



A NOTE FROM MANAGEMENT

♥ Thank You, Residents!

We appreciate each of you for making our community warm, welcoming, and vibrant. Your kindness, involvement, and neighborly spirit make this place feel like home!

☀ Staying Safe in the Summer Heat

Summer is here, and with rising temperatures, it's important to take extra care of yourself and your loved ones. Here are some practical tips to stay safe and comfortable in the heat:

1. Stay Hydrated

- Drink plenty of water throughout the day, even if you don't feel thirsty.
- Limit drinks with caffeine or alcohol, as they can dehydrate you.
- Keep a reusable water bottle handy while walking, gardening, or exercising outside.

2. Avoid Peak Sun Hours

- Try to stay indoors or in shaded areas between 10 a.m. and 4 p.m., when the sun is strongest.
- If you need to be outside, take frequent breaks in the shade.

3. Dress Smart

- Wear lightweight, loose-fitting, and light-colored clothing.
- Don't forget a wide-brimmed hat and sunglasses for sun protection.

4. Protect Your Skin

- Apply broad-spectrum sunscreen with SPF 30 or higher, and reapply every 2 hours—or after swimming or sweating.

5. Cool Your Living Space

- Use fans or air conditioning whenever possible.
- Close blinds or curtains during the hottest part of the day to keep rooms cooler.
- Take cool showers or use damp cloths to lower your body temperature.

6. Watch for Heat-Related Illness

- Symptoms include dizziness, headache, nausea, rapid heartbeat, or excessive sweating.
- If someone shows signs of heat exhaustion, move them to a cool place, offer water, and seek medical attention if needed.

7. Check on Neighbors and Pets

- Elderly residents, young children, and pets are especially vulnerable to heat.
- Make sure pets have access to water and shade, and never leave them in parked cars.

Tip for Residents: Consider scheduling outdoor activities in the early morning or evening when it's cooler—your body (and your plants!) will thank you!

❄ Keep Cool with AC This Summer

- Set a Comfortable Temperature: 75-78°F is usually comfortable and energy-efficient.
- Use Fans Wisely: Ceiling or portable fans help circulate air and reduce strain on your AC.
- Keep Vents Clear: Don't block vents with furniture or curtains—airflow matters!
- Change Filters Regularly: A clean filter keeps your AC running efficiently and improves air quality.
- Close Windows & Doors: Keep cool air in and hot air out for faster, more effective cooling.
- Limit Heat-Generating Activities: Run ovens, dryers, or stoves in the early morning or evening to avoid extra heat.
- Consider Smart Thermostats: They help save energy and maintain consistent temperatures.

Quick Tip: Use curtains or blinds during the hottest part of the day to keep your apartment cooler naturally!

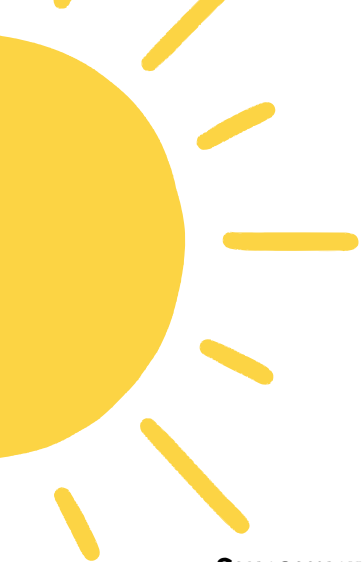
Kind Regards,
Kimberly Wade
Property Manager

The Augusta at Gruene

JUNE 2026

	MON	TUE	WED	THU	FRI	
	1 10:00 AM - 12:00 PM CRAFTY FRIENDS 1:00 PM CARDS & GAMES	2 10:00 AM BIBLE STUDY [w/] THE GRUENE HAUS WITH TONI COLLINS 10:00 AM WATER AEROBICS W/ RAY FERGUSON	3 9:00 - 10:00 AM COFFEE CELEBRATE BIRTHDAYS 10:00 AM CHAIR EXERCISE WITH MARY CLARE TURN IN PAINTED ROCKS FOR CONTEST JUDGING	4 10:00 AM WATER AEROBICS W/ RAY FERGUSON 1:00 PM CARDS & GAMES 5:00 PM GAMES WITH MELBA HARPER	5 5:00 PM FRIDAY FUN GAME Night BRING A SNACK & BEVERAGE	6
7	8 10:00 AM - 12:00 PM CRAFTY FRIENDS 1:00 PM CARDS & GAMES	9 10:00 AM BIBLE STUDY [w/] THE GRUENE HAUS WITH TONI COLLINS 10:00 AM WATER AEROBICS W/ RAY FERGUSON 11 AM - LET'S EAT OUT PAT'S PLACE	10 9:00 - 10:00 AM COFFEE 10:00 AM CHAIR EXERCISE WITH MARY CLARE	11 8:30 am trip to Kerrville to see Empty Cross & Spiritual Gardens, eat lunch @ the original Mamacitas & visit james Avery showroom 10:00 AM WATER AEROBICS W/ RAY FERGUSON 1:00 PM CARDS & GAMES	12 5:00 PM FUN CAFE <i>Build your own!</i> Sundae \$5 ALL YOU CAN EAT	13
14	15 10:00 BOOK CLUB W/ CANDIS HICKS "SPRING CAME ON FOREVER" BY BESS STREETER ALDRICH 1:00 PM CARDS & GAMES	16 10:00 AM BIBLE STUDY [w/] THE GRUENE HAUS WITH TONI COLLINS 10:00 AM WATER AEROBICS W/ RAY FERGUSON	17 9:00 - 10:00 AM COFFEE BRAD HENDERSON WILL DISCUSS THE AMERICAN FLAG TRADITIONS AND HAVE AWARDS WINNERS OF PAINTED ROCK CONTEST WILL BE ANNOUNCED	18  10:00 AM WATER AEROBICS W/ RAY FERGUSON 1:00 PM CARDS & GAMES	19 5:00 PM FRIDAY FUN GAME Night BRING A SNACK & BEVERAGE	20
21	22 10:00 AM - 12:00 PM CRAFTY FRIENDS 1:00 PM CARDS & GAMES	23 10:00 AM BIBLE STUDY [w/] THE GRUENE HAUS WITH TONI COLLINS 10:00 AM WATER AEROBICS W/ RAY FERGUSON	24 9:00 - 10:00 AM COFFEE 10:00 AM CHAIR EXERCISE WITH MARY CLARE	25 10:00 AM WATER AEROBICS W/ RAY FERGUSON 1:00 PM CARDS & GAMES	26 5:00 PM FUN CAFE Pizza Night \$5 ALL YOU CAN EAT	27
28	29 10:00 AM - 12:00 PM CRAFTY FRIENDS 1:00 PM CARDS & GAMES	30 10:00 AM BIBLE STUDY [w/] THE GRUENE HAUS WITH TONI COLLINS 10:00 AM WATER AEROBICS W/ RAY FERGUSON	<i>Life is better at Augusta!</i>			





SUMMER WORD SEARCH

- SUNSHINE
- BEACH
- VACATION
- SWIMSUIT
- ICECREAM
- POOL
- SANDCASTLE
- SUNGLASSES
- FLIPFLOPS
- OCEAN
- PICNIC
- LEMONADE
- SURF
- SUNSCREEN
- FIREWORKS
- BARBECUE

