

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Memory Care						
9:00 Music and Movement, PPW 10:00 Nail Care 10:30 Daily Chronicles, SCF 1:30 Snack Break, FSI 3:00 Table Games & Puzzles, FSI 3:30 Afternoon Stroll, PPW	9:30 Music and Movement, PPW 10:30 Daily Chronicles, SCF 1:00 Color my World, SCF 1:30 Music with Larissa, MC, FSI 1:30 Snack Break, FSI 2:00 One on One 3:00 Sensory Time	9:00 Music and Movement, PPW 10:00 Sensory Time 10:30 Daily Chronicles, SCF 12:30 Color my World, SSF 1:30 Snack Break, FSI 2:00 Connect 4 2:00 One on One 3:00 Sing Along, FSI 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Art Time, SCF 10:30 Daily Chronicles, SCF 1:00 Shrike up the Band, SCF 1:30 Snack Break, FSI 2:00 Scenic Drive, FSI 2:30 One on One 3:00 Sensory Game 5:00 Evening Movie	9:00 Music and Movement, PPW 10:00 Crafting with Shelby, SCF 10:30 Daily Chronicles, SCF 1:00 Music with Randy FSI 1:30 Snack Break, FSI 2:00 Afternoon Walk, PPW 2:30 One on One 3:30 Comedy Time, FSI 5:00 Evening Movie	9:00 One on One 9:30 Morning Exercise, PPW 10:00 Cooking w/ Shelby, FSI 10:30 Daily Chronicles, SCF 1:00 Sensory Time 1:30 Snack Break, FSI 2:00 Happy Hour Bingo 3:30 Afternoon Walk, PPW 5:00 Evening Movie	9:00 Music and Movement, PPW 10:00 Daily Chronicles, SCF 10:30 Word Games, SCF 1:00 Trivia Time 1:30 Snack Break, FSI 2:00 Color my World, SCF 2:30 One on One 3:30 Afternoon Walk, PPW 5:00 Evening Movie
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August 2026

THE MONTHLY GAZETTE

*"The brilliant poppy flaunts her head
Amidst the ripening grain,
And adds her voice to swell the song
That August's here again."*

— Helen M. Winslow



Animal of the Month – African Lion

The regal African lion is a powerful hunter that roams the sub-Saharan savannas. These apex predators are the most social of all the big cats. They live in groups called prides that include up to 40 lions, typically consisting of related females, their offspring, and several adult males. The males serve as territorial guardians of the pride and also fight to protect the females from rival males and maintain their own status in the group. Lionesses do most of the hunting, often working together to secure large prey like zebras or buffalo. These nocturnal animals sleep or rest up to 20 hours a day, and both



male and female lions have a powerful roar that can be heard up to five miles away. Adult males sport majestic manes that protect them from bites in battle and are seen as a sign of strength and good health, a draw for potential mates. Male lions weigh an average of 420 pounds, and females are significantly lighter at around 280.

Special Days

Sisters Day
August 2

Purple Heart Day
August 7

Book Lovers Day
August 9

Lazy Day
August 10

Senior Citizen Day
August 21

Women's Equality Day
August 26

Beach Day
August 30

Flower – Gladiolus



The gladiolus gets its name from the Latin word for "sword," *gladius*, and represents strength and integrity. But its flowers are also capable of piercing a heart with their beauty, which explains why the blooms also symbolize infatuation. Gladioli grow from bulbs called corms, which are planted each spring and dug up in the fall. "Glads," as they are commonly called, come in a beguiling range of colors and shapes. The flower blossoms open one by one, from the base on up, making it a long-lasting cut flower.

Birthstone – Peridot



The peridot, August's birthstone, is a stunning green stone that ranges in color from olive to lime green. The birthstone's green color is due to the presence of iron. Stones with a brownish tint have higher levels of iron. Peridot is one of the oldest known gemstones. Ancient Egyptians shaped them into beads, and the Greeks used them to make rings and pendants and believed wearing this jewelry could ward off evil. The largest peridot ever found weighs 310 carats and belongs to the Smithsonian Institution.



Memory Care

A Great Place to Call Home

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

Special Activities

Music with Larissa ~ August 3rd @ 1:30 PM

Art Time with Shelby ~ August 5th @ 10:00 AM

Music with Randy ~ August 6th @ 1:00 PM

Music with Carol ~ August 13th @ 1:30 PM

Trivia Time ~ August 15th @ 1:00 PM

Music with Larissa ~ August 17th @ 1:30 PM

Cooking with Shelby ~ August 21st @ 10:00 AM

Pet Visit with Ruffles ~ August 21st @ 1:00 PM

Sensory Time ~ August 24th @ 1:00 PM

Color My World ~ August 25th @ 12:30 PM

Strike up the Band ~ August 26th @ 3:00 PM

Enjoy Scenic Drives Every Wednesday with Shelby!