

Resident's Digest

IN HOME JOURNAL

Burning Up!

It was only a few weeks ago when temperatures were in the 80s or 90s everyday. Now the summer has officially begun and it looks like our average temperatures have been replaced by the dry heat, scorching sun, and triple digits!

This weather is great for the children since they get to play in the sprinklers and soak in the nice and refreshing pool all day but when you become an adult the "enjoyable" summer weather can become retched and miserable. It can often wear a person down and make them feel groggy and sick. So, what can we do to make the summer weather more tolerable for ourselves?

The first answer is water. Drink lots and lots of cold water. This will not only keep you hydrated but will also keep your body from overheating.

Secondly, be cautious when going outside. Prolonged exposure to the sun can make you sick. When the weather meets triple digits heat strokes become more likely. So, when you are planning to go out in the hot sun for a good period of time, wear sunscreen and when you feel the need to get out of the sun...do so.

Although these seem like common sense steps for the summer, many people don't take the time to actually do them. So, this summer, be cautious, drink lots of water, and make summer fun and enjoyable for yourself!

RIDDLE OF THE WEEK

Which is correct to say, "The yolk of the egg are white," or "The yolk of the egg is white?"

Answer: Neither, because egg yolks are yellow.

My Bunny Lies Over My Doggy

*(sing to the tune of "My
Bonnie Lies Over the
Ocean")*

My pets were out practicing
football.

My frog intercepted a pass.

My cat and my dog and my
bunny

then tackled him flat on the
grass.

My bunny lies over my
doggy.

My doggie's on top of my
cat.

My kitty is over my froggy,
and that's why my froggy is
flat.

CHORUS

Green splat. Green splat.
Oh, that's why my froggy is
flat, like that.

Green splat. Green splat.
Oh, that's why my froggy is
flat.

My froggy's as flat as a
pancake.

A paper-thin froggy's the
worst.

He cannot eat flies now for
dinner

except when I flatten them
first.

CHORUS

Green splat. Green splat.
Oh, that's why my froggy is
flat, like that.

Green splat. Green splat.
Oh, that's why my froggy is
flat.

If you see your pets playing
football,

it's best if you bring them
inside

or you may end up with a
froggy

who's flattened and seven
feet wide.

CHORUS

Green splat. Green splat.
Oh, that's why my froggy is
flat, like that.

Green splat. Green splat.
Oh, that's why my froggy is
flat.

By

Kenn Nesbitt

This Week's Activities

Monday, July 6th

- 9:00 Five Alive
- 9:30 Nails & Tales
- 4:00 Sweatin' to Oldies

Tuesday, July 7th

- 9:00 Five Alive
- 10:00 Bingo
- 4:30 Ball

Wednesday, July 8th

- 9:00 Beacon
- 10:00 Devotional
- 2:00 Popcorn & Movie

Thursday, July 9th

- 9:00 Five Alive
- 10:00 Bingo
- 2:30 Crafts

Friday, July 10th

- 9:00 Five Alive
- 10:00 Bingo
- 2:30 Circle of Friends

Saturday, July 11th

- 10:00 Coffee & Conversation
- 2:00 Movie

Sunday, July 12th

- 9:00 Worship
- 2:00 Movie

Weekly Devotional

Look Towards Heaven

Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6:19-21

Do not focus on the present. It will mean nothing in eternal life. Look towards Heaven.



A laborer takes a rest on a cinder dumpsite in Changzhi, China.
-Time Magazine

Cartoon of the Week

