



Tips for hot TEXAS SUMMER. HYDRATE HYDRATE HYDRATE

Drink plenty of water: Even if you don't feel thirsty, make a conscious effort to drink water throughout the day, especially when outdoors or active.

Prioritize staying hydrated: by drinking plenty of water, seek shade or air-conditioned spaces, wear light-colored and loose-fitting clothing, and consider cool showers or baths.

Adequate hydration: keeps joints moving smoothly.

FLAMINGO BINGO FAMILY NIGHT!! All are Welcome

- 🦩 Dress to impress in your brightest pink flair
- 🎵 Tropical tunes & beachy beats
- 🎁 Sizzling prizes that'll make you flap with joy
- 🍹 PINK inspired drinks & snacks
- 🎈 Great Room- BRING THE FAMILY!!!
- 📅 July 9th 5:30 PM to 7:00 PM
- 🦋 Let's get loud, let's get lucky, and let's flamingle!

Always a good time at AVIVA Granbury



AVIVA Granbury

July 2025



Smiles all around here!

Smiling is more than just a facial expression; it's a powerful tool with numerous benefits for both the individual and those around them. It can boost mood, reduce stress, improve physical health, and even enhance social interactions. Smiling can lower blood pressure and improve heart health. Smiling makes you appear more approachable, and trustworthy to others, fostering better social interactions and relationships. Smiling is contagious! Seeing someone smile can make you smile and feel happier! Find something to smile about today!

Notes from the Nurse

Hi everyone! Just a quick reminder—July is UV Awareness Month.

Protect your skin when you're outside by:
Wearing sunscreen (SPF 30 or higher) Putting on a wide-brimmed hat
Wearing UV-protective sunglasses Staying in the shade during peak sun hours (10 AM–4 PM)

Let's stay safe and sun-smart all summer long!

-Nicole Ebner

July tidbits! In case you didn't know!

July, the seventh month of the year, is often called the heart of summer. It's known for its warm weather, long days, and celebratory holidays like the Fourth of July in the US and Bastille Day in France. The month is named after Julius Caesar. July's birthstone is the ruby, believed to protect its wearer from evil. The birth flowers are the larkspur and water lily.

The hottest part of summer, sometimes called the "dog days," typically falls in July and August. These days are named after Sirius, the Dog Star.



Don't Miss Out!!! There is always something going on. Come see us!

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| 2nd- Walmart Run | 16th- Kirk Fiddle Player |
| 7th- Strawberry Sundae Social | 22nd- Resident Council |
| 8th- Craft with Melissa | 23rd- Stumpy's Lunch Outing |
| 9th- Bayou Cajun Lunch Outing | 24th- National Tequila Day Social |
| 9th- Flamingo BINGO Family Night | Every Friday- Bible Study 11 am |
| 10th- Sonny Morgan Live Music | Every Sunday- Church Service- 4 PM |
| 14th- Sing a Long with Travis | Bingo Tuesday and Wednesday Weekly |