

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August 2025</h1>					<div>1</div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Nature Hour, FL <b>2:00 Birthday Celebration</b> <b>Sandra Walker, DR</b> 5:30 Evening Movie, FL	<div>2</div> 10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
<div>3</div> 9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	<div>4</div> 9:00 Hot Mocha Social, 10:00 Morning Exercise, DR 1:00 Walking Group, L <b>1:30 Scenic Drive, L</b> 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	<div>5</div> 9:00 Morning Tea, C 10:00 Exercise & Strength 1:00 Walking Group, L <b>2:00 Entertainment with</b> <b>Primo Kim, DR</b> 5:30 Evening Movie, LR	<div>6</div> 10:00 Morning Exercise, DR <b>10:30 Shopping- QFC</b> 12:30 Cocktails & Trivia, C <b>2:00 Bingo, DR</b> 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	<div>7</div> <b>Medical</b> <b>Transportation</b> 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, LR	<div>8</div> 10:00 Morning Exercise, DR <b>11:00 Lunch Outing-</b> <b>Crab Season</b> 1:00 Nature Hour, FL <b>2:00 Happy Hour with</b> <b>Jon Pressman, DR</b> 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	<div>9</div> 10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
<div>10</div> 9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	<div>11</div> 9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L <b>1:30 Scenic Drive, L</b> 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	<div>12</div> 10:00 Exercise & Strength <b>12:00 Swing Dance-North</b> <b>Bellevue Senior</b> <b>Center, L</b> 1:30 Hand and Foot, FL 3:00 Afternoon Musical, FL 5:30 Evening Movie, FL	<div>13</div> 10:00 Morning Exercise, DR <b>10:30 Shopping- Bartells</b> 1:00 Bloody Mary Drinks & Trivia, C <b>2:00 Crafty Creation</b> 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	<div>14</div> <b>Medical</b> <b>Transportation</b> 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	<div>15</div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, FL <b>2:00 Happy Hour with</b> <b>Jim &amp; Beth, DR</b> 5:30 Evening Movie, FL 6:00 Table Games, C	<div>16</div> 10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
<div>17</div> 9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, DR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	<div>18</div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L <b>1:30 Scenic Drive, L</b> 3:00 Margarita Monday, LR 5:30 Evening Movie, FL 6:00 Table Games, C	<div>19</div> 9:00 Morning Tea, C 10:00 Exercise & Strength 1:00 Walking Group, L 1:30 Beading with Dianna, FL 5:30 Evening Movie, FL	<div>20</div> 9:30 Morning Exercise, DR <b>10:00 Shopping-</b> <b>Dollar Store, L</b> 12:30 Cocktails & Trivia, C <b>2:00 Bingo, DR</b> 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	<div>21</div> <b>Medical</b> <b>Transportation</b> 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	<div>22</div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, FL <b>2:00 Happy Hour with</b> <b>Jonny C, DR</b> 5:30 Evening Movie, FL 6:00 Table Games, C	<div>23</div> 10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
<div>24</div> 9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	<div>25</div> 9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L <b>1:30 Resident Meeting-</b> <b>Come Share your Ideas, DR</b> 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	<div>26</div> 9:00 Morning Tea, LR 10:00 Exercise & Strength 1:00 WII Bowling, C <b>2:00 Entertainment with</b> <b>Patti &amp; Dean, DR</b> 5:30 Evening Movie, FL	<div>27</div> 10:00 Morning Exercise, DR <b>10:30 Shopping- QFC</b> 12:30 Cocktails & Trivia, C <b>2:00 Bingo Bash, DR</b> 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	<div>28</div> <b>Medical</b> <b>Transportation</b> 10:00 Catholic Services, FL <b>1:00 Foot Care-DR GoreyFL</b> 1:00 Activity Talk, DR 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, FL	<div>29</div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, FL <b>2:00 Happy Hour with</b> <b>Carol Hendrickson, DR</b> 5:30 Evening Movie, FL 6:00 Table Games, C	<div>30</div> 10:00 Morning Exercise, DR <b>1:00 Let's Talk Food, DR</b> 2:00 Balloon Volley Ball, C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
<div>31</div> 9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C <b>1:00 Chef Demo with</b> <b>Daniel, DR</b> 2:00 Bingo, DR 5:30 Evening Movie, LR	 <h1>Assisted Living</h1>					

August 2025

# THE MONTHLY GAZETTE

*"...When Summer gathers up her robes of glory,  
and like a dream of beauty glides away."*

~ Sarah Helen Whitman



## Plant of the Month – Fiddle-Leaf Fig

This popular house plant is native to West Africa. The fiddle-leaf fig can grow up to 10 feet tall indoors but can grow up to 60 feet outdoors. This tropical plant has lush, glossy, green leaves that resemble a violin or fiddle, which is how it got its name. Fiddle-leaf figs need a steady supply of sunlight, so it's ideal to place them by a window. However, if they get too much direct sunlight, the leaves could burn. It's also important not to overwater the plant because it likes to dry out a bit between weekly waterings. A symbol of fertility, abundance, new beginnings,



prosperity, and growth, it's a popular wedding or housewarming present. It is also a favorite plant for practitioners of feng shui. While the stunning plant produces edible fruit, it is not sweet like a typical fig and tends to dry out the mouth, so it's typically not eaten. On rare occasions, the plant will also produce small flowers.

## Special Days

**Sandcastle Day**  
August 2

**Sisters' Day**  
August 3

**Purple Heart Day**  
August 7

**S'mores Day**  
August 10

**Left-Handers Day**  
August 13

**Tell a Joke Day**  
August 16

**Women's Equality Day**  
August 26

## Flower – Gladiolus



The gladiolus represents strength and moral integrity—fitting given that its name comes from the Latin word for "sword," *gladius*. But while its sword-shaped stems might convey Roman gladiators, its flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus symbolizes infatuation. Although beautiful in the garden, its chief value is for cut flowers. The flower's wide range of colors and sizes makes it ideal for flower arrangements.

## Birthstone – Peridot



Peridot is a lovely green gemstone. Often mistaken for an emerald, it is also known as "the poor man's emerald." Peridot is one of the few gems found in only one color. The intensity of peridot's greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.



## Assisted Living

A Great Place to Call Home

**Hair Salon**  
Wednesdays  
9:00 AM—1:30 PM  
**Stylist—Oanh**  
*Sign Up at the Front Desk*

<b>August 1<sup>st</sup> @ 2:00 PM</b>	<b><i>Birthday Celebration with Sandra Walker</i></b>
<b>August 5<sup>th</sup> @ 2:00 PM</b>	<b><i>Entertainment with Primo Kim</i></b>
<b>August 8<sup>th</sup> @ 11:00 AM</b>	<b><i>Lunch Outing-Crab Season</i></b>
<b>August 12<sup>th</sup> @ 12:00 PM</b>	<b><i>Swing Dance-North Bellevue Senior Center</i></b>
<b>August 13<sup>th</sup> @ 2:00 PM</b>	<b><i>Crafty Creation with Dianna</i></b>
<b>August 15<sup>th</sup> @ 2:00 PM</b>	<b><i>Happy Hour with Jim &amp; Beth</i></b>
<b>August 22<sup>nd</sup> @ 2:00 PM</b>	<b><i>Happy Hour with Jonny C</i></b>
<b>August 25<sup>th</sup> @ 1:30 PM</b>	<b><i>Resident Meeting-Come Share your Ideas</i></b>
<b>August 26<sup>th</sup> @ 2:00 PM</b>	<b><i>Entertainment with Patti &amp; Dean</i></b>
<b>August 29<sup>th</sup> @ 2:00 PM</b>	<b><i>Happy Hour with Carol Hendrickson</i></b>
<b>August 30<sup>th</sup> @ 1:00 PM</b>	<b><i>Let's Talk Food</i></b>
<b>August 31<sup>st</sup> @ 1:00 PM</b>	<b><i>Chef Demo with Daniel</i></b>

***Enjoy Scenic Drive with Dianna every Monday!***