

Special points of interest:

- > Creative Flip Flops
- > Buena Vista Trip
- > 11-Word Recipe
- > Ice Cream Sandwich Day
- > "I Love Lucy" Day

Prime Time Post

Summer Health Tips

- **Fight Summer Allergies with Folate**

People with high levels of this B vitamin tend to have fewer of the antibodies that trigger allergy symptoms, reveals a new Johns Hopkins School of Medicine study of more than 8, 000 people. The recommended daily dose: 400 mcg.

- **Oranges Help Prevent Diabetes**

Eating lots of vitamin-C rich citrus and other produce— such as green peppers, spinach, broccoli, and kale— may cut your risk of diabetes 62% , reports the *Archives of Internal Medicine*.

- **Dancing Helps Dodge Dementia**

A study out of New York’s Albert Einstein School of Medicine links frequent dancing— which requires moving and thinking, two keys to keeping your brain sharp — to a 76% lower dementia risk.



- **Quick Cure for the Queasies**

Take a few deep breaths! University of Connecticut scientists say inhaling through your nose and

exhaling through your mouth three times can cut nausea in half within five minutes!

- **Chicken Legs Lower Blood Pressure**

The collagen and other proteins in this cut of poultry can significantly reduce blood pressure within four weeks, reports the *Journal of Agricultural Chemistry and Food*.

You didn’t know being healthy could be so easy, did you? Remember that it’s always easier to make small, gradual changes in your lifestyle rather than bigger, sudden ones! Ask your doctor if you should try these tips!

(Adapted from *Woman’s World Magazine*)

Ice Painting Class

Do you dream of painting like Picasso or Thomas Kinkadee? Well, you are not alone. Join us Tuesday, August 12, 2014, at 10:30am for our ice painting class. While we won’t guarantee that you will acquire the skills of a professional artist, we can guarantee a good time! The best part, even if you’ve never painted before, our class is a judgment free zone! We will even give you

instructions on how to make your own ice paint to use at home. It’s like nothing you’ve ever done before! You can be as creative as you want! So, make sure you call and sign-up today to secure your spot in the class. The last day for sign-ups will be Friday, August 8, 2014. We promise you will have an “icy” good time!



Inside this issue:

Exciting Events	2
Flip Flop Class	2
Cooking Corner	2
Let’s Go Places	3
Club Dates	3
“I Love Lucy”	3
Beneficial Workshops	4

Exciting Events



<p>Ice Cream Sandwich Party</p> <p>August 2, 2014, is National Ice Cream Sandwich Day! We will celebrate Friday, August 1, 2014, with a demonstration on how to make the perfect ice cream sandwich! Yes, you get to taste test what you make!</p> <p>Sign-up by Monday, July 28, 2014!</p> <p>Demonstration: 10:30am</p>	<p>Buena Vista Mansion Trip</p> <p>Friday, August 29, 2014</p> <p>We will leave the Fain Center at 9:45am and travel to Prattville to tour the beautiful antebellum plantation home, Buena Vista. We will then travel to Plantation House and Gardens for lunch.</p> <p>Cost is \$15 which includes lunch and must be paid by Wednesday, August 20, 2014, to secure your spot!</p>	<p>August Birthday Party</p> <p>Friday, August 22, 2014</p> <p>10:30am</p> <p>If your birthday is in August, be our guest for cake, ice cream, games, and prizes! You will feel like a kid again! Don't miss it!</p>
--	---	---

Learn to create the perfect pair of flip flops for your end of the summer vacation!

Flip Flop Class

Summer is not over yet! There's still time to find the perfect pair of flip flops for that last minute vacation! Or better yet, learn to make your own! Join us Thursday, August 28, 2014, at 1:00pm for a Flip Flop Making Class. We will show you different methods and styles for creating the perfect pair of flops for your ward-

robe or ensemble. The cost of the class is \$5 per person which includes your material and flip flops. Please sign-up by Thursday, August 21, 2014, and indicate what size and color flip flops you prefer. To view an example of the flip flops we will be making, please see DeLane. Sign-up today! Don't delay!



Cooking Corner- 11-Word Recipe

Don't have time to cook something fancy while your grandchildren are visiting before school starts this year? Don't worry. You can still have a little bit of flair in a chicken nugget world. Use our go-to 11-word recipe the next time you need an easy fix.

The 11-Word Recipe

Top fresh ricotta with cherries, mint, toasted pecans, orange zest, honey.

See? Simple but delicious! Such a light and fresh treat on a hot summer day!



Let's Go Places

<p>Biloxi, MS and New Orleans, LA</p> <p>October 20-23, 2014</p> <p>\$439.00 per person</p> <p>3 Nights Hotel Accommodations to Include 1 Biloxi Hotel and Casino, 2 Nights in New Orleans Hotel, Guided Tour of Biloxi, Jefferson Davis Home and Presidential Library, Guided Tour of New Orleans</p>	<p>Heart of the Canadian Rockies</p> <p>September 8-17, 2014</p> <p>\$1,934.00 per person</p> <p>10 Days of travel from Calgary to Vancouver</p> <p>Stop by for a brochure today!</p>
--	---



Club Dates

<p>Scrappy Lady Scrapbook Club Monday, August 4, 2014 12:30pm-2:30pm</p> <p>This month's scrapbooking tip includes new ways to journal on your pages! Don't forget your pictures!</p>	<p>FACES Friday, August 22, 2014 1:00pm</p> <p>Only one session left before our graduation dinner! Last chance to learn ways to help your family!</p>	<p>Audio Book Club Monday, August 11, 2014 Monday, August 25, 2014 1:00pm</p> <p>Our new book is entitled, "Murder Boogies with Elvis", by Anne George. It's never too late to join us!</p>	<p>Coupon Clippers Club Monday, August 18, 2014 1:00pm</p> <p>Bring your coupons to clip and share your shopping experiences with us!</p>
---	---	---	---

"I Love Lucy"

Did you know that Lucille Ball, famous for her sitcom, "I Love Lucy", was born during the month of August? August 6th will mark the anniversary of her birth. To commemorate the birthday of the beloved comedian and actress, we will host an "I Love Lucy" day in the parlor of the Fain Center. Our "I Love Lucy" marathon will be held

Friday, August 8, 2014. We will begin watching "I Love Lucy" at 10:30am, break for lunch at 11:30am, and resume until 2:30pm. For your enjoyment, theater candy, popcorn, and nachos will be served during the marathon. We will also have "I Love Lucy" trivia and games during the break! So, sign-up today for a day full of laughs!



Prime Time 55+
P.O. Box 1180
Wetumpka, AL 36092
Phone: 334-567-1335
Fax: 334-567-1307
E-mail:
primetime@cityofwetumpka.com

We're on the Web!
www.cityofwetumpka.com

Don't Forget!

August is National Sandwich Month!

Join Us for a Sandwich Party!

Friday, August 15, 2014
11:30am

Bring your Favorite Sandwiches to
Share with the Group!

Successful Aging Initiative

Thursday, September 4, 2014
8:30am-1:30pm
Wetumpka Civic Center

Aging with Gusto
Presented by: Alabama Cooperative
Extension System

Registration required. Please see
DeLane for a registration packet.

