

Courtesy Patrol

Guardco Security
(209) 723-4273 or
(209) 947-2219

*For emergencies,
call 911*



***Please remember -
speed limit is 15
MPH within the
community gates**

**Friends Make Good
Neighbors!**

Don't forget our
resident referral fee is
\$250.00

**Refer
a
friend**

**Received after resident
has completed 30 days of
residency*

Maintenance Corner**City of Atwater—Watering Regulations:**

Residents shall not irrigate any lawn or landscaped area between the hours 10:00 AM and 5:00 PM on any day of the week. Watering on Mondays is prohibited.

Watering hours are between:

12:01 AM to 10:00 AM and 5:00 PM to 11:59 PM.

Please water for no more than 15 minute intervals. Atwater PD periodically patrols the complex and will ticket water abusers.

Even numbered addresses watering days are Tuesdays and Saturdays.

Odd numbered addresses watering days are Sundays and Wednesdays.

**Important Numbers and Information**

**Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193**

*If no answer, please leave a message, we will return the call.
Make sure to leave your name and address on the message and the issue at hand.*



2300 Cascade Drive, Atwater, CA 95301

Phone # 209-357-2924

Fax # 209-357-7914

Castle Vista Times**Our Staff**

Jennifer Krumm

Community Administrator

Kiran Prasad

Marketing Director

Denise French

Activities Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Richard Scott

Painter

Joshua Corn

Maintenance Technician

Whitney Smith

Housekeeping

**Homemade Lemonade****Ingredients**

5 Lemons

1 1/4 Cups of sugar

1 1/4 Quarts of water

You can add mint, berries, or even ginger ale to add sparkle to your lemonade. Enjoy!

Directions

In a large pitcher, pour 1 -1/4 quarts of water. Add 1-1/4 cups of sugar . Add juice of 5 lemons. Stir until sugar is dissolved.





Please join us for our events

August 2nd

at 2:00 pm

Watermelon Social

Come and enjoy some sweet, ice cold watermelon with us.

August 10th

at 4:00 pm

Dinner with Jeff Rivero

Enjoy a meal and great conversation with former City Councilman Rivero.

August 17th

at 1:30 pm

Beanbag Baseball Game & Hot Dogs

Come see Castle Vista staff vs. residents. Third time's the charm!

August 30th

at Noon

Castle Vista's Annual Hawaiian Luau

Join us for Kalua pork and entertainment by the South Pacific Dance team. ALOHA!

Swimming....It's good for you. Join us in water fun!



"The water is my magic pill," she says. "It frees my mind and calms me. If I have a problem, I'll make a point of thinking about it when I get into the pool, and it's usually solved by the time I get out."

Kim Evans age 61, has been an avid swimmer her entire life. A former competitive swimmer when she was younger, she's now a certified fitness trainer who specializes in working with seniors in aquatic activities.

She teaches about 15 aquatic fitness and swimming classes a week in Grand Lake, Michigan. Her regular students include people who have had knee or hip replacements, who suffer from back pain or who are living with arthritis.

"For some people swimming may be a great form of exercise at almost any age," she says. "The buoyancy of the water relieves stress on joints and allows people to move with more ease. It's also a great cardiovascular activity and can improve flexibility and balance."

As a zero-impact sport, the Arthritis Foundation points out that swimming may be a good choice for people who are unable to participate in high-impact activities like running. Swimming engages your entire body – your arms pull and legs kick against the resistance of the water, while the hip, back and abdominal muscles stabilize your head and torso. What's more, the weight of water makes swimming a resistance exercise, which means you'll be building muscle and strength. While injuries may be far less common in swimming than in activities like run-

ning or biking, it's always a good idea to discuss a new exercise regimen with your healthcare provider.

There's more good news. Studies have shown that swimming may help with blood sugar control and may help lower blood pressure.

Once you've located a nearby pool, you might also consider giving a water aerobics class a try. "These classes are not only great exercise and a way to become comfortable in the water, they're also extremely social," Evans says. "Or, if you're on your own, walking across the shallow end of the pool or kicking your legs while you're floating with a noodle are great ways to get acclimated to water if you're an inexperienced swimmer."

Everybody in the pool!



Water Aerobics
Monday, Wednesdays and Fridays
4 to 5PM

Water Volley Ball, Thursdays
3 to 4PM

