



July 2022 NEWSLETTER



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OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919



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July Birthdays

Our Place Birthdays

Patricia Reid – July 1st
Helena Lopes – July 11th
Kenny Chung – July 14th
Sandra Schwartz – July 15th
Shirley March – July 18th
Ryan Macmillan – July 21st
Semion Dashevsky – July 24th
Bob Giles – July 28th



Famous July Birthdays

Princess Diana – July 1st
Margot Robbie – July 3rd
Tom Cruise – July 3rd
Kevin Hart – July 6th
Tom Hanks – July 9th
Nelson Mandela – July 18th
Vin Diesel – July 18th
Jennifer Lopez – July 24th

If you want to celebrate your birthday with us, let us know!



July Programming & Updates

Clothing Drive

Our Place's Clothing Drive is returning on **July 11th from 12:30pm to 4:30pm.**

Items are available on a first-come-first serve basis and there is a limit of 5 items per person. Please bring your own bag and hope to see you there!

Upcoming Outings

Trip to Riverdale Farm

We will be visiting Riverdale Farm located in Cabbagetown, **on July 14th.** This is a free outing, where we can explore the barns, gardens, farm animals, and 3 km worth of trails. If you would like to join us, please sign up with staff. We will be meeting at Our Place at **11am sharp!**

Trip to Power Plant Art Gallery

On **July 28th,** we will be visiting the Power Plant Art Gallery at Harbourfront Centre. This Art Gallery is a public venue filled with different exhibitions and contemporary visual art. If you would like to join us, please sign up with staff. We will be meeting at Our Place at **11am sharp!**

Our Place Weekly Programs

Pool Table Time – Everyday! (*in-person*)

Enjoy a game of pool during our open pool hour! Grab a friend and come join us. If you have any questions, or want to sign up, please use the signup sheet or let staff know. J

Gaming Tournaments – Mondays at 1:30 pm (*in-person*)

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... **CARD GAMES!** There are prizes to be won. **Limited capacity.**

Anger Management – Mondays at 12:00 pm (*virtual & in-person*)

Our new program will run on a weekly basis. This is a group for anyone who is interested in gaining control over their anger and strong emotions using CBT tools.

Link to join Anger Management: <https://us06web.zoom.us/j/88931569624>

Join by phone: **(647)374-4685.** When prompted, enter in the Meeting ID:

889 3156 9624

Yoga – Tuesdays at 1:00 pm (*in-person*)

We will now be offering relaxing yoga! If you would like to request a yoga session, please let staff know. 😊

Bingo – Tuesdays at 1:30 pm (*in-person*)

Bingo is back in person! Enjoy a game with us as there are great prizes to be won!

Current Affairs – Wednesdays at 1:45 pm (*in-person & outdoor*)

Our Current Affairs program is back! Join us on Wednesdays if you are interested in catching up on world's latest events with us.

Peer Support Group – Wednesdays at 3:30 (*virtual*)

Peer support meetings are a time to connect with others for support, encouragement, and hope. We will learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try towards having a better life.

Link to join: <https://us06web.zoom.us/j/87674798802>

Join by phone: (647)-374-4685. When prompted, enter in the Meeting ID: **876 7479 8802**

Walk n' Talk – Thursdays at 12:45pm (*in-person and outdoor*)

Join us this summer on Thursday's for relaxing walks with staff to the local park! If you feel like talking about anything or you just want to join us for the nice weather (and treats), feel free to join! Please let staff know if you have any questions.

Art & CRAFTS Group – Thursday at 1:30pm (*in-person*)

Art & Crafts is a time to explore your creative side and connect with others. It will include drawing and coloring, painting, sketching and many more fun activities. Suggestions are welcome! 😊

Writing Group – Fridays at 1:30pm (*virtual*)

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together. Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

LIVE MUSIC – Fridays at 1:30pm

Enjoy some fun tunes performed by Kevin and Chas. We will be broadcasting them during indoor on Fridays! Join us for the show J

Link to join Live Music via Zoom: <https://us06web.zoom.us/j/82850357199>

Join by phone, dial **647-374-4685**. When prompted, enter in the Meeting ID: **828 5035 7199**

Join Our Program!

Anger Management – Online – *contact staff if interested in participating*



Our Place has started a weekly virtual anger management group on Monday's! Anger management is a course for anyone who is interested in getting a handle on their anger and strong emotions. The training will utilize Cognitive-Behavioral tools and techniques to help individuals navigate tough situations. Participants are welcome to dive deeper into the root of their anger and learn more about themselves and what triggers them in the process. This group is open to all, and will be an interactive online group where all are welcome to share their experiences.

Together we will discuss topics such as managing our expectations vs. our reality, understanding and navigating our inner parent, adult and child, and creating an anger control plan.

Community Programs & Supports

Please ask one of the Our Place Staff if you need access to a phone or computer

Nicotine Replacement Therapy: Are you thinking of quitting smoking? Talk to any of our staff members about how you can access support and free nicotine replacement therapy like lozenges and patches with no wait.

Addiction Support Groups: If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.

<i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887	<i>KeepSIX Consumption and Treatment Services (CTS)– 955 Queen Street East) – 416-461-1925 ext 2264</i>	<i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i>
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Community Fridges Toronto is a mutual aid organization made up of community members and volunteers working to provide food for those in need. They have several fridges and pantries across the city (locations listed below) and they operate on a “take what you need, leave what you don’t” basis. Feel free to visit any fridge to pick up or drop off food.

214 Wright Street	782 Adelaide Street West	250 Westlake Avenue	499 Parliament Street
1132 College Street	870 Dundas Street West	348 Pape Avenue (Pantry)	

Allan Gardens Food Bank 353 Sherbourne Street: You can visit and collect food from the bank once a week either on Thursday or Friday from 12:30pm to 3:00pm. Everyone who is interested must register and complete the intake process if it is your first time visiting. Please remember to bring your own bag.

Bloor West Food Bank 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at appointments.foodbank@gmail.com. The food bank is open every Friday from 12:30pm to 3:00pm.

Parkdale Activity-Recreation Centre (PARC) 1499 Queen Street West: A drop-in space Running daily to support those who do not have stable housing (in shelter, respite). Meal Programming runs from Monday – Thursday from 9:30am to 12:30pm, Fridays from 1:00pm to 4:00pm, Saturday and Sunday from 11:00am to 3:00pm.


Evangel Hall Mission 552 Adelaide Street West: Clothing bank and various drop-in services are available Monday – Friday from 10:30 am to 12:30 pm. If you are need of shower access and laundry facilities, they provide services on Tuesdays and Thursdays; Registration for these specific services start at 9 am.

Davenport-Perth Neighbourhood Community Health Centre 1900 Davenport Rd: Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

Shelter Beds and Respite Centres: If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

Gerstein Crisis Centre: Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

New Circle: If you are in need of warmer clothing for the winter season, please connect with one of the Our Place staff and we will start the online referral process with you.



Festivals in Toronto!

Toronto Jazz Festival is hosted by Toronto Downtown Jazz, a Canadian registered charity and features over 1,500 musicians.

Location: Multiple venues including The Beaches, Budweiser Stage and more.

When: June 24th – July 2nd from 5:30 pm – 10:30 pm

Toronto Fringe Festival is held in 30+ theatre venues around downtown. There are over 1,200 artists performing comedy, drama, musicals, improvisation, storytelling, children's theatre, dance and more.

Location: Multiple venues including: Al Green Theatre, Daniels Spectrum, Factory Theatre, Aki Studio, Robert Gill Theatre, St. Vladimir Institute, Streetcar Crowsnest and Tarragon Theatre.

When: July 6th – 17th

Taste of Lawrence is a 3-day festival, that celebrates different cultures and flavours. There are over 130 street vendors and a stage with all day music.

Location: Lawrence Avenue East from Warden Avenue to Birchmount Road.

When: July 9th from 12pm – 10:30pm & July 10th from 12pm to 8:30pm

Salsa on St. Clair Street highlights Latin culture, with Latin music, Latin food and dancing.

Location: St Clair West from Winona Drive to Christie Street

When: July 9th – 10th

Toronto Outdoor Art Fair is Canada's largest and longest running art fair, that features over 360 artists.

Location: Nathan Phillips Square

When: July 15th & 16th from 10am – 7pm, and July 17th from 10am – 5pm

Brazilfest is festival filled with food, art, and entertainment from the Brazilian community.

Location: Earlscourt Park (1595 St. Clair Avenue West)

When: July 22nd from 11am – 11pm

Taste of Middle of East celebrates Middle Eastern culture and flavours with food, music and art around Nathan Phillips Square.

Location: Nathan Phillips Square

When: July 22nd from 6pm – 11pm, July 23rd from 12pm – 11pm, and July 24th from 12pm to 9pm

Festival of South Asia located in the heart of Little India, provides a multi-cultural experience with different South Asian foods, performances, live music and visual arts.

Location: Gerrard Street East between Coxwell Avenue and Greenwood Ave

When: July 23rd – 24th

OssFest is a day-long street festival, with morning yoga, and all day entertainment and music. Ossfest features local artists and business displaying their goods as well as 20 extended patios to enjoy.

Location: Ossington Avenue between Dundas St West and Queen St West.

When: July 23rd from 11am

Toronto Caribbean Carnival extends across Lakeshore Boulevard for 3.5 km. It is a celebration of culture with beautiful costumes, dancing and music. The historical significance of Carnival is that it is a time to celebrate freedom against oppression.

Location: Exhibition Place, Ontario Place and Lakeshore Boulevard.

When: July 28th – August 1st

Taste of India highlights Indian culture with culture, music, dance and food. There is Bollywood style dancing and competitions and a stage with a live DJ.

Location: Nathan Phillip Square

When: July 31st – August 1st from 12pm – 10pm



International Self-Care Day

International Self-Care Day, on July 24th, is a day centered around promoting self-care individually, and in the community, as an important part of a healthy lifestyle. This day reminds us that self-care should be life-long and something we should strive to implement in our everyday schedule. Practicing self-care can help relieve stress, promote overall wellbeing and build confidence.

The 7 pillars of self-care are:

- Health literacy
- Mental Wellbeing
- Physical activity
- Healthy eating
- Risk Avoidance
- Good hygiene
- Optimal Use of Products and Services



To achieve self-care, we should be mindfully considering these 7 pillars. Some ways in which we can practice mental well-being is by prioritizing time for ourselves and time with our loved ones. There are many activities that can be added to our daily routines, such as picking up a book, journaling or taking 5 minutes to do some yoga or rest the mind. Physical activity is another pillar that can be easily implemented, instead of taking the bus, try taking a walk or going for a bike ride - this allows us time to be active but also to rest the mind.

Crisis Text Line created the *Self-Care Day Project* where they highlight different areas to focus on within our self-care regimens to improve our well-being:

- Me time: take time to do things that you enjoy and that help you take care of yourself.
- We time: spend time with people you love and care about.
- Zzz time: make sure you are getting proper sleep, maintaining a sleeping schedule and take a few extra minutes to snooze when you can!
- Tree time: spending time in nature and catching the sun can help boost your mood!
- Flex time: physical activity can make you feel better mentally and physically.
- Pet time: spending time with pets has been scientifically proven to boost serotonin and dopamine = help boost the mood 😊
- Zen Time: meditation can help regulate our emotions and allow us to be mindful.
- Chow time: maintain a healthy diet and incorporating healthier foods, like fruits and vegetables!
- Art time: art allows us to be creative and connect with our emotions!

The Controversial History of Canada Day

Canada Day is a holiday that has been celebrated forever. However, celebrating this day is insensitive and unfair to the Indigenous community as it dismisses Canada's oppressive and racist history. This history has contributed to years of intergenerational trauma due to colonization, residential schools, the 60s scoop, and so much more. Over 150 years ago, Canada was founded, by stealing the land from Indigenous peoples and attempting to assimilate their culture, through the Indian Act. The Indian Act introduced many extremely unjust laws such as residential schools. These schools forced Indigenous children out of their homes, separating them from their family, and into a school where they were brutally punished if they practiced their culture or spoke their language. As of today, over 1,000 unmarked children's graves and remains have been found in Canada.

The racism does not stop there; to this day the government continues to neglect Indigenous peoples, including those living on reserves. Many are left with unclean drinking water, inadequate housing, overcrowding and other issues. Indigenous peoples are subject to over-policing, and overrepresentation in the criminal justice system. There is a clear gap in the way services are provided as many Indigenous peoples report racism and barriers when attempting to access healthcare and education.

The government must take more accountability for the years of intergenerational trauma they have caused. As a country, we must stand with Indigenous peoples fighting for their rights and amplifying their voices. With all of this in mind, the least we can do is reconsider celebrating this holiday.

“Cancelling Canada Day fireworks and parades will not end Canada, nor will it erase our history. What it might do, however, is rewrite our future history.”

- Dr. Pam Palmater, Mi'Kwaw Columnist and Lawyer

Recommended reading: “Why I choose not to celebrate Canada” written by Killa Atencio, an indigenous activist, entrepreneur and writing living in K’jipuktuk, originally from Listuguj First Nation in Quebec.

<https://www.thecoast.ca/halifax/why-i-choose-not-to-celebrate-canada-day/Content?oid=4743623>

The Indian Residential Schools Crisis Line is a 24-hour crisis line for anyone experiencing distress due to Indian Residential Schools. Call **1-866-925-4419**.

Fresh from the Our Place Kitchen

Nicola’s Tasty Potato Salad

Ingredients

- 5 potatoes
- 3 eggs
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup sweet pickle relish
- 1/4 cup mayonnaise
- 1 tablespoon prepared mustard
- 1/4 teaspoon garlic salt
- ¼ teaspoon celery salt
- ground black pepper to taste



Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chop.

2. While potatoes cook, place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
3. Combine the potatoes, eggs, celery, onion, relish, mayonnaise, mustard, garlic salt, celery salt, and pepper in a large bowl. Mix together well and refrigerate until chilled.
4. Enjoy! 😊

Elise's Refreshing Strawberry Limeade

Ingredients

- 1/2 cup lime juice
- 1/3 cup sugar
- 1/3 cup water
- 1/2 lb sliced strawberries
- 20-30 mint leaves
- 2 cups cold water



Directions

1. To make the simple syrup, combine the sugar and water in a saucepan, and cook over medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.
2. In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint, and water. Let sit in the refrigerator for 2-3 hours.
3. Serve and enjoy! 😊

Mental Health Tip of the Month

From the Students! 😊

Nature Therapy by Nyoka

Nature Therapy (aka Ecotherapy) is the practice of being in nature to promote growth and healing to enhance both mental and physical health. Being outdoors helps us concentrate and activates all 5 of our senses. Nature can produce pleasant emotions, like calmness, joy and creativity! The idea behind blue and green therapy is also nature therapy. Blue for involves time



spent close to tranquil blue waters, rivers, and lakes. Being close to water surroundings has a healing effect on the mind. It elevates our feelings. Blue also stands for peace and quiet. Green because spending time in green spaces has a significant positive impact.

Types of Nature Therapy

Adventure Therapy: Like exploring nature with rafting and rock climbing.

Animal-assisted Interventions or Therapy: This includes spending time with animals. This can be through touch or simply visiting animals, like when we go to Riverdale Farm on the 14th! This therapy focuses on building a therapeutic relationship with animals like dogs or horses – just like having a pet.

Green exercise: Here, you'll do physical activities in green spaces. That could be running, going on a walk, or taking a bike ride – or joining us on our walks to Geary Park!

Therapeutic horticulture: This involves gardening, so you might grow food in community gardens. Sometimes therapeutic horticulture leads to other activities, like selling home-grown crops at a farmer's market.

Benefits of Nature Therapy

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health, confidence and self-esteem
- Help you meet and get to know new people

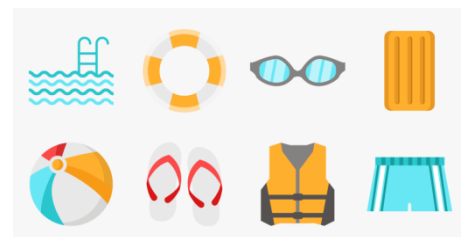


Swimming & Self-Care— By Rahmah

Summer is the perfect time of year to go swimming! Swimming can do wonders for one's state of mind, like other forms of physical activity; it causes the body to produce hormones (endorphins) that make us feel good. ☺ Swimming is a fun activity that can be added to one's self-care routine, and research shows that practicing self-care is beneficial for one's mental health.

Some of the benefits of swimming are:

- Relieves stress, anxiety, and depression
- Boosts brain health and one's confidence
- Improves sleep and mood
- Slows dementia and cognitive decline



- Helps with relaxation
- Encourages socialization

Personally, I find swimming is a great form of stress relief. Being immersed in the water and able to zone out from the outside world is meditative for me! Being surrounded by the colour blue has a calming effect on me. The first thing I look forward to when summer starts is all the beach time!

Take your mind off things and make your summer more cheerful than ever. Here are some of the outdoor pool locations open now! 😊

Alex Duff Memorial Pool

779 Crawford Street

- Leisure Swim: Sunday-Saturday from 12pm-8pm

Heron Park Community Centre

292 Manse Road

- Lane Swim: Sunday-Saturday from 10:30am-12pm
- Leisure Swim: Sunday-Saturday from 12pm-8pm

High Park

1873 Bloor Street West

- Lane Swim: Sunday-Saturday from 10:30am-12pm & 7pm-7:45pm
- Leisure Swim: Sunday-Saturday from 12pm-6:45pm

West Mall Outdoor Pool

380 The West Mall

- Leisure Swim: Sunday-Saturday from 12pm-8pm

Kiwanis Outdoor Pool

375 Cedarvale Avenue

- Lane Swim: Sunday-Thursday & Saturday from 10:30am-12pm
- Leisure Swim: Sunday-Saturday from 12pm-8pm

Monarch Park

115 Felstead Avenue

- Lane Swim: Sunday-Thursday & Saturday from 10:30am-12pm
- Leisure Swim: Sunday-Saturday from 12pm-8pm

Pine Point Park Outdoor Pool

15 Grierson Road

- Lane Swim: Sunday-Saturday from 10:30am-12pm
- Leisure Swim: Sunday-Saturday from 12pm-8pm



Writing Group Submissions

Dixie Melody

By James

Please Hush,
And listen to this wonderful melody.
I went to give you a tune deep from inside
My lovable heart. Because it means
A lot to me. It's telling me more about
Caring and loving someone and.....
Caring for someone cry one more for my love.
Can you understand my feeling? Can you hear what I'm trying to say?
Listen to this caring and lovable melody!
That tell what in my caring heart.

Homelessness

By James

My home can be
Everywhere or nowhere.
My daily means consist
Of anything or nothing.
My knick- knack and
Baubles are the clothes
I wear.
My money is only what
Other give me.
I'm a being.
I'm a human.
I'm homeless.
If only people could
See where I stand.
And help me through all this.
WILL THIS LONELINESS EVER END?
WILL I BEGIN A NEW LIFE?
DOES ANYONE CARE?

Because I'm here.
I'm real.
I can't be ignored.
I'm a person.
I'm alive.
And...
I'm homeless with me nowhere to go
On the street and listen to all the
Different noise that goes all around in
Different cities, towns or countries.

Baking

By Kimberly

I really enjoy baking. When I bake, I don't always bake for myself. I share what I bake. My daughter is always asking me for banana bread. It is her favourite. My grandsons love my homemade chocolate chip cookies. I haven't made any cakes for scratch; I just use a cake mix. Carrot Cake is hard to make. I have tried many different recipes, but they didn't turn out.

Baking is an art because you can decorate cakes and cupcakes any way you want. There is no way way.

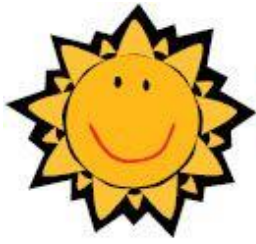
Baking is fun. You get to taste the batter to make sure the ingredients are just right. Also, the apartment smells so good when I bake. I can even make homemade bread from scratch.

Recently, I baked a lemon cake and lemon cupcakes. The lemon cupcakes I put cream cheese icing on it for my sister. She loved them. My niece and nephew loved them too. The cupcakes were gone in a day or so. My nephew even took one to school for his lunch. You might get hungry after what I tell you that I can make. I can bake the following from scratch: butterscotch squares, banana bread, banana muffins, chocolate chip cookies, white bread, corn muffins, lemon meringue pie, and apple pie.

I bake with love. It is something I love to do.

Happy Baking Everyone!!!!





WELCOME SUMMER

C X A G N B H R C I Y J D L M K R A P E M E H T
A A T E P A R T I E S V F R U G A D H B T I J N
M L R H J W K K E Y S E I L F E R I F B L E U K
P B M N T K E O Y F P O U Q I W X R I H F S M O
I L D V I C E C R E A M R X S D W Y R G L Y P Z
N A P B O V C G P D S H E R H F S S E G I V R H
G R P H U L A H O O P S I J I J J A W K P H O L
M O D N A O F L O P G Q J R N S K N O T F U P V
W L F X P Y J Z L A A W E S G B L D R C L P E D
E L H F J G O H X I Q J W E K R L A K G O M H N
O E B S P C A U G U S T Q I C R X L S U P Z T M
V R G U H T D E R T H J K V L O H S B T S D R G
D C H N R V J T N C H A R O M H R L E E D E A F
P O P S I C L E S T T Y U M O Y L K K C I N H G
E A X C C W E T Y K C S G N A E M I E F A H A Q
S S T R N O N N E G H W O E V X B P A R A D E S
H T U E A D J U L Y R I B J R K E Y M M G H E V
A E S E T D F F Q W T M E R E T A Y U I H S O P
A R S N A D F G H A J M K L L Z C X C V S B N S
M Q W E L R T U C T I I O P K A H S D A A F G C
H J K L I Z X A C V B N N M N Q R W L E L N U I
R T Y E E U V I O P A G S D I F G G H J P A J N
Z X N C V B N F D H J T R H R J N K L E S G W C
I U E R K S E N O C W O N S P U P C I H G E W I
J W H C O O K O U T S W E E S D L K I J F M D P

AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS

FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL

POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

Name: _____ Date: _____

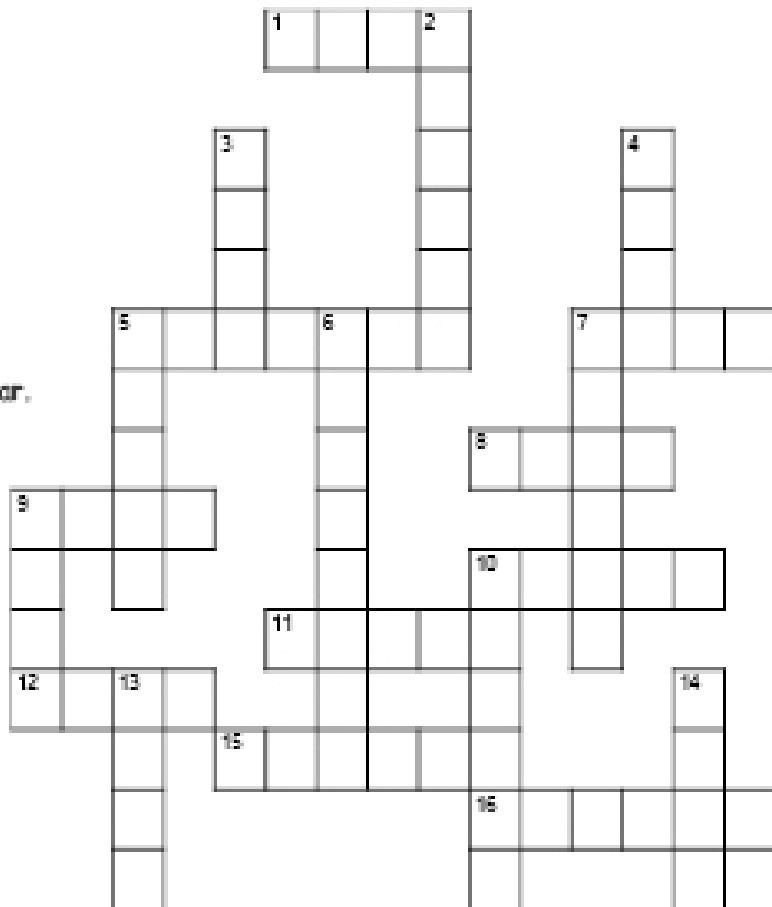


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim.
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

