

Senior Center

Monthly Happenings

The latest news, views and announcements

August 2025

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Bingo August 13 & 27, 1-3pm

Cards @ 12:45 pm

Mahjong Tuesday 12:45 pm

Crafts Tuesday @ 12:45 pm

Blood pressure Wednesday @ 11 am

Bone Builders Wednesday @ 9 am

Birthday Celebration last Thursday of the month

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.