

OB Senior/Adult Activity Center's  
**July's Shoreline News**  
*Life Enriching Activities for the Adult 50 & Over*

**Staying Safe in the Summer: Tips for Seniors**

Summer heat can be dangerous for anyone, but older adults can be negatively effected more quickly than other age groups. As the summer season continues, please stay safe and keep these tips in mind for yourself and loved ones.

<i>Keep Cool</i>	<i>Take Breaks</i>	<i>Stay Hydrated</i>	<i>Protect from Bugs</i>	<i>Communicate</i>
Seniors are more vulnerable to heat illness. Try not to spend more than 1-2 hours in the sun, and run AC in your car and home when there. Even avoid going out at all on heat advisory days.	When gardening or being active outdoors, the heat can wear you out a lot faster. Take small breaks often to prevent getting over heated, and if at any point you feel too hot, go inside to rest.	Older adults can naturally be more thirsty, so it is more important to consciously drink water to avoid dehydration in the heat. Maybe even make it a goal to refill your water bottle x-times in a day	Higher heat can cause more bugs to be around. Bug sprays can help prevent bug bites from that can spread diseases (like West Nile Virus) that can pose a higher risk to seniors.	Before going outdoors for activities call friends, family, or caregivers to let them know what you are doing and for how long, so they know if they don't hear back by that time, they can send help.

<b>On Going Activities</b>		
<b>Fitness/ Exercise - \$5 fee per class</b>		
Sit & Be Fit w/Justine	Mon @ 2pm	
Tai Chi w/ Rio	Wed @ 9am	
Yoga w/ Sallie	Tue & Thr @ 8:30am	
Fit & Tone w/ Justine	Wed @ 2pm	
<i>Classes may cancel due to instructor availability.</i>		
<b>Cards/ Games</b>		
Bridge	Tue & Thr @ 12pm	
Hand and Foot	Mon & Thr @ 9:30am	
Mah Jong	Mon @ 12:30pm	
Mex. Train Dominoes	Wed @ 9:30am	
<i>Schedule may change due to low attendance</i>		
<b>Arts &amp; Craft Projects</b>		
<b>Pre-register to ensure space and material</b>		
Ceramics	Tue @ 9am—11am	Cost: Varies
Pine Needle Basket	Wed @ 9am—11am	Cost: \$25
Driftwood Candle Holder	Thr @ 9am—11am	Cost: \$10
<i>Classes may cancel due to instructor availability. Please check the calendar or call</i>		

**Month's Events— Please pre-register for activities**

**Friday, July 1 @ 10:00am:** TRIP— “Luau” party at the Robertsdale Senior Center. We will be joining in the tropical themed festivities with live entertainment and lunch provided. *Cost: \$5*

**Monday, July 4: CLOSED for Independence Day**

**Friday, July 22 @ 10:00am:** GAME & LUNCH— BBQ Picnic. Moe's BBQ with indoor “yard games” like corn hole, checkers, and more. *Cost \$3*

**July 25-31: CLOSED for Facility Renovation.** *Pardon our progress as the Senior Center updates the flooring in the big group room. Re-opening date is currently set for the first week in August. Please check with the Senior Center for updates.*

**Wednesday, Aug 3, 2022@ 9:30am:** TRIP— Claude Peteet Mariculture Center Tour of the fish hatchery in Gulf Shores, designed to supply a variety of fish species to the Gulf of Mexico. Lunch to follow (not included). *Cost: \$2*

**Stop by every Wed at 9am for your weekly Blood Pressure Check with the Fire Dept.**

Blood pressure screenings are important to check for high blood pressure because there are usually no symptoms and it cannot be detected without being measured. Lowering high blood pressure can help reduce your risk of heart disease and stroke.

**Thank you to the OB Fire Dept.**

**To sign-up for an activity, or if you have any questions, please call 251-981-3440. Information can also be found online at <https://www.orangebeachal.gov/facilities/adultsenior-center/about>**