

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Assisted Living						1 10:00 Morning Exercise, DR 12:30 Word Games, C 2:00 Birthday Celebration With David & Lynn, DR 5:30 Evening Movie, FL 6:00 Table Games, C
2 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	3 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	4 10:00 Exercise & Strength 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Root Beer Floats In Courtyard 3:00 Scattegories Word Games, C 5:30 Evening Movie, FL	5 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	6 Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	7 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour Bingo, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	8 10:00 Morning Exercise, DR 12:30 Word Games, C 2:00 Entertainment with Bethany, DR 5:30 Evening Movie, FL 6:00 Table Games, C
9 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	10 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	11 9:30 Table Word Puzzles C 10:00 Exercise & Strength 12:00 Swing Dance-North Bellevue Center L 1:00 Bible Study, FL 1:00 Walking Group, L 2:00 Ice-cream Social, C 5:30 Evening Movie, FL	12 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Crafty Creation With Dianna, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	13 Medical Transportation 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Activity Talk, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	14 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Mod Pizza, L 12:30 Adult Coloring, C 2:00 Happy Hour with Lindi Moo 5:30 Evening Movie, FL	15 10:00 Morning Exercise, DR 2:00 Balloon Volleyball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
16 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	17 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	18 9:00 Morning Musical, C 11:00 Food & Fashion, L 1:00 Bible Study, FL 1:00 Afternoon Stroll, L 2:00 Sing Along With Joy, DR 5:30 Evening Movie, FL 6:00 Table Games, C	19 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-Fred Myers, L 1:00 Afternoon Stroll, L 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	20 Medical Transportation 9:30 New Resident Orientation 1:00 Let's Talk Food, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	21 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Jon Pressman, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	22 10:00 Morning Exercise, DR 2:00 Balloon Volleyball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
23 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	24 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	25 10:00 Exercise & Strength 10:30 Shopping at Uwajimaya, L 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Music Lovers 3:00 Scattegories Word Games, C	26 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	27 Medical Transportation 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Chef Demo with Josh 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	28 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Azteca, L 12:30 Adult Coloring, C 2:00 Happy Hour with C.C 5:30 Evening Movie, FL	29 10:00 Morning Exercise, DR 2:00 Balloon Volleyball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
30 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	31 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C					

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.



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

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| August 1st @ 2:00 PM | <i>Birthday Celebration with David & Lynn</i> |
| August 8th @ 2:00 PM | <i>Entertainment with Bethany</i> |
| August 11th @ 12:00 PM | <i>Swing-Dance North Bellevue Center</i> |
| August 12th @ 2:00 PM | <i>Crafty Creations with Dianna</i> |
| August 14th @ 11:00 PM | <i>Lunch Outing- Mod Pizza</i> |
| August 14th @ 2:00 PM | <i>Happy Hour with Lindi Moo</i> |
| August 18th @ 11:00 AM | <i>Food & Fashion</i> |
| August 29th @ 9:30 AM | <i>New Resident Orientation</i> |
| August 21st @ 2:00 PM | <i>Happy Hour with Jon Pressman</i> |
| August 25th @ 10:30 PM | <i>Shopping at Uwajimaya</i> |
| August 27th @ 1:00 PM | <i>Chef Demo with Josh</i> |
| August 28th @ 11:00 PM | <i>Lunch Outing- Azteca</i> |
| August 28th @ 2:00 PM | <i>Happy Hour with C.C</i> |

Scenic Drive Every Monday with Dianna