

THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive • Odessa, TX 79765 • (432) 348-8047

JUNE 2025



Happy Birthday, Joan!! We hope you have a beautiful day. Thank you for always being such a ray of sunshine.



Happy Birthday, Lillie! You are so much fun, and we are thankful you are a part of our community!



Happy Birthday, Ronny! You are always so much fun to be around. We are happy to have you here!



Happy Birthday, Rennie! We hope you have a beautiful day. Thank you for always being willing to join in on the fun.

COURTYARDS
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Craft: Smiling
Sunbeam

Materials:

- Paper plate
- Yellow tissue paper
- Glue stick
- Scissors
- Orange and yellow construction paper
- Black marker

Directions:

Place the paper plate facedown in front of you. Tear the yellow tissue paper into medium-sized pieces. With the glue stick, apply glue all over the back of the paper plate. Apply tissue paper pieces to the plate, overlapping some pieces as you go, until the entire surface of the plate is covered. Cut a sheet of orange construction paper into several long strips. Repeat with a sheet of yellow paper. Flip the paper plate over with the blank side up. Use the glue stick to attach the strips of paper around the edge of the plate to make the rays of the sun, alternating orange and yellow. Flip the plate back over and draw a face on the sun with the black marker. Now you're ready to welcome summer!

“The most wasted of days is one without laughter.”
—E.E. Cummings

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>2</div> <div>9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>3</div> <div>Nat'l Egg Day 9:00 Resident Weigh-Ins 9:45 Sit-N-B Fit 10:30 Calendar Catch-Up with Yvette 12:00 Lunch 1:15 Bingo 2:30 Deviled Egg Social 5:00 Dinner</div>	<div>4</div> <div>Nat'l Cheese Day 9:45 Select Rehab Exercise w/Jason 10:30 Walmart Outing 12:00 Lunch 1:15 Dominos 2:30 Make A Cheese Quesadilla w/ Yvette 5:00 Dinner</div>	<div>5</div> <div>9:45 Sit-N-B Fit 10:30 Water Outside Plants in the Front of Building 12:00 Lunch 1:15 Bingo 2:30 Guess The Object Game 5:00 Dinner</div>	<div>6</div> <div>9:45 Sit-N-B Fit 10:30 One on Ones w/ Yvette 12:00 Lunch 1:15 Card Games 2:30 Ice Cream Social 5:00 Dinner</div>	<div>7</div> <div>9:45 Sit-N-B Fit 10:00 Vendor Pop Up Shop 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Max) 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>8</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>9</div> <div>CNA Week 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>10</div> <div>Nat'l Iced Tea/Egg Roll Day 9:30 Amenti Beauty Academy 9:45 Sit-N-B Fit 10:30 Have a Glass of Tea on the Patio 12:00 Lunch 1:15 Bingo 2:30 Egg Roll Tasting 5:00 Dinner</div>	<div>11</div> <div>9:45 Select Rehab Exercise w/Jason 10:30 Bible Study & Musical Flute By: Clay 12:00 Lunch 1:30 Painting w/ Michelle in the Bistro 5:00 Dinner</div>	<div>12</div> <div>Nat'l Peanut Butter Cookie Day 9:45 Sit-N-B Fit 10:30 Lunch Outing (IHOP) 12:00 Lunch 1:15 Bingo 2:30 Bake Cookies w/ Yvette 5:00 Dinner</div>	<div>13</div> <div>Nat'l Wear Blue Day 9:30 Men's Coffee with Clark 9:30 Women's Bible Study w/ Genelle in the Bingo Rm 9:45 Sit-N-B Fit 10:30 Make Brownie Grill Bites 12:00 Lunch 1:15 Card Games 2:00 Father's Day Celebration w/ Interim 5:00 Dinner</div>	<div>14</div> <div>Nat'l Cucumber/Flag Day 9:45 Sit-N-B Fit 10:30 Cucumber Snack on the Patio & Set Out Flags 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Places in the Heart) 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>15</div> <div>Happy Father's Day/Rennie's Bday 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>16</div> <div>Ronny's Birthday 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>17</div> <div>9:45 Sit-N-B Fit 10:30 Resident Council Meeting 12:00 Lunch 1:15 Bingo 2:30 Mingle with Memory Care & Play a Game 5:00 Dinner</div>	<div>18</div> <div>9:45 Select Rehab Exercise w/Jason 10:00 Community Fishing Fun w/ Faithful Journey 12:00 Lunch 1:00 Education Class By: Select Rehab 1:15 Dominos 2:30 Select Rehab Testing until 4:30pm 5:00 Dinner</div>	<div>19</div> <div>Juneteenth 9:45 Sit-N-B Fit 10:30 Walk & Water Plants Out Front 12:00 Lunch 1:15 Bingo 2:00 Wheelchair & Walker Wash Hosted By: Gentiva 5:00 Dinner</div>	<div>20</div> <div>Nat'l Vanilla Milkshake Day 9:45 Sit-N-B Fit 10:30 Summer Pictionary 12:00 Lunch 1:15 Card Games 2:30 Let's Go Grab a Milkshake at Texas Burger 5:00 Dinner</div>	<div>21</div> <div>Nat'l Take a Selfie Day 9:45 Sit-N-B Fit 10:30 Logic Geniuses Social 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (I Am Gabriel) 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>22</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>23</div> <div>9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>24</div> <div>Lillie's Birthday 9:45 Sit-N-B Fit 10:30 Shop Till You Drop Outing JCPenney 12:00 Lunch 1:15 Bingo 2:30 Blindfold Toss 5:00 Dinner</div>	<div>25</div> <div>Joan's Birthday 9:45 Select Rehab Exercise w/Jason 10:30 Bible Study & Musical Flute By: Clay 10:30 Dollar Tree Outing 12:00 Lunch 12:00 Water Bottle Flip Social 1:15 Dominos 5:00 Dinner</div>	<div>26</div> <div>9:45 Sit-N-B Fit 10:30 Pipe Cleaner Orchid Craft 12:00 Lunch 1:15 Bingo Store \$\$\$\$ 5:00 Dinner</div>	<div>27</div> <div>9:45 Sit-N-B Fit 10:30 Birthday Greeting Card Social 12:00 Lunch 1:15 Card Games 2:30 B-Day Bash Hosted By: James w/ Care Portal 5:00 Dinner</div>	<div>28</div> <div>9:45 Sit-N-B Fit 10:30 Stack A Cup Game 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (My Sister's Keeper) 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>29</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>30</div> <div>9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Bingo by: David w/ Angel's Hm Health 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>					

Be Careful in Summer Heat

Sunlight is vital to our health, providing energy, vitamin D and serotonin, but it can also come with some damaging effects. Spending too much time or doing strenuous activities under the sun can lead to heat-related illness.

Dehydration. Heat causes the body to lose fluids quickly, and if you lose too much, you're at risk of dehydration. You may start feeling dizzy or tired or have a headache. Before you feel thirsty, make sure to drink water or an electrolyte-rich sports drink to stay hydrated.

Hyponatremia. Also known as water intoxication, this condition can occur when you rehydrate with only water and forgo the sodium lost while sweating.

Hyponatremia has similar symptoms to dehydration, as well as loss of appetite, cramps and irritability. Drink electrolytes, or seek medical attention if confusion presents.

Heat exhaustion. Dehydration plus prolonged heat exposure can equal heat exhaustion. Some symptoms include a body temperature between 98.6 and 104 degrees Fahrenheit, headache, dizziness, sweating, nausea and weakness. Immediately move to a cool place, use cold compresses and hydrate. If symptoms don't improve within 15 minutes, seek medical attention.

Heatstroke. Heatstroke can follow heat exhaustion or it may come on suddenly. It can cause damage to major organs—such as the heart, kidneys and brain—if left untreated. If your body temp is above 104 degrees Fahrenheit, you feel hot but aren't sweaty, are struggling to breathe or are experiencing confusion after being in the heat, seek medical attention immediately. Move to a cooler place and obtain a cold compress in the meantime.

Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our center's dads who've raised generations. We will have a feast fit for a king! We'll supply the meat for the grill; you just bring along the fixings to make the meal complete. Don't miss the fun and fellowship at this Father's Day feast.



Protect Your Pets From the Heat

When temperatures soar, keep your pet safe with these summertime tips:

Cool and comfortable. Keep your pet indoors, and be sure to provide plenty of fresh, cool water. Add an ice cube or two to their water bowl for a refreshing treat.

Car caution. Never leave your pet in a vehicle unattended. Even with a window rolled down, the temperature inside a car can rise well over 100 degrees within just 10 minutes on an 85-degree day.

Paw protection. If you can't comfortably place the back of your hand on the ground, it's too hot for your pet's sensitive paws. Try to walk your dog in the morning and evening, when it's cooler outside. Grassy areas are safer than sidewalks or pavement, and stick to shaded areas when possible.

Symptom check. Dogs and cats do not tolerate heat as well as humans do. Know the signs of heatstroke, which include excessive panting, vomiting, a racing heart, and intense lethargy or sluggishness. Keep an eye on your pet and call your vet if you have any questions or concerns about their behavior.