



# 4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y  
I M T Q H H Y M Q R Q U D U E I A  
O Q T A W Q M Z Y E X U C C N T D  
I N D E P E N D E N C E L C J A I  
A S I O U O R H A M U A A T U Q L  
N K S A M E R I C A R P P S O S O  
U R P U F U B E E A Y S T R U B H  
P O A Y D L D W T O E C I N C I P  
K W R W E A A I L P O E A U E O N  
F E K H T F O G I A D E U S D I H  
Y R L I I N T R B E M D T N A T L  
L I E T N P T Z E U R A E T R S C  
U F R E U S L Q R R R U I U A A E  
J V S O D L K V T S L R O K P J B  
W I T O E O M O Y B B F I U P J L  
I A S V Y E M R E D R E M M U S E

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

WRC  
EST1890

McKinley  
Health Center  
July 2020



## Have Another Drink... Of Water!

There is no doubt about it. We need water to live. The clear fluid that comes from the tap is a key component in the make up of every human body. As a matter of fact, about 60%-70% of the weight of the typical adult comes from water. (For a baby it's about 75%.)

However, water does much more than take up space and add weight to a person. It plays a critical role in many of the internal workings of the body. This involvement causes water quantity to deplete as it is used and excreted. It also makes it critical to take in water on a regular basis in order to maintain the proper fluid balance necessary for good health.

This is especially true for seniors. They have smaller amounts of water in their bodies, with less than 50% of their body weight coming from this fluid. Yet, the body's demands are still there. And these demands can be escalated by illness. So seniors - drink up!

## Why We Need Water

Water has many more purposes than just the quenching of our thirst. Just for starters, it helps maintain the health and integrity of every cell in the body. Here are some of its other functions.

- Helps regulate body temperature.
- Carries waste and toxins from the body and prevents constipation.
- Involved in the process of lubricating and cushioning the joints. It also acts as a shock absorber for the eyes and the spinal cord.
- Plays a vital role in the chemical processes that allow the body to digest, absorb, transport and utilize nutrients.
- Maintains the volume of the blood so it will flow through the circulatory system.
- Keeps mucous membranes moist. Includes those in the mouth, nose and lungs.

## McKinley Health Center Activity Calendar - July 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
KEY						1		2		3		4 4th of July	
CCLR	Comprehensive Care					9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
	Living Room					9:45 AM	Activity Cart	10:00 AM	Game Time - CCAR	9:45 AM	Move & Groove - CCLR	10:30 AM	Spread the Word - CCLR
CCDR	Comprehensive Care					10:15 AM	Birthday Card Club - CCAR	2:00 PM	Church Services	10:00 AM	Craft Club - CCAR		
	Dining Room					2:00 PM	Bingo CCDR	4:00 PM	Sensory Box - CCLR	2:00 PM	Resident's Choice	2:00 PM	Bingo - CCDR
GR	Great Room					4:15 PM	Stretches CCLR	6:00 PM	Letter J Quiz - IA	5:00 PM	Evening Announcements		
MPR	Multi-Purpose Room					6:00 PM	Brainteasing Riddles - IA			6:00 PM	Game Night - CCAR		
RDR	Rehab Dining Room												
CCAR	Comp. Care Activity Room												
5		6		7 National Chocolate Day		8		9 National Sugar Cookie Day		10		11	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Morning Mindfulness	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
9:30 AM	Gospel Music - CCLR	9:45 AM	Move & Groove - CCLR	10:00 AM	Church w/Ray - CCLR	11:00 AM	Activity Cart	10:00 AM	Sugar Cookie Day - CCAR	9:45 AM	Move & Groove - CCLR	10:30 AM	Spread the Word - CCLR
		10:00 AM	Pretty Nails - CCAR	10:30 AM	Gospel Music - CCLR	2:00 PM	Bingo CCDR	2:00 PM	Church Services	10:00 AM	Cooking Club - CCAR		
		2:00 PM	Porch Chat	2:00 PM	Chocolate Game - CCLR	4:15 PM	Stretches CCLR	4:00 PM	Sensory Box - CCLR	2:00 PM	Resident's Choice	2:00 PM	Bingo - CCDR
		4:00 PM	Wellness w/Bailey - CCLR	4:00 PM	Music to My Ears - CCLR	5:00 PM	Evening Announcements	6:00 PM	Movies of Yesteryear - IA	5:00 PM	Evening Announcements		
2:00 PM	Church	6:00 PM	Rhyming Riddles - IA	5:00 PM	Evening Announcements	6:00 PM	Jingo - CCAR			6:00 PM	Splash of Color - CCAR		
				6:00 PM	Book Club - CCAR								
12		13		14		15		16		17		18	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
9:30 AM	Gospel Music - CCLR	9:45 AM	Move & Groove - CCLR	10:00 AM	Church w/Ray - CCLR	9:45 AM	Activity Cart	10:00 AM	Craft Club - CCAR	9:45 AM	Move & Groove - CCLR	10:30 AM	Spread the Word - CCLR
		10:00 AM	Pretty Nails - CCAR	10:30 AM	Gospel Music - CCLR	10:15 AM	Colorful Creations - CCAR	2:00 PM	Church Services	10:00 AM	Coffee House - CCAR		
		2:00 PM	Riddle Me This - CCLR	2:00 PM	Water Balloon Fights	2:00 PM	Bingo CCDR	4:00 PM	Sensory Box - CCLR	2:00 PM	Resident's Choice	2:00 PM	Bingo - CCDR
		4:00 PM	Wellness w/Bailey - CCLR	4:00 PM	Music to My Ears - CCLR	4:15 PM	Stretches CCLR	6:00 PM	Color Me - IA	5:00 PM	Evening Announcements		
2:00 PM	Church	6:00 PM	Slang Word Search - IA	5:00 PM	Evening Announcements	6:00 PM	USA Quiz - IA			6:00 PM	Reminisce - CCAR		
				6:00 PM	Book Club - CCAR								
19		20		21		22		23		24		25	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Morning Mindfulness	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
		9:45 AM	Move & Groove - CCLR	10:00 AM	Church w/Ray - CCLR	11:00 AM	Activity Cart	10:00 AM	Pretty Nails CCAR	10:30 AM	Boredom Busters - Rehab	10:30 AM	Spread the Word - CCLR
10:30 AM	Devotional - CCLR	10:00 AM	Cooking w/Gerry - CCAR	10:30 AM	Gospel Music - CCLR	2:00 PM	Bingo CCDR	2:00 PM	Church Services	2:00 PM	Resident's Choice		
		2:00 PM	I Spy Outside	2:00 PM	Baseball Game - CCLR	4:15 PM	Stretches CCLR	4:00 PM	Sensory Box - CCLR	5:00 PM	Evening Announcements	2:00 PM	Bingo - CCDR
		4:00 PM	Reminisce w/Gerry	4:00 PM	Music to My Ears - CCLR	5:00 PM	Evening Announcements	6:00 PM	Movie Word Jumble - IA	6:00 PM	Movie Reflections - IA		
2:00 PM	Church w/Ray	6:00 PM	Animal Crossword - IA	5:00 PM	Evening Announcements	6:00 PM	Craft Club - CCAR						
				6:00 PM	Book Club - CCAR								
26		27		28		29		30		31			
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
9:30 AM	Gospel Music - CCLR	9:45 AM	Move & Groove - CCLR	10:00 AM	Church w/Ray - CCLR	9:45 AM	Activity Cart	10:00 AM	Craft Club - CCAR	10:30 AM	Boredom Busters - Rehab		
		10:00 AM	Game Time - CCAR	10:30 AM	Gospel Music - CCLR	10:15 AM	Colorful Creations - CCAR	2:00 PM	Church Services	2:00 PM	Resident's Choice		
		2:00 PM	Linda Concert - CCLR	2:00 PM	Monster Hunt - CCLR	2:00 PM	Bingo CCDR	4:00 PM	Sensory Box - CCLR	5:00 PM	Evening Announcements		
		6:00 PM	Hollywood Trivia - IA	4:00 PM	Music to My Ears - CCLR	4:15 PM	Stretches CCLR	6:00 PM	Africa Quiz - IA	6:00 PM	Chocolate Quiz - IA		
2:00 PM	Church w/Ray			5:00 PM	Evening Announcements	6:00 PM	Match It - IA						
				6:00 PM	Book Club - CCAR								