

**June brings warmer weather—here are some tips to help  
you navigate this time of year:**

### Summer Safety Tips



#### **Stay Hydrated**

Drink 8 or more  
glasses of water  
per day to stay  
healthy & hydrated



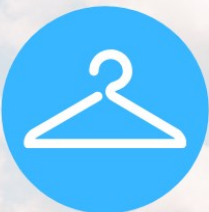
#### **Know the Side Effects of Medications**

Some medications have side  
effects such as drowsiness or  
sun sensitivity



#### **Stay Cool**

Stay in the A/C,  
indoors, go  
swimming, etc.



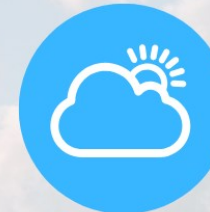
#### **Wear Light, Loose Fitting Clothing**

Wear breathable  
clothing and light colors  
that reflect the sun



#### **Have Emergency Contacts**

Have a list of people  
to call in case of  
emergency



#### **Know the Weather Forecast**

Plan your days  
accordingly depending  
on the weather

Senior Centers, Inc. (SCI) is a nonprofit organization whose purpose is to serve older members of the community by providing programs and services which enhance their dignity, support their independence, and encourage their involvement in the community.

# Summer Word Search



BEACH  
CAMP  
FUN  
HOT

SUMMER  
SUN  
SWIM  
WATER



# June Activity Calendar 2022



Mon	Tue	Wed	Thu	Fri
<b>MOBILE MEALS LUNCH DINE-IN OR CARRY OUT</b>  <b>MONDAY— THURSDAY</b>  <b>FROM 11:30 TO NOON</b>		<b>1</b>  <b>Open Billiards 10am-noon</b>  <b>Exercising with Jill on line or in- person</b>	<b>2</b>  <b>Open Billiards 10am-noon</b>  <b>BINGO on line or in-person</b>  <b>Noon</b>	<b>3</b>  <b>Walking Program &amp; Open Billiards</b>  <b>10am-2pm</b>
<b>6</b>  <b>Medical Assess- ments</b>  <b>Open Billiards &amp; Walking Program</b>  <b>10am-2pm</b>	<b>7</b>  <b>Open Billiards 10am- noon</b>  <b>Exercising with Carol on line or in person at Noon</b>	<b>8</b>  <b>Open Billiards 10am -noon</b>  <b>Exercising with Car- ol on line or in- person at Noon</b>	<b>9</b>  <b>Open Billiards 10am-noon</b>  <b>CERAMICS at Noon</b>	<b>10</b>
<b>13</b>  <b>MERCY HEALTH COMMUNITY NURSES</b>  <b>FREE HEALTH SCREENINGS</b>  <b>10:30am-12:30pm</b>	<b>14</b>  <b>Open Billiards 10am- noon</b>  <b>Exercising with Carol on line or in person at Noon</b>  <b>Week #1 WISE 1- 3pm</b>	<b>15</b>  <b>Open Billiards 10am-noon</b>  <b>Exercising with Carol on line (Facebook) Noon</b>	<b>16</b>  <b>Open Billiards 10am-noon</b>  <b>BINGO on line or in-person</b>  <b>Noon</b>	<b>17</b>  <b>Foster Grandparent Meeting 9am-11am</b>  <b>FREE SIGHT SCREENINGS FROM PREVENT BLINDNESS/OHIO 11:00AM</b>
<b>20</b>  <b>Closed</b>  <b>today to</b>  <b>observe</b>  <b>Juneteenth</b>	<b>21</b>  <b>Open Billiards 10am- noon</b>  <b>Exercising with Carol on line or in person at Noon</b>  <b>Week #2 WISE 1-3pm</b>	<b>22</b>  <b>Open Billiards 10am -noon</b>  <b>Exercising with Car- ol on line or in- person at Noon</b>	<b>23</b>  <b>Open Billiards 10am-noon</b>  <b>CERAMICS at Noon</b>	<b>24</b>  <b>Open Billiards Noon to 3pm</b>
<b>27</b>  <b>Medical Assess- ments</b>  <b>Open Billiards &amp; Walking Program</b>  <b>10am-2pm</b>	<b>28</b>  <b>COMMODITY BOX AND MOBILE MEALS LUNCH GIVEAWAY IN PARKING LOT FROM 9:30 TO 11:00AM</b>  <b>Week #3 WISE 1-3pm</b>	<b>29</b>  <b>Open Billiards 10am -noon</b>  <b>Exercising with Car- ol on line or in- person at Noon</b>	<b>30</b>  <b>Open Billiards 10am-noon</b>  <b>BINGO on line or in-person</b>	



**Senior Centers Inc. Presents:  
Darcy Downie, Regional Director  
Prevent Blindness, Ohio Affiliate**

**Topic:** Free Adult Vision Screenings – Vision Resources & Services Guides  
**When:** Friday, June 17, 2022  
**Time:** 11:00 a.m. – 12:00 p.m.  
**Place:** Senior Centers Inc.  
2308 Jefferson Avenue  
Toledo, OH 43604



**Did You Know?**

- Half of All Blindness is Preventable
- 90% of All Eye Injuries Are Preventable with Proper Education and Use of Safety Eyewear
- You Can Lower Your Risk of Eye Disease by Eating Healthy Foods
- When it comes to Your Eyes, You Get One Pair and No Spare

# Adult Coloring Winners are

