

SUNSHINE GANG

July Events

12
JULY

Lunch at Miss Miranda's
Tour of the Heritage Museum

12PM

19
JULY

Devotion & Donuts
at the Y

9AM

26
JULY

Bingo & Lunch
at the Y

12PM

Tips for hot weather:

- Stay in air-conditioned buildings as much as possible. .
- Drink more water than usual
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.