

Fun at the Fair

- Acrobats
- Annual
- Carousel
- Corndog
- Crafts
- Deep-Fried
- Exposition
- Ferris Wheel
- Funnel Cake
- Games
- Kettle Corn
- Livestock
- Popcorn
- Prizes
- Rides
- Ring Toss

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

Birthdays

Phyllis Frank 08/15/1936

Joseph Fudacz..... 08/16/1957

Charles Fauci..... 08/21/1945

Quips & Quotes

"If you believe, you can achieve..."
 Unknown

"Out of the mountain of despair, a stone of hope." Martin Luther King, Jr.

"But the way of the wicked is like deep darkness; they do not know what makes them stumble." Proverbs 4:19

ARBOR
OAKS

News

AUGUST 2022

3400 JOG ROAD • GREENACRES, FL 33467

OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Shawn Holley
Nursing Director

Brenna Alvarez
Activities Director

Brenna Alvarez
Office Manager

Trevor Gibbons
Maintenance Director

Josh Feldman
Dining Room Supervisor

ARBOR
OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

AUGUST FUN STUFF



August 1, 8, 15, 22, 29 @ 10:00

Catholic Communion and Sing-Along



August 4 – 3:00

Happy Hour with John Labosco

August 7, 14, 21, 28 – 2:00 P.M.

Faith Church w/Sing-Along and Devotional

August 9, 23 – 10:00

Dance Express



August 13 – 3:00 P.M.

Shabbat Services



August 18 – 3:00 P.M.

Happy Hour with Alfonso



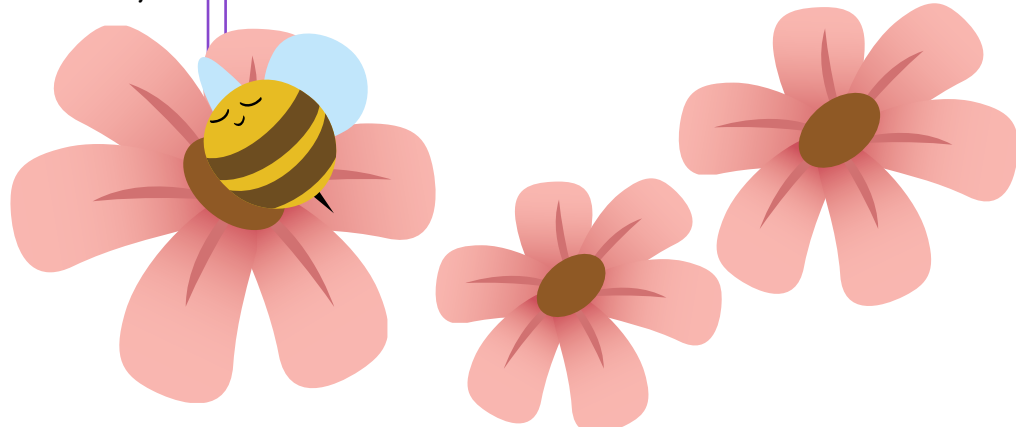
Luau - Date and time to be announced



August Holidays And Events

- 1 National Raspberry Cream Pie Day
- 2 National Ice Cream Sandwich Day
- 3 National Watermelon Day
- July 3 -August 11 Dog Days of Summer
- 4 National Chocolate Chip Cookie Day
- 5 International Beer Day
- 7 National Lighthouse Day
Sisters Day
- 8 International Cat Day
- 10 National S'mores Day
- 14 National Creamsicle Day
- 15 V-J Day (Victory over Japan, the end of
WWII)
- Feast of the Assumption (A holy day remembering
the Virgin Mary's bodily ascent to heaven at the
end of her life.)
- 18 Serendipity Day (The occurrence
and development of events by chance in a happy or
beneficial way.)
- 19 National Potato Day
- 20 National Honey Bee Awareness Day
- 21 National Spumoni Day
Senior Citizen's Day
- 22 Be an Angel Day
- 25 National Banana Split Day
- 28 Stuffed Green Bell Peppers Day
- 30 Toasted Marshmallow Day
- 31 National Eat Outside Day
National Trail Mix Day

Birthstone: Peridot
Flower: Gladiolus
Zodiac: Leo and Virgo



THE ENORMOUSLY IMPORTANT HONEY BEE

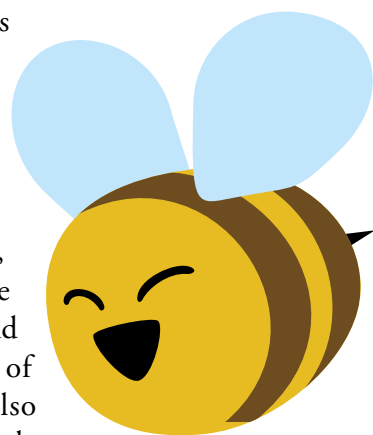


August 20 is National Honey Bee Awareness Day. It is only right that we should appreciate and celebrate the contributions of the Honey Bee to our world.

Did you know bees help pollinate (carry pollen) to plants of different sexes to fertilize them, and sometimes between different parts of the same plant, which helps plants reproduce? Also, bees prevent inbreeding helping plants to survive.

Honey bees produce six hive products – honey, pollen, royal jelly, beeswax, propolis, and venom. These products are collected and used by people world-wide for various nutritional and medicinal purposes. As you can see, Honey bees are absolutely essential for U.S. agriculture and vital to both pollinate the food we need to survive and pollinate many of the trees and flowers that provide habitats for people and wildlife.

As you can surmise from the above, without bees our ecosystems would be altered, if not catastrophically changed. Beyond plants, many animals, such as the beautiful bee-eater birds, would lose their prey in the event of a die-off, and this would also impact natural systems, food webs, and food sources.



TWO Turntables

In 2021, the sale of vinyl records was sky high, reaching more than \$1 billion. Numbers of that scale hadn't been produced since the mid-1980s. Some of this growth can be attributed to the pandemic, where larger amounts of free time emerged. With more people working from home, furloughed or unemployed, a new, albeit sometimes unfortunate, door opened.

The notion that "everything sounds better on vinyl" has long been held by people of all ages. For the youth of today, stepping into the vinyl world offered them a chance to lean into the past and attempt to experience a taste of what their parents and grandparents heard. It allowed escape from the overbearing technology that's become their norm, even though a number of turntables created in this century use that exact same technology.

On the plus side, now more records are available. There is a new opportunity for retirees, Boomers and older generations to share a beloved hobby from their youth with the grands and great-grands. Music can be a true source of inspiration and deeply connective. With the re-emergence of vinyls, we've not only seen a connection among generations, but also a connection among souls. If you have such a pastime in common with those who sit on the younger branches of the family tree, consider exchanging albums and sharing collections. New thought-provoking conversation about lyrics, history and current trends might become your family's new norm.



Sweet Tea AND SUN

Sippin' on sweet tea in an oversized chair, soaking up some sun and wearing high SPF sunscreen sounds warm and inviting this time of year. And, there's one thing for certain: This trip outdoors (whether far or near), requires a beverage. If you're thinking about whipping up a batch of tea for your outdoor excursion, here are two fruitful configurations that offer a different flavor variety, if standard sugar-infused sweet tea isn't your "cup of tea."

To make blackberry mint tea you'll need 1/2 cup of fresh blackberries, 6 fresh mint leaves, 2 bags of green tea and 3 cups of hot water. Honey is an optional addition. Add blackberries, mint and green tea bags to a pitcher. Boil your water, and pour into the pitcher. Steep for 15 minutes before removing the tea bags. Chill for 3-4 hours for full flavor release.

Similarly, for peach ginger tea, your instructions are pretty much the same. You'll need a single pitted and sliced peach, 4 large pieces of ginger (not the root, but nice slices), 2 green tea bags and 3 cups of hot water. Again, honey is an optional add-in. The same instructions apply here as for blackberry mint, but you'll likely want to remove the ginger slices at some point, post-steeping.

Arbor Oaks Green Acres - Evergreen Activity Calendar						
August 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Day	1 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	2 10:00 Exercise 11:00 Trivia 11:30 Kickball 12:00 Lunch 1:30 Crafty Tuesday 2:30 Sing-A-Long 3:00 Refreshments on the Patio	3 10:00 Exercise 11:00 Balloon Volleyball 11:30 Current Events 12:00 Lunch 1:30 Jingle Jam 3:00 Ice Cream Social	4 10:00 Exercise Kickball 11:00 Joke & Riddles 12:00 Lunch 1:30 Water Colors 2:30 Jingle Jam 3:00 Happy Hour w/ John Labasco	5 10:00 Exercise Ball Toss 11:30 Trivia 12:00 Lunch 2:00 Drawing Circle 2:30 Puzzles 3:00 Ice Cream Social	6 10:00 Kickball 11:30 Jingle Jam 12:00 Lunch 1:30 Finger Painting 2:00 Jokes & Riddles 2:30 Lets Take A Stroll 3:00 Movie Matinee
	7 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	8 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	9 10:00 Exercise 11:00 Trivia 11:30 Kickball 12:00 Lunch 1:30 Crafty Tuesday 2:30 Sing-A-Long 3:00 Refreshments on the Patio	10 10:00 Exercise 11:00 Balloon Volleyball 11:30 Current Events 12:00 Lunch 1:30 Jingle Jam 2:00 Puzzles 3:00 Ice Cream Social	11 10:00 Exercise Kickball 11:30 Jokes & Riddles 12:00 Lunch 1:30 Water Colors 2:30 Jingle Jam 3:00 Lets Take A Stroll	12 10:00 Exercise Ball Toss 11:30 Trivia 12:00 Lunch 2:00 Drawing Circle 2:30 Puzzles 3:00 Ice Cream Social
Family Day	14 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	15 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	16 10:00 Exercise 11:00 Trivia 11:30 Kickball 12:00 Lunch 1:30 Crafty Tuesday 2:30 Sing-A-Long 3:00 Refreshments on the Patio	17 10:00 Exercise 11:00 Balloon Volleyball 11:30 Current Events 12:00 Lunch 1:30 Jingle Jam 2:00 Puzzles 3:00 Ice Cream Social	18 10:00 Exercise Kickball 11:30 Jokes & Riddles 12:00 Lunch 1:30 Water Colors 2:30 Jingle Jam 3:00 Happy Hour w/ Alfonso 3:00 Lets Take A Stroll	19 10:00 Exercise Ball Toss 11:30 Trivia 12:00 Lunch 1:30 Bingo 2:00 Drawing Circle 2:30 Puzzles 3:00 Ice Cream Social
	21 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	22 10:00 Exercise 11:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	23 10:00 Exercise 11:00 Trivia 11:30 Kickball 12:00 Lunch 1:30 Crafty Tuesday 2:30 Sing-a-Long 3:00 Refreshments on the Patio	24 10:00 Exercise 10:30 Balloon Volleyball 11:30 Current Events 12:00 Lunch 1:30 Jingle Jam 2:00 Puzzles 3:00 Ice Cream Social	25 10:00 Exercise Kickball 11:30 Jokes & Riddles 12:00 Lunch 1:30 Water Colors 2:30 Jingle Jam 3:00 Lets Take A Stroll	26 10:00 Exercise Ball Toss 11:30 Trivia 12:00 Lunch 2:00 Drawing Circle 2:30 Puzzles 3:00 Ice Cream Social
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August 2022						
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Family Day	1 10:00 Exercise 10:30 Pencil Art 11:00 Book Club 11:30 What am I? 1:30 Jackpot Bingo 3:30 Movie Matinee w/ Popcorn	2 10:00 Painting Class 11:00 Black Jack 1:30 Bingo 2:30 Mahjong 3:30 Cards	3 10:00 Exercise 10:30 Trivia 11:00 Book Club 1:30 Bingo 3:00 Ice Cream Social	4 10:00 Aromatherpy / Nifty Nails 11:00 Black Jack 1:30 Bingo 2:30 Hand & Foot 3:00 Happy Hour w/ John Labasco	5 10:00 Jazzercise 10:30 News & Coffee 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	6 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
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