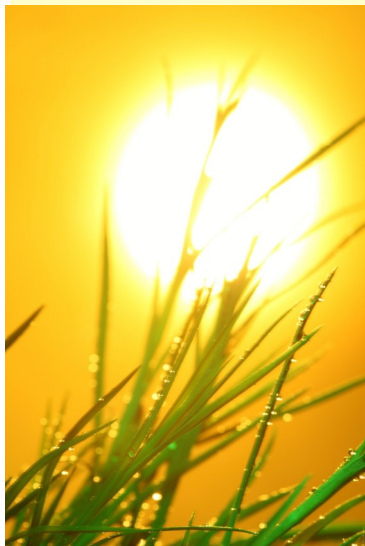
Older adults can't cool down as quickly or as well as younger people. They are also less likely to feel thirsty, which means they're more likely to become dehydrated.

What is Dehydration? It is a loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if your diet allows, "sports drinks, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

Use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention because as you age you may dehydrate more easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.



NEW!! FUN!! TRIVIA NIGHT

Coming in
August.

More details
coming soon!



Does anybody here have or know of a Karaoke Machine we could borrow sometime?

We are thinking of having a Karaoke Happy Hour this Fall.

Please let a Social committee member know or call the office.

Thank you!



LOOKING AHEAD TO AUGUST:

Our Annual Golf Outing will be
Tuesday, August 6th at 8 AM Tee-Time
LAKE WINDSOR

Free 9 holes of Golf with cart and FUN!!! PRIZES!!!

You will need to RSVP to Todd or Julie for this event
by July 31st. Thank you!

NEED A QUICK GREETING CARD? Cards available in Julie's office for \$1 each. Recycled/Upcycled beautiful handmade cards by Carol Hensen. Many occasions.



Remember: We have a "sharing" bench outside the Community Room. If you or family members have an abundant garden this year residents here can help take some of that fresh produce off your hands. Please place on cardboard or paper. Residents here LOVE fresh garden goodies...it's always a big

hit! Many here used to have gardens and so it's a special treat!

Men's & Women's Monthly Breakfast at DeForest Family Restaurant:

Once a month the men and ladies go their separate ways on separate days to have breakfast.

Men meet the 1st Wednesday of the month at 8:30 am and the Women meet the 1st Tuesday of the month at 9 am.

It's a nice chance to mingle with neighbors at an off-site location. I think the men enjoy not having their wives see what they order that day! Many ride share. If you have a new neighbor why not ask them along this month?!