



6800 Parkside Cr, DeForest, WI 53532

www.theparksidevillage.com

GM: (608) 846-7900 Sales: (608) 846-4640



JULY EVENTS:

3) Women's Breakfast/ B I N G O

4) **HAPPY 4TH OF JULY!!**

10) Coloring Coffee Clutch / UW Band with Bucky Badger Concerts in the Park

11) Men's Breakfast

13) Coffee Hour & speaker (hosted by Jill Elver & Betty Kamin)

17) B I N G O 18) **Great American Cookout**

24) Coloring Coffee Clutch

26) Movie & Popcorn

27) Coffee Hour (hosts TBD)

31) B I N G O



4th of July Community Celebration

The Fireman's Park in DeForest is where you want to be this 4th!!

There is something for everyone.

A car show, Parade, food court, beer garden, musical entertainment, games and of course the main event traditional fireworks at dusk.

For a complete listing go to

www.deforestarea.com/events

Parkside is once again a Proud Sponsor of the DeForest Area Library series

CONCERTS IN THE PARK: Start time 6:30 PM **Bring your lawn chairs & blankets

July 10: UW Band Echoes of Camp Randall & Bucky Badger

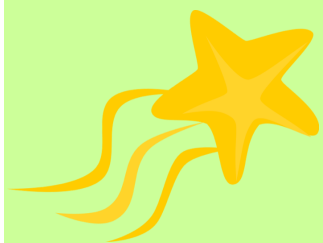
July 17: Tom Pease July 24: Almost in Time Dixieland Jazz Band

July 31: The Soggy Prairie Boys

Held at DeForest Fireman's Park / Rain location DeForest High School PAC

Concessions available from Cub Scout pack 35





GREAT AMERICAN COOKOUT

Date: Wednesday, July 18th

Time: 5 pm

Place: Parkside Community Room & Front parking area under shade tents

Bring a lawn chair if you'd like to sit outdoors under the tents (weather permitting)

FREE for Residents!!! (\$5.00 for non-resident guests)

Menu Items Include: Grilled (on-site) burgers and chicken breasts, condiments, Potato Salad, Cole Slaw and Baked Beans and chips. Cookies & cold beverages too!



CHAIR YOGA!!

Our Chair Yoga classes run by Instructor Kim are going strong. In fact they have been so popular participants are asking for a second morning a week for her to come. So we will be adding Thursday morning classes in July. There will be a shortened schedule in July due to summer holiday/vacations. The following is the July schedule for Yoga. Please note these are also listed on the calendar page.

Mondays (10 AM) in July: 2, 9, 23, 30 and **Thursdays (9 AM) : 5,26.**

The Monday classes are FREE and provided by Parkside the Thursday classes are \$2.00 each and paid directly to the Instructor the day of the class you attend.

Thank you! It is so fabulous to see so many of you taking advantage of this wonderful fitness opportunity. If you haven't tried it yet you really should. Just bring yourself everything else is provided.

LOOKING AHEAD TO AUGUST:

Our Annual Golf Outing will be

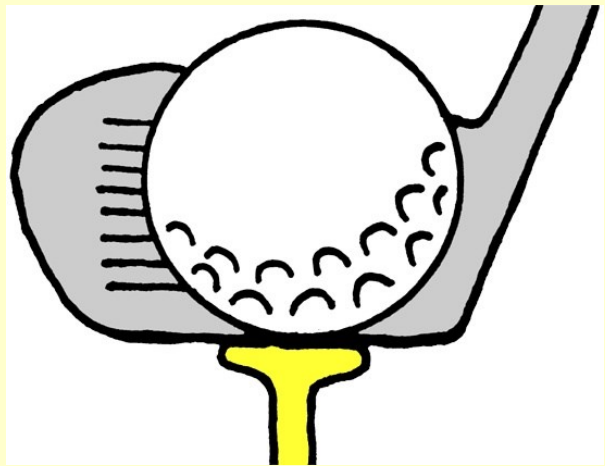
Tuesday, August 7th at 8 AM Tee-Time

LAKE WINDSOR

Free 9 holes of Golf with cart and

FUN!!! PRIZES!!!

You will need to RSVP to Todd or Julie for this event by August 3rd. Thank you!



HOUSEKEEPING SERVICES AVAILABLE:

Don't forget...Parkside has cleaning services available which can be scheduled through the office. Our on-site housekeeper Teresa can be hired for \$20.00 an hour and can set up a flexible schedule with you. Perhaps you just need someone seasonally or as much as once a week. Call Todd or Julie to get more details. Remember you live at Parkside "Where the Living is Easy!"

Hangar Dance

Wisconsin Aviation 3606 Corben Ct., Madison, Wisconsin 53704

Wisconsin Aviation's 17th Annual 1940s Style Hangar Dance Benefit for Badger Honor Flight

When: Saturday, July 21st, 2017, 6:00pm-10:30pm

Ticket Info (608) 698-8944

Location: Wisconsin Aviation, 3606 Corben Court, Madison, WI (off of Hwy 51 and Amelia Earhart Dr)

Cost: \$20 at door; two patrons for \$35

Re-live the 1940s era by attending the Wisconsin Aviation Hangar Dance on Saturday, July 22nd, from 6:00pm-10:30pm, featuring big band music performed by *Ladies Must Swing*, a jazz band consisting of 18 energetic dames. Vintage wear is encouraged and there will be prizes for the best-dressed couple and best dancers. The ladies will be performing 1940s tunes all night long: *Seems Like Old Times*, *Leap Frog*, *Armed Forces Salute*, *Take the A Train*, *B-19*, *Old Devil Moon*, *Don't Sit Under the Apple Tree*, *American Patrol*, *In the Mood*, and much more!

Benefits to the Community

A portion of the door sales as well as the drink and snack sales will benefit The Badger Honor Flight





Coloring Coffee Clutch:

Every other Tuesday morning at 9am we will meet in the community room for hot coffee, tea, some soothing music to get our creative side inspired and lots of coloring. This isn't your "grandkids" kind of coloring it is geared towards adults and we will be providing the thin markers and colored pencils if you don't have your own. We also have plenty of sheets available if you don't have your own book. Stop in & enjoy a social morning ...we encourage you men to join us too!! Tuesday, July 10th we will have bagels & cream cheese too!



REMINDER: No DeForest Farmers Market on Tuesday, July 3rd due to Fourth of July Event set-up. Thanks!

ATTENTION FELLA'S... July breakfast falls on the 4th so it will be moved to the second Wednesday this month the 11th.



YOU KNOW IT'S HOT OUT WHEN...

You see a bird using a potholder to pull a worm out of the ground.



HOT Weather & Dehydration:

Older adults can't cool down as quickly or as well as younger people. They are also less likely to feel thirsty, which means they're more likely to become dehydrated.

What is Dehydration? It is a loss of water in your body. It can be serious if not treated. Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if you're diet allows, "sports drinks, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

Use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention because as you age you may dehydrate more easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.