

# Weekly Reminders

## MEETINGS

If you need the sign-in information to attend a virtual meeting, please contact Oded or Paula. A new page called [MEETINGS](#) has been added to the website under the **NEWS** tab.

Monday	July 6th	Room
3:00pm	Table Tennis	Activities Rm
Wednesday	July 8th	Room
10:00am	Landscape Meeting	Virtual
3:00pm	Table Tennis	Activities Rm
Thursday	July 9th	Room
10:00am	ARB	Virtual
3:00pm	Table Tennis	Activities Rm
Friday	July 10th	Room
2:00pm	Board Meeting	Grand Salon & Virtual

## NEW OFFICE HOURS

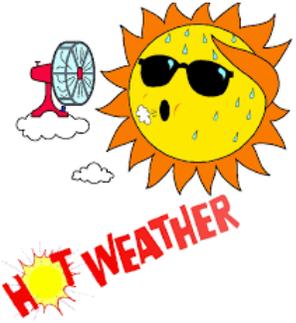
Paula Murray

Monday - Wednesday - Friday

9:30am - 12:00pm

## July 6th - July 10th

The Florida Department of Health provides these general tips for staying safe in the heat:

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear a hat or to use an umbrella. 
- Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day – morning hours between 4 and 7 a.m.
- Stay indoors when possible. If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Be a good neighbor. Check in on elderly residents in your neighborhood and those who do not have air conditioning.

Don't forget your pets. Make sure they have access to water, ventilation and shade.