

July 2026

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Crafts with Janie Clark from Brightmoor @ 10:00am PM BINGO Prizes	2 AM Prize Bingo Center Closed @ 12:30 Noon	3 Independence Day Center Closed	4
5	6 Chair Exercise @ 10:00 3 Laps Call a friend Word Search	7 Pastor Odom 10:00am 3 Laps Check out the exercise room	8 Chair Exercise @ 10:00 3 Laps Call a friend	9 Senior Farmer Market@ Pike County PM BINGO R	10 Golden Senior Day @ Library meet there at 10:15 am Center Closed	11
12	13 Chair Exercise @ 10:00 3 Laps Call a friend Word Search	14 Pastor Odom 10:00am 3 Laps Check out the exercise room	15 The Price is Right with L @ 10:00am 3 Laps Call a friend	16 AM Bingo Card Games Basketball 3 Laps	17 Chair Exercise @ 10:00am 3Laps BINGO PM	18

19	20 Chair Exercise @ 10:00 3 Laps Call a friend Word Search	21 Pastor Odom 10:00am 3 Laps Check out the exercise room	22 Chair Exercise @ 10:00 3 Laps Call a friend	23 AM Bingo Young @ Heart Club Birthday Celebration 3 Laps Brown Bag Pickup	24 Summer Wellness & Friendship Day with Upson County.	25
26	27 Games with Paula with Eternal Hope @ 10:00am Call a Friend 3 Laps	28 Pastor Odom 10:00am 3 Laps Check out the exercise room	29 Painting with Mr. Larry @ 10:00am 3 Laps Basketball Check out the exercise room	30 AM Bingo Card Games Basketball Afternoon Show and Tell 3 Laps	31 Fishing/Picnic with Spalding County Center Closed	

What Are the Benefits of Drinking Water

As mentioned above, our bodies require water in order to survive. But there are also many **health benefits of drinking water**, including:

- Carrying nutrients and oxygen to all of the cells in our body. [90% of our blood is made of water](#), making water essential for proper bodily function
- Helping to regulate our body temperature
- Cushioning our joints
- Stabilizing our heartbeat

- Normalizing our blood pressure
- Aiding digestion
- Protecting our organs and tissue
- Helping to prevent constipation
- Flushing bacteria from our bladder