



AUGUST 2024

Beautiful Beacons

Pretty as a postcard and drenched in history, lighthouses are popular attractions. Shine a light on some of America's most iconic beacons:

Boston Light. First built in 1716 and reconstructed in the 1780s, this Massachusetts landmark is the oldest lighthouse in the U.S. It's also the only one that still has an official keeper, even though the beacon is automated.

Big Sable Point Lighthouse. Michigan is home to over 110 lighthouses, more than any other state, including this black-and-white striped brick structure. Visitors can climb to the top of the 112-foot tower to see stunning views of Lake Michigan.

Portland Head Light. Photographs of this Maine lighthouse are popular, thanks to its charming setting in Cape Elizabeth, Maine, where waves crash against the rocky shore. The tower's beacon was first lit in 1791.

Cape Hatteras Light Station. Standing 198 feet high, this historical North Carolina site is the tallest brick lighthouse in the U.S. and features distinctive black-and-white diagonal stripes atop a bright red base.

Pigeon Point Light Station. Located south of San Francisco, this lighthouse is the tallest on the West Coast, at 115 feet, and is still in use by the U.S. Coast Guard.

Ponce de Leon Inlet Light Station. Reaching the top of this 175-foot bright red tower offers stunning views of Florida's Atlantic coastline. Built in 1887, it's now a National Historic Landmark.

Biloxi Lighthouse. Built in 1848, this cast iron lighthouse in Mississippi has become a symbol of hope and resilience after it was restored from damage caused by Hurricane Katrina.



Yadira Hernandez for Employee of the Month!

I am delighted to nominate our Assisted Living Caregiver, Yadira Hernandez, for Employee of the Month. Yadira has consistently exemplified excellence in her caregiving duties, making a profound impact on the lives of her patients and colleagues alike. Yadira's genuine care and empathy for her patients are evident in everything she does. She goes above and beyond to ensure each patient feels respected, valued, and comforted. Yadira is a vital team member who collaborates seamlessly with her colleagues. She offers support, shares her expertise, and fosters a cooperative and positive work environment. She embodies the qualities of an outstanding caregiver. I am confident that her contributions will continue to positively influence our organization and the lives of our patients. Yadira, we appreciate all that you do and Congratulations on being Employee of the Month!

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Assisted Living Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Let Your Light Shine

"Lighthouses don't go running all over an island looking for boats to save; they just stand there shining." —Anne Lamott

"It's never too late in life to have a genuine adventure."
—Robert Kurson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Morning Outburst! 10:00 Walmart Shopping (O) 10:30 Watermelon on the Porch! 2:00 Art w/ Friends 3:30 Fly Swatter Balloon Volleyball 4:00 Word Searches Before Dinner	2 10:00 Wake and Shake! (Exercise w/ Allison) 10:30 Outing to The Drunken Donkey Bar and Grill 1:30 Puzzle Mania! 3:00 Happy Hour Social 4:00 Word Searches Before Dinner	3 10:00 Residents' Choice 1:30 Puzzle Table 2:00 Uno Crew! 3:00 Individual Activities in Room
4 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	5 9:30 Shopping: Big Lots 10:00 Drum Fitness 10:30 Cranium Crunches 10:30 Rosary w/ Renna 1:30 Devotional and Worship 2:30 Garden Trivia 3:00 Wheelchair Races! 3:30 Paper Towel Prize Challenge! 4:00 Sudoku Crosswords, and Word Searches Before Dinner	6 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Tutorial on Sudoku 4:00 Word Searches Before Dinner	7 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 10:30 Group Sing Along 1:30 Bible Study (AR) 2:30 Wellness Wednesday (Humor) 3:00 Bowling 3:30 Name That Tune! 4:00 Word Searches Before Dinner	8 10:00 Noodle Ball Throw Catch and Kick 10:00 Walmart Shopping (O) 10:30 Mexican Train Brigade! 1:00 Puzzle Table 2:00 Art w/ Friends 3:30 Penny Pitching (L) 4:00 Word Searches Before Dinner	9 10:00 Wake and Shake! (Exercise w/ Allison) 10:30 Cranium Crunches! 1:30 Puzzle Mania! 2:00 Happy Hour Social/Pizza and Movie 4:00 Word Searches Before Dinner	10 10:00 Residents' Choice 10:30 Mexican Train Brigade! 1:30 Puzzles Galore! 3:00 Individual Activities in Room
11 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	12 9:30 Shopping 10:00 Drum Fitness 10:30 Mind Joggers 10:30 Rosary w/ Renna 1:30 Devotional and Worship 2:30 Guess the Price Game (1950s) 3:00 Family Feud 4:00 Crosswords Before Dinner	13 10:00 Culinary Experience: Cookies 10:00 Walmart Shopping (O) 10:30 Poetry Reading 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Nails and Such Allison 4:00 Word Searches Before Dinner	14 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 10:30 Word in a Word Game 1:30 Bible Study (AR) 2:30 Town Hall 3:00 Celebrity Sticky Note Challenge 3:30 Cookie Face Game! 4:00 Word Searches Before Dinner	15 10:00 Walmart Shopping (O) 10:30 Culinary Corner: Cookies 1:00 Puzzle Mania 2:00 Art w/ Friends 3:30 Bowling 4:00 Word Searches Before Dinner	16 10:00 Wake and Shake! (Exercise w/ Allison) 10:30 Outing to Soulman's BBQ 1:30 Puzzle Table and Board Games 2:00 An Afternoon at the Beach Happy Hour/Social! 2:00 Beach Movie and Snacks 4:00 Word Searches Before Dinner	17 10:00 Residents' Choice 10:30 Scrabble 1:30 Puzzle Mania! 2:00 Individual Activities in Room
18 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	19 10:00 Drum Fitness 10:30 Bubbles and Music Outside (Weather Permitting) 10:30 Rosary w/ Renna 1:30 Devotional and Worship 2:30 Sticky Note Challenge! 3:00 Name That Tune! 4:00 Word Searches Before Dinner	20 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 4:00 Word Searches Before Dinner	21 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Wellness Wednesday (Dental Health) 3:00 Collages 4:00 Word Searches Before Dinner	22 10:00 Indoor Golf 10:00 Walmart Shopping (O) 10:30 Cranium Crunches! 1:00 Puzzle Table 2:00 Art w/ Friends 3:30 Cornhole Competition 4:00 Word Searches Before Dinner	23 10:00 Wake and Shake! (Exercise w/ Allison) 10:30 Culinary Experience: Group Trail Mix 1:30 Puzzle Table/Residents' Choice 2:00 Find a Person Who Game / Snack and Chat Social 3:00 Tabletop Bowling 3:30 Air Hockey! 4:00 Word Searches Before Dinner	24 10:00 Residents' Choice 10:30 Monopoly 1:30 Puzzle Extravaganza! 3:00 Individual Activities in Room
25 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	26 10:00 Drum Fitness 10:30 Cranium Crunches 10:30 Rosary w/ Renna 1:30 Devotional and Worship 2:30 Culinary Experience: Cookies 3:00 Current Events 3:30 Just for Giggles (Comedy Hour) 4:00 Word Searches Before Dinner	27 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 4:00 Word Searches Before Dinner	28 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Card Games Reminiscing (Go Fish, Battle, Old Maid Etc.) 3:30 Fun with Beach Balls! 4:00 Word Searches Before Dinner	29 10:00 Uno Crew! 10:00 Walmart Shopping (O) 11:00 Trivia 1:00 Puzzle Table! 2:00 Art w/ Friends 3:30 Balloon Volleyball 4:00 Word Searches Before Dinner	30 10:00 Wake and Shake! (Exercise w/ Allison) 10:30 Culinary Experience: Fruit Salad 1:30 Puzzle Table and Board Games 2:00 Happy Hour Social / Minute to Win It Games and Snacks! 3:00 Air Hockey Tournament! 3:30 Mexican Train Brigade! 4:00 Word Search Before Dinner	31 10:00 Residents' Choice 10:30 Yahtzee! 1:30 Puzzle Table 3:00 Individual Activities in Room



A Summer Adventure

It's the time of year when children begin going back to school, and families often enjoy one last big adventure before the summer comes to an end. It's perfect, then, that August is American Adventures Month. Use these questions to reminisce on your summer amusements.

- When you were growing up, did your family ever take summer vacations? If so, what was your favorite trip?
- Which did you enjoy more: indoor activities, like museums and shopping, or outdoor activities, like hiking and swimming?
- In the moment, vacation mishaps can be scary, but looking back on them can create lots of laughs. Do you have any stories like this to share?
- A popular summer activity is going to amusement parks. Did you visit any? What were your favorite rides and/or games? Did you travel to the park, or did a traveling carnival come to your town?
- Did you take summer vacations as an adult? What was different about being in charge of planning the trip? Did you change up the itinerary?
- Would you prefer to go on an adventure to the ocean, the mountains or the plains of America?
- Have you ever traveled outside of the United States? If so, where was your favorite place and how did it differ from the community you were used to?
- What is your dream vacation or adventure?