

# Leisure Manor Gazette

What's New in Our Community

July 2024 Edition

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**Office Hours:**  
**Monday-Friday**  
**8:30am-5:00pm**

## July Dates of Importance:

Canada Day	1
Independence Day Office Closed	4
Housing Commission Meeting	11
Commodities LMI Community Room 3PM	24
International Day Of Friendship	30

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## Window Renovation Project:

Window renovations for LMI are underway!

Some important things to remember:

- Please be ready promptly at 8:30 am, **NO EXCEPTIONS!**
- All items must be moved away from the windows prior to the start of construction.
- Exterior doors may be propped open by contractors during the day for quick and easy access. Doors will be locked and secured each night.

**You DO NOT need to leave your unit!**

If you have not had new windows installed in your unit yet, residents will get a notice one week prior to start date with instructions on how to prepare!

While this project is lengthy, it is well worth it. Thank you for your patience and cooperation!

## Temperatures are Rising!

**Stay hydrated and know the warning signs of a heat stroke!**

### What to Look Out For:

Heat Exhaustion-

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness.



If you experience any of these symptoms, act fast. Move to a cooler area, loosen clothing, sip cold water and see medical help if symptoms do not improve.

**Heat exhaustion can lead to a heat stroke.**

Signs of a heat stroke include confusion, dizziness and loss of consciousness. If experiencing any of these symptoms, move person to a cooler area, loosen clothing, cool with water or ice and most importantly, call 911.

**Stay cool, stay hydrated and stay informed!**

## Staying Hydrated This Summer:

Summer is officially here & July is going to be a **HOT** month. It is even more important now to stay hydrated.

Drinking water is always the best option. Here are some other ways to keep hydrated:

- Eat more “water-rich” foods, like fruits and vegetables, such as watermelon, strawberries, cantaloupe, cucumber and celery.
- Drink other cold beverages, such as iced coffee or iced tea.
- Eat cold soups, preferably those that are broth-based. Gazpacho is a good option.
- Choose coconut water over fruit juice. Coconut water has less calories and sugar than juice.

**Drinking water helps replenish the fluids lost by excess sweating, so drink up!**



## Senior Center Day Trips:

The Senior Center has some exciting trips planned for the month of July!

### Greektown Casino:

**When: Tuesday, July 16th**

**Time: 9:30am-3pm**

**Price: \$10**

Grab a friend and test your luck! Lunch on your own at the Casino.

### Blake's Orchard Lavender Festival:

**When: Friday, July 19th**

**Time: 9:30am-2pm**

**Price: \$20**



The lavender festival has over 200 artisans, free classes on gardening and farming, DIY workshops, free train rides to the lavender field and lavender infused foods and drinks, such as lemonade, ice cream, cupcakes, donuts and more. Lunch on your own at Blake's.

### Detroit Symphony Orchestra:

**When: Friday, July 26th**

**Time: 11:30am-3:30pm**

**Cost: \$25**



Enjoy Frankie Moreno performing your favorite Elvis hits. Lunch on your own at Shogun.

**Farmer's Market:**

**Farmers Market Dates for July:**

**This month the farmer's market will take place on the following dates:**

Thursday, July 11th  
from 5pm-9pm

Sunday, June 28th  
from 8am-2pm



**If you would like a ride from the Senior Center SMART van, please call ahead of time to schedule an appointment. Space is limited.**

**If interested, please call 586-498-2331.**

**Stop by and Check it out!**

**Senior Center Garden Party:**

**Wednesday, July 24th**

**Senior Center Patio**

**11:00am-2pm**

**Price: \$5 per member**

Enjoy BBQ, refreshments, prizes, raffles, games and more!

If interested, contact the Senior Center to sign up. Must sign up by July 17th.

Limited to first 80.



**Rock Your World Events Presents:**

**2024 Summer Lakefront Psychic,  
Holistic & Music Festival**

**When:** Fri. July 12th, 3pm-9pm

Sat. July 13th, 10am-7pm

Sun. July 14th, 10am-7pm

**Where:** VFW Bruce Post  
28404 Jefferson

**Friday admission- \$6**

**Sat. & Sun. admission-\$12**

The festival will include over 70 vendors, including psychic, mediums, food trucks & more.



**No Propping Doors Open:**

For the safety of resident's please **DO NOT** prop open any door.

**Please help keep our  
community safe!**



**Door Décor:**

All apartment entry door décor (wreaths, pictures, etc.) must be hung from an over-the-door hanger.

Nails or tape **must not** be used on any door surface.

The use of nails and tape cause damage to the door and are strictly **prohibited!**

**Damage to the front door due to tape or nails may result in a tenant charge.**

**Thank you for your cooperation!**

## July Birthdays:

Tamara Caza	6
Denise Ryckman	6
Philip Ferraro	7
Melinda VanAcker	9
Rachel Duncan	9
Charles Burks	9
Teresa Engelhardt	9
Robert Harp	9
John Szpanelewski	9
Ernestine Anderson	10
Thelma Weiler	13
Julia Stafford	16
Joseph Ellis	17
Martha Seely	18
Michael Mosby	21
Frances Holmes	22
Patricia Trautmann	23
Katherine Pajakowski	25
Laura Patton	27
Lisa Bados	27
Angela Cuffie	31



## Did you know...

- 80 million Americans celebrate the 4th with a BBQ.
- Americans will enjoy 150 million hot dogs during the 4th.
- Apple pie is a staple holiday dessert.
- 3 Presidents have died on July 4th— James Monroe, John Adams & Thomas Jefferson.
- The Liberty Bell has not been rung since 1846.
- The Statue of Liberty is 151 feet high.
- Americans spend over 1 billion dollars on fireworks each year.
- Approximately 4,000 people become U.S citizens each year on July 4th.

**Have a happy and safe  
4th of July!**



## HAPPY 4TH OF JULY!

July 4th, 1776, commemorates the adoption of the Declaration of Independence, announcing freedom for the United States of America.

**The St. Clair Shores Housing  
Commission wishes all of our friends at  
Leisure Manor a happy and safe  
Independence Day!**



## New Residents:

Over the last few months we have had many new residents at Leisure Manor. If you see a new resident, please offer a smile and introduction.

Let's make everyone feel welcome and show them that Leisure Manor is a wonderful place to call home!

