

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Open 12-5:30</i>	2
3	4 <i>LC Closed</i>	5 Sip & Stretch 10:00am	6 Veteran Lunch 12:00pm	7 Toddler Time 2:00pm	8 Potluck & Bingo 6:00pm	9
10	11	12	13 <i>LC Closed</i>	14	15	16
17	18	19 Sip & Stretch 10:00am	20 <i>LC Closed</i>	21 Toddler Time 2:00pm	22	23
24	25	26 Frito Pie in Park 5:00pm	27 <i>LC Closed</i>	28	29	30
31						

Sip & Stretch

Tuesday

July 5, 10:00am
July 19, 10:00am

Join us for a 30 min.
Light stretching routine
& stay to make and taste
A smoothie!

Veteran Lunch

Wednesday

July 6, 12:00pm

Join us for food and
Fellowship!
We'll be serving hotdogs!

Frito Pie in the Park

Tuesday,

July 26, 5:00pm

We'll be on the playground
Handing out frito pie!

Toddler Time

Thursday

July 7, 2:00pm
July 21, 2:00pm

Open to ages 2-5 years
Join us for reading and
outdoor time!

Potluck and Bingo

Friday

July 8, 6:00pm

Come for food, stay to
We'll be serving taquitos!
Please sign up to bring
a dish!

Learning Center News

July 2022

Manager's Corner

- ◆ We ask that you pick up after yourself and other occupants and refrain from discarding trash on property grounds.
- ◆ A reminder that BBQs and grills must remain at least 10 feet away from any buildings or structures (fences, etc.). Remain vigilant while cooking and when disposing of hot grill coals.
- ◆ Please remember to pick up after your pets and dispose of waste properly. Pets should be on leash at all times and walked around the perimeter of property.



Learning Center



Monday-Friday
9:00-5:30pm

Kid Time
(6-18 yrs)
3:00-5:00pm
Monday-Friday

Resident Coordinator:
Faith Lazcano

Phone: 210-699-9074

Facebook:

BabcockNorthApartmentsACG



Resident News

Education Grant

Are you enrolled in an education or training program?

Have you lived on property for a minimum of 12 months?

You may be eligible to apply for AAMHA's Resident Education Grant!

Grants are awarded from \$50 to \$500

Call your resident coordinator (210) 699-9074 for more information and to apply today!



Health Corner

Tips for a healthy summer:

- Get at least 150 minutes of physical activity each week
- Wear wide-brimmed hats and use sunscreen with at least SPF 15.
- Use insect repellent and wear long-sleeved shirts to prevent insect bites.
- Keep cool in extreme heat by drinking water and avoiding sugary drinks



Beat the summer heat with a smoothie recipe!

Mixed Berry Smoothie

- ◆ 1 Cup non-fat greek yogurt
- ◆ 1 Cup frozen mixed berries
- ◆ 1 Tablespoon sweetener of choice
- ◆ 2 Tablespoons non-fat milk OR any tart juice (cranberry, pomegranate, cherry)

Instructions:

Place all ingredients in blender and process until smooth

Total Time: 5 minutes
Serving Size: 1.5 cups
Calories: 205

Pathways Kid Time

July Summer Programs

We are open **Monday-Friday** from **3:00-5:00pm** for **Kid Time!**

Open to ages 6-18 years!

Activities include game play, educational activities, technology time and MORE!

Call your resident coordinator, Faith, at (210)699-9074 to learn more and register!



Toddler Time

Ages 2-5

Join the Learning Center Thursday

July 7 & July 21 for toddler time **2:00-3:00pm!**

- Reading Time
- Water Play- sprinklers!
- Blowing Bubbles



We'll be outside- don't forget your sunscreen!

Call (210)699-9074 for more information and to sign up!

Did You Know?

COVID-19 vaccine appointments are now open for young children ages 6 months to 5 years.

Appointments are available on **Tuesdays and Thursdays**, from **7:30 a.m. to 3:30 p.m.** at our Robert B. Green Campus downtown (903 W. Martin St).

Register for an appointment

<https://bit.ly/3OT6zkZ>

