

GARDEN VALLEY HAPPENINGS

September 2023



MEMBER OF THE MONTH **Ruby Jones**

Ruby has been a member for two years at the Senior Center. She enjoys socializing, exercising and participating in educational activities such as "Lunch and Learns" and "Health Seminars".

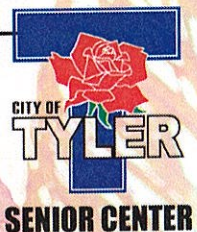
UPCOMING EVENTS

Sept 4th- Closed for Labor Day
Sept 6th- Coffee Center Chat
Sept 22nd- Senior Fair Day
Sept 22nd- Friday Night Dance



Spirit Week- Sept 11-15th

For more information about the Tyler Senior Center please call
(903) 597-0781 or go to www.TylerParksandRec.com



Happy Birthday

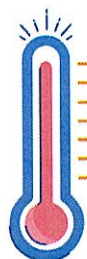
to all those born in
September!



MEMBERS ENJOYED SENIOR SWIM DAY AT FUN FOREST POOL



Advice for Seniors in extreme heat



Rest in cool place and get plenty of fluids. Be very cautious because heat exhaustion can progress to heat stroke. Heat stroke is a medical emergency in which body's temperature rises above 104 degrees.