



July 2024

TODAYS NEWS



Greetings

I hope you are all having a wonderful summer with relatives and friends. Being that there wasn't a meeting in June I hope everyone is looking forward to getting together for July's meeting.

July 9th, Tues. 11:00 am - Jac's on the Beach in Peachland

A head count will be required.



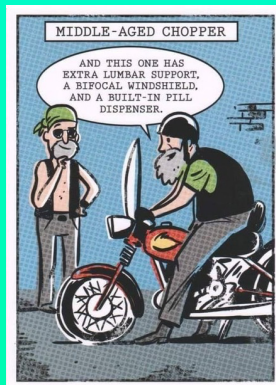
Upcoming Events

- Aug. 14th, Wed. 3:00 pm. Freddy's Brew Pub, in Kelowna
 - Sept. 15th, Sun. 1:00 pm. Michaelbrook Golf Club in Kelowna
 - Oct. 22nd, Tues. 1:00 pm. Ye Olde Spaghetti Factory in Kelowna
 - Dec. 15th, Sun. 1:00 pm. Kelowna Springs Golf Club in Kelowna, Christmas Party
- Put these dates on your calendar and plan to attend!**

July heath tip -Skin Health

The summertime often beckons us to outdoor activities like swimming, outdoor sports, and more. The bright sunshine and heat also bring about higher UV rays, which can be harmful to our skin. This July and August protect your skin by wearing high SPF sunscreen and regularly reapplying it throughout the day. This ensures that your skin is protected from cancer-causing UV rays and can prevent premature aging, Additionally, be sure to stay hydrated and eat a balanced diet to promote skin health.

Thanks - Gregg Turkington

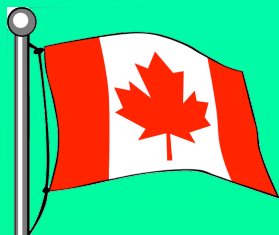


I told my wife I saw a deer on the way to work.
She said how do you know he was headed to work?



HEALTH & WELLNESS - Tom Dawson is to have knee replacement surgery on July 3rd. Our thoughts are for a speedy recovery.

Our sincerest condolences go out to Katrina Patterson and family on the loss of her mother on May 14th. Our thoughts are with you at this difficult time.



Next Executive Meeting
July 3rd at 11:00 am. at A&W, West Kelowna

Don't forget to celebrate Canada Day.
We are most fortunate to live in this country.

