



Volume 13

LAKESIDE

Issue 7

NEWSLETTER

Bulk Item Pickup

Bulk item pickup begins on July 21, 2021 for customers that reside inside the city limits of Lakeside. Items must be at the curb by 7:00 a.m. on July 21, 2021. Bulk item pickup should be completed by July 24, 2021.

Summer Is Here!

- Stay hydrated throughout the day by drinking water steadily; don't wait until you're thirsty.
- Avoid caffeine and alcohol which cause us to lose water more rapidly.
- Take frequent breaks in the shade or indoors in an air conditioned space.
- Wear loose fitting, lightly colored and lightweight clothes.
- Check on friends and neighbors.
- Minimize use of heat-generating appliances like stoves or ovens.
- Do not exercise outdoors. If you must exercise outdoors, only exercise in the early morning hours, before 8 a.m.
- Take cool showers or baths to cool down.

Check the local news and other outlets for important safety information.

Friendly Reminder:

If you have any changes to your information such as new phone number, new alarm company, etc. please be sure to let us know in order to keep our records current.

July 2021

TOWN HALL HOURS
Monday — Friday
7:30 am to 4:30 pm

Bulk Trash Items must be out
by 7AM on 7/21 collection
will conclude on 7/24

MAYOR - Patrick Jacob

COUNCIL MEMBERS

PLACE 1 – Don Pitts

PLACE 2 – Kathy Livingston

PLACE 3 – Wesley Hearn

PLACE 4 – Amy Robinson

PLACE 5 – Rona Gouyton

Garage Sales

The permit is \$10.00 and available at Town Hall. You can get the permit up to the day before your garage sale. Garage sales can only be held on Friday, Saturday & Sunday. Each address may have no more than two garage sales per year.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8th Annual Senior Synergy Expo	2	3
4	5 Independence Day Observed Town Hall Closed	6	7	8 Regular Council Meeting 6:30 p.m.	9	10
11	12	13	14	15	16	17
18	19	20	21 Bulk Item Pickup	22	23	24
25	26	27	28	29	30	31

A health and lifestyle expo event for boomers, seniors and caregivers!



8th Annual
SENIOR SYNERGY
EXPO

Thursday, July 1, 2021**

Title Sponsor

8:30 a.m. - 1:30 p.m.



Cigna

FREE EXPO

Tarrant County Judge Glen Whitley and Cigna invite you to the 2021 Senior Synergy Expo. Come learn about the services available in Tarrant County that will empower boomers, seniors and caregivers to live a healthier lifestyle.

FREE: Admission • Health Screenings • Workshops • Parking • Lunch*

REGISTER

Register today at:

www.seniorsynergysyexpo.com

Or call 817-884-1234

countyjudge@tarrantcounty.com

LOCATION

**Will Rogers – Amon G. Carter Jr.
Exhibits Hall
3400 Burnett-Tandy Drive
Fort Worth, TX 76107**

**Must register before June 18th to guarantee lunch.*

TITLE SPONSOR



PLATINUM SPONSOR

FACEBOOK
care@care
Insurance Company, Inc.

OUR OTHER SPONSORS



THE UNIVERSITY OF NORTH TEXAS
HEALTH SCIENCE CENTER @ FORT WORTH



Centered in Care
Powered by Pride



Texas Health
Harris Methodist Hospital
FORT WORTH
Healing Hands. Caring Hearts.

NEW LIFESTYLES
THE SOURCE FOR SENIOR LIVING

AMERILIFE

BaylorScott&White
ALL SAINTS MEDICAL CENTER
FORT WORTH



We are excited to host you on July 1, 2021!

****With the uncertainty around COVID-19, you will be notified of any changes. You can always find the latest information at www.seniorsynergysyexpo.com or call 817-884-1234.**

Knowledge is power, come learn about services available for you to live a healthier and independent lifestyle.