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10 Signs It Might Be Time To Place Your Loved One In A Residential Care Home

By Gretchen Hook

Little Elm Residential Care

Whether you're caring for your loved one or they live on their own, choosing to place them in a care home is a tough decision. You might feel guilt, doubt, shame, or other emotions that influence your choices. Your loved one may have asked never to be admitted to a facility, and you're struggling to honor that request.

At Little Elm Residential Care Home, we focus on providing a safe, caring environment where your loved one can thrive and feel a sense of well-being. Whether you live in Belton, Killeen, Waco, Temple, or other nearby areas, this guide can help you determine the right time to place your loved one in a care home.

~Difficulty Managing Their Daily Living Activities (ADLs)

If your loved one is having difficulty with tasks like dressing, bathing, feeding themselves, and other ADLs, and you're struggling to meet their needs, let Little Elm RCH help while preserving their dignity.

~Mobility Issues

Falls can lead to injury. If your loved one is experiencing falls or balance issues, allow Little Elm RCH to provide a safe and secure, fully monitored environment for them.

~Memory Issues

Age-related forgetfulness is normal; however, when forgetfulness turns into forgetting to take medications, eat a meal, or forget where they are, and other memory problems arise, this can become a recipe for disaster. At Little Elm RCH, we provide a safe and secure environment, along with memory care, for your loved one.

~Weight Loss and Poor Nutrition

Is your loved one losing weight, skipping meals, or are you unable to keep up with their nutritional demands? Allow Little Elm RCH to encourage your loved one to eat nutritious meals and work with their PCP for nutrition ideas.

~Personal Hygiene

Does your loved one wear the same clothing day after day? Do they refuse to shower or brush their teeth? Declining hygiene can become an issue, and if you are having difficulty keeping up with their personal care and grooming, Little Elm RCH can offer respectful daily assistance.

~Isolation and Loneliness

When our loved ones live alone, they can often isolate. Are they refusing to participate in activities or seeing friends and family? Little Elm RCH encourages activities and socialization. There are opportunities to meet new people and build lasting relationships.

~Mismanaged Medications

Are medications becoming more confusing? Is your loved one missing doses or doubling up on them? This can be dangerous for your loved one, and if not handled properly, can quickly get out of hand. Little Elm RCH has trained staff to manage medications and ensure your loved one takes their medications correctly.

~Home Safety

Sometimes our sanctuaries can become dangerous. Poor lighting, cluttered spaces and walkways, and lack of supervision while walking or eating can create hazards for

our loved ones. At Little Elm RCH, we take all precautions necessary to ensure the safety and security of your loved one.

~Caregiver Burnout/Compassion Fatigue

You're doing the best you can. You may work a full-time job and take care of your parent or spouse. You may not have a sound support system. You may feel guilty for even thinking about placing your loved one somewhere else. Providing care should never come at a cost. At Little Elm RCH, we allow you to become your loved ones' loved one again. Allow us to be the caregiver, and you love them.

~Increasing Doctors and Hospital Visits

Frequent visits to the ER and urgent care may indicate that your loved one requires consistent monitoring and professional care. Little Elm RCH offers 24/7 support and care to address the needs of your loved one.

At Little Elm Residential Care Home, you will only find compassionate care. Our residents thrive because we offer consistent, 24/7, round-the-clock personalized care. We provide a warm, home-like environment where each resident feels like part of the family.

If you recognize any of these or all of these signs that it might be time to consider placement, please do not hesitate to reach out to Little Elm Residential Care Home. We are here to meet your needs 24/7. Contact us today at 254.314.8340 to schedule a tour and to speak with our care coordinator. Let's create a brighter future for your loved one and you...together.

**"Providing care
[for a loved one] should
never come at a cost."**

Retired and bored? How to make an active retirement a reality

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Odd-fellows, one of the oldest friendly societies in the United Kingdom, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a career.

~According to AARP, travel is one of the most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.



~**Get moving physically.** The National Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide physical exercise and

also an opportunity to socialize with friends or teammates.

~**Maintain a consistent schedule.** Some people thrive when they know what is coming next. If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of your traditional routine.

~**Try something new.** It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger.com, Texas residents age 65 and older can take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.

~**Pick up a new language.** Learning a new language is a beneficial tool for seniors who are looking to maintain cognitive abilities. The National Institutes of Health says bilingualism has been linked to higher cognitive reserve, delay in dementia onset and better performance in executive control.

There are many ways for seniors to keep their brains and bodies active in an effort to overcome boredom and improve overall well-being.



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By Gretchen Hook

Little Elm Residential Care Home

Back-to-School Fun for Grandparents

The grandkids are preparing to return to school, and it feels like they just finished for the summer yesterday. Summer has gone by quickly. What are some enjoyable ways for grandparents to help their grandkids get ready for the new school year?

Take them back-to-school shopping

Let's be honest—back-to-school shopping isn't exactly everyone's favorite task. But why not add a little extra fun to the mix? You could go out for ice cream, turn it into a special day, or even start a new tradition. Maybe grab lunch or catch a movie—something unexpected that brightens the day. Since most kids aren't big fans of shopping either, finding a fun activity to include can turn it into a delightful experience for everyone. It's a simple way to make this routine task a bit more enjoyable and memorable.

Volunteer

Many schools are happily looking for volunteers right now. Are you comfortable with math, reading, writing, and arithmetic? Do you enjoy listening or being outdoors? Why not reach out to your grandkids' school to see how you can help? If volunteering sounds like something you'd enjoy, I encourage you to go for it. It's a wonderful way to step out of the house and become more involved in your grandkids' lives, whether directly or indirectly.

Help with Homework

It seems like the subject matter is always changing, but one thing that remains constant is reading. Spelling and grammar can

be tricky topics that some kids find challenging. Are you a confident reader? Do you enjoy reading to your grandkids or having them read to you? That's a wonderful way to help them excel in this area. If you're interested in exploring other subjects, absolutely go for it! Whether it's the latest in math or science, there are so many exciting options to explore. With so many choices, it's all about taking that first step and enjoying the journey.

Special Gifts

If you're not nearby your grandkids, sending them a thoughtful gift now and then can become a lovely tradition you cherish together. A little encouragement truly means a lot. Consider sending special cards, a gift card to celebrate a job well done, surprising them with a visit, or maybe the cool backpack they've been dreaming about. Whatever you choose, make it something special that creates a memorable moment just between the two of you.

School Lunch

If the school welcomes visitors for lunch, consider surprising your grandkids with a special meal or join them during their lunch break. They'll really cherish it! Not only will it create wonderful memories and make them feel loved, but it might also inspire other children to invite their grandparents for a delightful lunch visit.

First Day of School Pictures

As grandparents, we cherish memories of our own children's childhood times. The busy mornings, getting them onto the school bus, the hustle and bustle at school drop-offs — those moments truly stay with us. We know some parents may not have the chance to take those special first-day-of-school pictures. If you can, offer a helping hand — meet parents at school or lend a hand with getting the kids ready. And don't forget to bring your

camera... and say "cheese!" to capture those joyful moments.

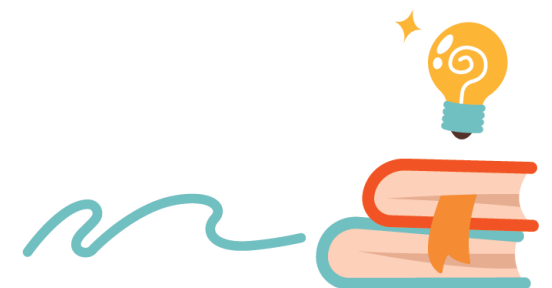
Grandparents Day

Grandparents Day is a wonderful occasion just for us, Grandparents. It's really special that our grandkids have a day to celebrate us. Let's help them make meaningful memories together. Start planning now so you can enjoy the day without the chaos of school activities, sports, and everyday life—because these moments are truly priceless.

Watch your boundaries

While all of this is helpful and caring, it might sometimes feel a bit judgmental—like when you're shopping—or a little too invasive, like when you're around too often. Remember, you know your children best. Be respectful of their wishes to have some things just for themselves and their kids. And above all, try not to take it personally or get offended.

Overall, returning to school can be an exciting experience, filled with new adventures and sometimes a few stressful moments. It's a wonderful opportunity to support your grandkids, create beautiful memories together, and be there for them when they need you. Remember to also know your limits and take care of yourself. Cherish every moment with your grandkids because they grow up so quickly. Enjoy this special time with them!



Promote health with daily habits

Health should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These healthy habits can help individuals start living healthier lifestyles.

should aim for at least 150 minutes (30 minutes a day for five days) of moderate-intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

- **Wear sunscreen every day.** After washing your face each morning, apply a facial moisturizer with an SPF of at least 30, or blend equal parts of sunscreen and regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it.

- **Spend time outdoors.** It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart



- **Get some exercise.** Regular physical activity is one of the most important things a person can do for his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults

health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

- **Plan your meals.** Meal planning is not just a way to manage food budgets. It's also a great method to being more mindful of food

NATIONAL Wellness MONTH

choices and avoiding impulse buys or meals that may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension.

- **Stay hydrated.** Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated.

Healthy habits are more easily adopted when people begin small and make a daily commitment to their overall health.

THIS DAY IN HISTORY

AUG
12

1851: Isaac Singer is granted a patent for his sewing machine.

1914: The United Kingdom and the British Empire declare war on Austria-Hungary.

1981: The IBM Personal Computer is released.

THIS DAY IN HISTORY

AUG
21

1680: Pueblo Indians capture Sante Fe from the Spanish.

1911: The Mona Lisa is stolen by Vincenzo Peruggia, a Louvre employee.

1959: U.S. President Dwight Eisenhower signs an executive order proclaiming Hawaii the 50th state.



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7 benefits of socialization for seniors

One of the primary lessons learned during the COVID-19 pandemic was how challenging social isolation can be. Social isolation often goes overlooked, but it's a key contributor to poor mental health.

Experts state that it is increasingly important for adults to maintain an active social life as they age. There are many benefits that come from staying engaged and socializing with others. The following is a look at seven ways socialization benefits seniors.

1. Regular social interactions can help older adults avoid depression, anxiety and feelings of isolation, according to Integracare, a senior living company.

2. Social engagement can help reduce the risk of cognitive decline and dementia because socializing helps to keep the mind sharp through new experiences.

3. Socialization often revolves around an activity that gets seniors up and moving. While being sedentary is alright on occasion, consistently sitting or laying around can lead to high cholesterol, weight gain and high blood pressure. A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences determined that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods and fewer negative feelings.

4. Regular social interaction may compel seniors to embrace healthier eating habits. Social events expose seniors to different types of food, which can help them get the nutrients they need to live healthy.

5. Regular socialization can help seniors feel they are needed and have a sense of purpose, which can boost self-esteem. Engaging with others often means contributing to a community, and that can be satisfying.



6. Getting out and interacting with others can serve as an informal wellness check, potentially alerting family and friends to issues that may need attention.

7. Getting outside and interacting with others can open seniors up to new hobbies. Whether that is participating in a new sport or joining a club, there are mental and physical advantages to engaging socially.

Socialization is an important factor in seniors' overall wellness, and one that should be discussed along with diet, exercise and illness management.



Notable Purple Heart Award recipients

The Purple Heart is the oldest military award in the United States. The commendation is unique in that it is awarded automatically to individuals when certain criteria are met, which includes being injured or killed in battle or during terrorist attacks. According to the National Purple Heart Hall of Honor, roughly 1.8 million Purple Hearts have been awarded since the decoration's official establishment in 1932.

There is no limit to the number of Purple Heart Awards a person can receive. Many brave men and women have been issued this special commendation. All of these people are remarkable in some way, particularly for their bravery and sacrifices in service of the United States. However, some people are more famous than others. Here is a look at some of the more well-known recipients of the Purple Heart.

- Army General **Douglas MacArthur** (the first service member to receive the modern-day Purple Heart), World War II
- Actor **James Arness**, World War II
- NFL great **Robert "Rocky" Bleier**, Vietnam War
- Actor **Charles Bronson**, World War II
- Actor **James Garner**, Korean War
- Marine Corp Sergeant **Ron Kovic**, Vietnam War
- Journalist **Ernest "Ernie" Pyle**, World War II
- Screenwriter **Rod Serling**, Philippines combat
- Filmmaker **Oliver Stone**, Vietnam War
- NFL player **Pat Tillman**, friendly fire incident in Afghanistan
- Novelist **Kurt Vonnegut**, World War II
- K-9 war hero **Sergeant Stubby**, World War II
- Combat nurse **Cordelia "Betty" Cook**, World War II
- President **John F. Kennedy**, World War II
- Secretary of State **John Kerry**, Vietnam War
- Senator **John McCain**, Vietnam War
- Secretary of State **Colin Powell**, Vietnam War

Tips to stay safe while golfing

A round of golf on a warm, sunny day can be the perfect way to spend a few hours with friends, and more and more people are recognizing that. The National Golf Foundation says more than one-third of the United States population over the age of five played golf; followed golf on television or online; read about the game; or listened to a golf-related podcast in 2023. That marked a 30 percent jump since 2016.

Golf is a relatively safe sport, but accidents and injuries can happen on the course. Golfers can follow these guidelines to ensure their next round of golf is as safe as possible.

- **Be aware of your surroundings.** It is important when you are preparing to swing to keep track of those around you. Never swing a golf club if a fellow golfer is close to you, and exercise caution when practicing your swing away from the area of play.

- **Warm up your body.** Any exercise requires warming up to get muscles and joints ready for action. Spend between five and 10 minutes warming up before tee time. Walk briskly and rotate your arms and torso to prepare for movements involved in golf.

- **Apply sun protection.** According to a study commissioned by the United States Golf Association, an 18-hole round of golf averages four hours on weekdays and 4.5 hours on weekends. Players spend roughly

four hours exposed to the sun. Always wear sunscreen before heading outdoors, and consider wearing a visor or hat to further protect the skin on your face and your eyes from UV exposure.

- **Wear the right gear.** Use a golf glove or two to keep the golf club from slipping out of your hands. Gloves also can help prevent blisters. In addition, get a pair of golf shoes with plastic spikes for good traction.



- **Yell “Fore!”** Calling out “Fore!” is a warning to everyone on the course that a ball has been hit and is heading in their direction rather than the intended area, says Yatta Golf. It’s a “heads up” for a poor shot that has the potential to hit someone, and it is proper etiquette to yell “Fore!” when this occurs.

- **Use a golf cart.** Carrying a heavy golf club bag for hours on end can lead to achy



shoulders and lower back strain. Rather than risking injury, take advantage of a golf cart, if available. Also, caddies may help lessen the load of a golf bag.

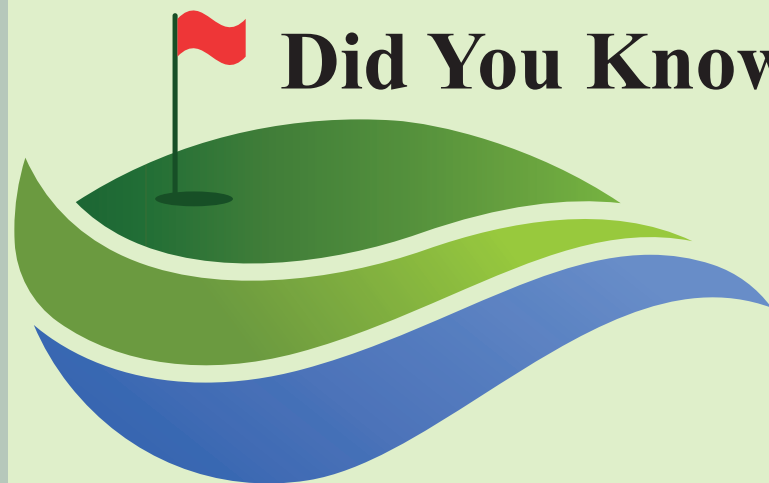
- **Beware of lightning.** Lightning strikes can be quite dangerous in any location, but particularly so on an open course when you’re holding a metal club. Always end the game promptly and take cover when thunder is heard, as it means that lightning is occurring.

- **Stay hydrated.** Bring along plenty of fresh water or an electrolyte sports drink to replenish fluids on hot days.

- **Be cautious of hazards.** Hazards on a golf course provide difficult obstacles to make play more challenging. Hazards include bunkers (sand traps) and water. Keep in mind that wildlife linger in golf hazards and caution should be used when trying to play balls that fall in a hazard.

Golf has inspired millions to hit the links and play a round. While golf is typically a safe sport, there are ways to make it even safer.

Did You Know?



Few individual accomplishments in sports may be more coveted than sinking a hole-in-one on the golf course, but golfers from all walks of life may not want to hold their breath hoping to accomplish that feat the next time they hit the links. According to the National Hole-in-One Registry, the odds of the average player making a hole-in-one are 12,500 to 1. Even professional golfers may want to temper their expectations of sinking a hole-in-one, as the Registry cites the odds of a pro accomplishing the feat as 3,000 to 1. Golfers who like to play in foursomes should know that their odds of sinking a hole-in-one if someone in their group has already done so are especially long. According to the Registry, the chances of two players from the same foursome sinking a hole-in-one are 17 million to one.




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WHAT IS V-J DAY?



World War II was an intense and bloody conflict that mercifully came to a conclusion in 1945, when the Allied forces claimed victory over the Axis powers. The Axis powers included Japan, which did not surrender until several months after the Allies declared victory in Europe. **The day of the Japanese surrender in World War II is commemorated as V-J Day, or Victory over Japan Day.** Though the initial announcement of Japan's surrender was made on August 15, 1945, The National World War II Museum notes formal documents of surrender were not signed until September 2, 1945. That distinction is why there is no uniform date on which nations that made up the Allied forces commemorate V-J Day. The United Kingdom commemorates the day on August 15, while the United States does so on September 2. Regardless of when V-J Day is celebrated, its significance makes it worthy of commemoration across the globe.





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Did You Know?

The American Kennel Club reports that the most popular dog names of 2023 were “Luna” for girl dogs and “Max” for boy dogs. Luna beat out “Bella” for the top spot while Max bested “Charlie.” In a nod to the popularity of football and the personal life of the world’s most recognizable pop star, “Kelce” was the top trending dog name of 2023 according to data compiled by the online pet ownership marketplace Rover. Kansas City Chiefs tight end Travis Kelce was already wildly popular among Chiefs fans, but he rose to even greater prominence when he began dating pop star Taylor Swift during the 2023 National Football League season. Rover reports that trending names for felines included “Norbert,” “Soju” and “Snoop.”



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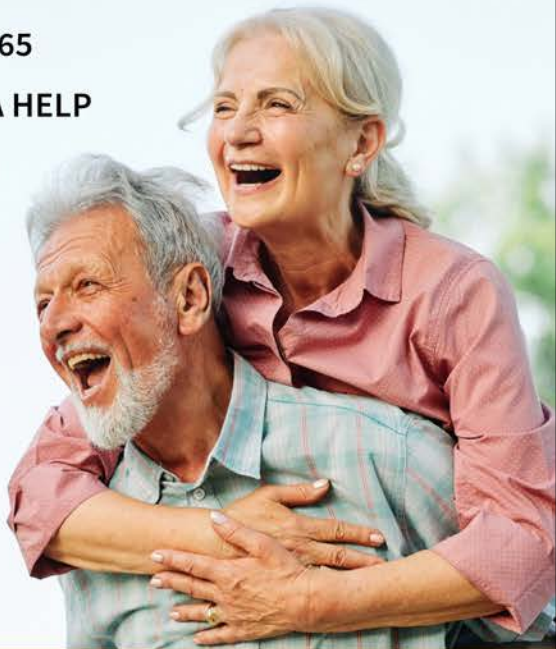
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Positive adult role models benefit kids

Children begin learning about life early on from the people who surround them. From the earliest age, youngsters mimic their parents and look to caregivers to guide their development and demonstrate proper behavior.

According to Words Alive, an organization inspiring a commitment to reading for life success, 90 percent of a child's brain develops by age five. During these first five years, abilities such as motivation, problem solving, communication, and self-regulation are formed. Having the right role models in a child's life influencing them through these formative years can set a foundation for success.

What is a role model?

A role model is a person whose behaviors are emulated by others, according to Connections Academy® by Pearson. When a child has a positive role model, there is a greater likelihood the youngster will engage in constructive behavior that mirrors the person he or she looks up to.

Why are positive role models important?

Adult-child interactions can help shape an individual. The Center of the Developing Child at Harvard University noted that if an adult's responses toward a child are inappropriate or unreliable, that child's brain architecture may be disrupted and their emotional health impaired. The opposite is true when children have positive influences in their lives who respond properly to a child's behavior.

Choosing safe adults

It is vital to surround children with safe adults who can be positive role models. According to Perpetrators of Sexual Violence: Statistics by RAINN, 93 percent of juvenile sexual abuse cases knew the perpetrator, and 34 percent were family members. Safe adults are those who model healthy behaviors and actions to set an example for the child. Although a child's uncle may be a beloved family member, that person may not necessarily be the best to be alone and interact with a child frequently.

What are good role model behaviors?

The following are some key characteristics of a positive role

model.

- Lives a healthy lifestyle that focuses on physical and mental well-being. This is a person who eats healthy meals, lives an active lifestyle and makes good health choices like not smoking or drinking alcohol to excess.
- Treats others with respect and practices self-awareness about behaviors. When the role model makes a mistake, he or she owns that mistake and tries to remedy it.
- Establishes goals and shows a commitment to values. A good role model is passionate about what they do, has a strong work ethic, and showcases confidence.
- Tries to keep a positive attitude and is accepting and supportive of others.
- A positive role model also may think about the kinds of people they looked up to when they were younger and the traits those people exhibited. Then those similar traits can be implemented when interacting with children and adults.

Positive role models can impact children's development and put them on the path to becoming well-adjusted, positive and dedicated members of society.





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Tips to tend a garden in late summer

As summer winds down, long stretches of sunlight are dwindling and cooler temperatures are on the horizon. Gardening enthusiasts may wonder how they can manage their backyard gardens as the peak growing season comes to a close.

People may not be eager to do much in their gardens come August, particularly because the air may be hot and the dew point high. And spending the final days of summer at the beach or in the pool may take priority. However, late summer is a great time to focus on certain tasks.

Deadheading

Many plants look better with the wilted flowers removed. Furthermore, some plants, such as with lilies and roses, will benefit from having spent blooms removed so that no unnecessary energy is drawn away from the roots or bulbs. Research your plants and learn which can benefit from some late-summer deadheading to keep them thriving.

Weeding

Weeds can become problematic if they're allowed to grow unabated. Routinely go into the garden and cull the weeds.

Keep an eye open for pests

According to Garden Smart, caterpillars and beetles may be chewing on garden plants by late summer, and aphids still may be problematic. Handpick insects off of vegetables and ornamental flowers, or use safe sprays for treating these issues.

Plant cool weather vegetables

Many plants will grow well when planted in late summer, according to Homesteading Family. Some such plants include turnips, beets, carrots, kale, chard, mustard greens, and peas. You can begin turning your sum-

mer garden, or a portion of it, into a fall and winter garden.

Consider succession planting

Growing vegetables like beans or peas may be more successful if you try succession planting. This involves sowing new seeds every seven to 10 days to extend the harvest.

Harvesting what's ready

Pick vegetables that are ready to eat, and remove any plants that have reached the end of their growing cycle.

Convert planter boxes and containers

This is a good time to start changing over summer annuals in containers and planter boxes to those that do well in fall, such as mums, asters, pansies, and goldenrod.

There's plenty of work to be done in the garden come the end of summer.



CLUES ACROSS

- 1. Fairly large
- 6. Barrels per day (abbr.)
- 9. Cover the entirety of
- 13. Leafy appetizer
- 14. Showy ornament
- 15. Norse personification of old age
- 16. Athletes
- 17. Closes tightly
- 18. Attack via hurling items
- 19. Where the reserves stand
- 21. Sword
- 22. Begat
- 23. Damage another’s reputation
- 24. Northeast
- 25. Turf
- 28. For each
- 29. Hours (Spanish)
- 31. Western state
- 33. One who offers help
- 36. Flanks
- 38. A woolen cap of Scottish origin
- 39. Free from drink or drugs
- 41. Tunnels
- 44. Mature
- 45. More dried-up
- 46. News organization
- 48. Steal something
- 49. Forms one’s public persona(abbr.)
- 51. Female fish eggs
- 52. Small petrel of southern seas
- 54. Edible starches
- 56. Historical
- 60. In a place to sleep
- 61. Horse grooms
- 62. Off-Broadway theater award
- 63. Chinese dynasty
- 64. Resembling a wing
- 65. Small projection on a bird’s wing
- 66. Of the Isle of Man
- 67. Derived unit of force (abbr.)
- 68. Plate for Eucharist

1	2	3	4	5			6	7	8		9	10	11	12
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54		55				56						57	58	59
60					61						62			
63					64					65				
66					67					68				



CLUES DOWN

1. Vipers
2. Ancient city in Syria
3. Slog
4. Emits coherent radiation
5. "Pollock" actor Harris
6. Bleated
7. Monetary units of Afghanistan
8. Tooth doctor
9. One who takes apart
10. Commoner
11. Beat poet Ginsberg
12. Cave deposit material
14. Home energy backup
17. Begets
20. Face part
21. Frocks
23. Hill or rocky peak
25. Giving the impression of dishonesty
26. About ear
27. Male parents
29. Popular grilled food
30. Vaccine developer
32. Not conforming
34. Polite address for women
35. 1970 U.S. environmental law
37. Astronomical period of 18 years
40. One who fights the government
42. Center for Excellence in Education
43. Watches discreetly
47. An electrically charged atom
49. Hymn
50. Arabic given name
52. Popular pie nut
53. City in Zambia
55. Species of cherry
56. John __, British writer
57. Be next to
58. Make angry
59. Give birth to a lamb or kid
61. Unhappy

Game answers on Page 22.

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B-Town Bulletin

Bell Co. Farmer's Market

Every Tue. & Thurs.
7a-12p
8420 W Adams
Avenue, Temple

Pistons on the Creek: Car Show

Aug. 15, 5:30p
@ the Gin on
Nolan Creek
Free

Central TX State Fair

Aug. 28-31
Cadence Bank Center
Carnival, concerts,
livestock, & more!
Tickets \$5-\$40 each

Game answers:

A	M	P	L	E			B	P	D		S	P	A	N
S	A	L	A	D		G	A	U	D		E	L	L	I
P	R	O	S		S	E	A	L	S		P	E	L	T
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U	T	A	H		S	A	M	A	R	I	T	A	N	
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A	B	E	D		S	Y	C	E	S		O	B	I	E
L	I	A	O		A	L	A	R		A	L	U	L	A
M	A	N	X		D	Y	N			P	A	T	E	N

Belton Senior Activity Center August 2025

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Lunches available daily - Call 24 hours in advance to reserve - \$3.00 Donation

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Email: activities@beltonseniorcenter.org; Activity Director, Judy Owens: 254-770-7958;

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Class on T/Th is from 6-7 \$5/class No class on 1st/3rd Thurs,					<div>1</div> <div>Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge</div>	<div>2</div>
<div>3</div>	<div>4</div> <div>Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42</div>	<div>5</div> <div>8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Class</div>	<div>6</div> <div>Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Arts & Crafts</div>	<div>7</div> <div>8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:39 Dance</div>	<div>8</div> <div>Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge</div>	<div>9</div> <div>Dance on Aug. 7 at 6:30, featuring Gabriel River Cost \$5.</div>
<div>10</div>	<div>11</div> <div>Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42</div>	<div>12</div> <div>8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Claas</div>	<div>13</div> <div>Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting</div>	<div>14</div> <div>8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class</div>	<div>15</div> <div>Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge</div>	<div>16</div>
<div>17</div>	<div>18</div> <div>Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42</div>	<div>19</div> <div>8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Claas</div>	<div>20</div> <div>Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Arts & Crafts</div>	<div>21</div> <div>8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance</div>	<div>22</div> <div>Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge</div>	<div>23</div> <div>Dance on Aug. 21 at 6:30, featuring Backroads Cost \$5.</div>
<div>24</div> <div>Pot Luck Dinner in Monday, Aug. 28, at 5:30 p.m.</div>	<div>25</div> <div>Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42 5:30 Pot Luck</div>	<div>26</div> <div>8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Class</div>	<div>27</div> <div>Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting</div>	<div>28</div> <div>8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class</div>	<div>29</div> <div>Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge</div>	<div>30</div>
<div>31</div>			<div>Upcoming Events:</div> <div>1. The Center is partnering with the City of Belton on offering a Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class.</div> <div>2, Dances - Thurs., Aug. 7, with Gabriel River; and Thurs, Aug. 21, with Backroads. Dances start at 6:30 p.m. and cost \$5 per person.</div> <div>3. Pot Luck is Monday, Aug. 25, at 5:30 p.m.</div>			

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