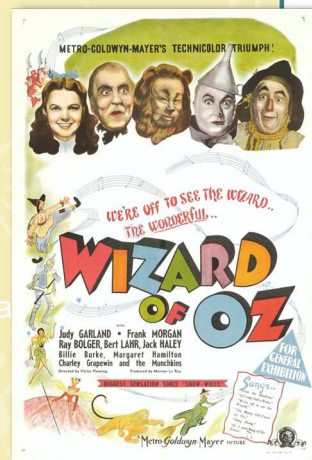




### Notable Quotable

“Not all of us can do great things. But we can do small things with great love.”

~ Mother Teresa, Catholic nun and canonized saint



## August Horoscopes and Birthdays

In astrology, those born from August 1–22 are Leo’s Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren’t afraid to take initiative. Those born from August 23–31 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, thorough, and detail-oriented.

P. D. James – August 3, 1920  
Meghan Markle – August 4, 1981  
Charlize Theron – August 7, 1975  
Whitney Houston – August 9, 1963  
Viola Davis – August 11, 1965  
Magic Johnson – August 14, 1959  
Julia Child – August 15, 1912  
Orville Wright – August 19, 1871  
Connie Chung – August 20, 1946  
Kobe Bryant – August 23, 1978  
Sean Connery – August 25, 1930  
Mother Teresa – August 27, 1910  
Maria Montessori – August 31, 1870

### Desert Mirage *(cont. from pg. 1)*

survival necessities, including plenty of water and sunscreen. No one can be an anonymous spectator. All attendees are expected to be fully engaged participants.

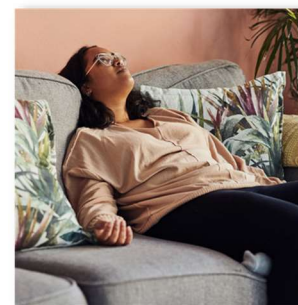
Why do tens of thousands of so-called “Burners” return to Burning Man year after year? For many, the event is a sanctuary of artistic self-expression, a communal expression of hope for the

best that humanity has to offer. The camp-like atmosphere is eccentric, exciting, liberating, and dangerous, all at the same time. The desert has long been a setting of spiritual growth and regenerative power. The experience culminates with the burning of a massive wooden effigy, the Burning Man himself, a ritual that symbolizes the destruction of the old and birth of the new.

### Breaking Free from Boredom

The third Saturday in August is Break the Monotony Day, a day to deviate from routine and try something different. Having a routine is not a bad thing. Routines help us stay organized and allow us to be productive. Sometimes, though, routines put us on autopilot and cut us off from our feelings. Psychologists see tremendous value in breaking the monotony of our regular routines. Trying new things and new experiences kindles

feelings of awe, curiosity, and excitement. Studies show that feelings of awe—those paradigm-shifting moments of understanding—create feelings of connectedness and meaning in our lives.



# The Monthly Round Up

August 2023

**Celebrating August**

**Dog Month**

**Golf Month**

**Homemade Pie Day**

*August 1*

**Farmers Market Week**

*August 6–12*

**Lighthouse Day**

*August 7*

**Garage Sale Day**

*August 12*

**Senior Citizen’s Day**

*August 21*

**World Water Week**

*August 20–24*

**National Park Service Day**

*August 25*

**Be Kind to Humankind Week**

*August 25–31*

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### Desert Mirage

Each August, Nevada’s Black Rock Desert becomes home to a “pop-up” city of 80,000 people. The cultural phenomenon known as Burning Man will take place from August 27 to September 4 this year, and then the crowds will leave as spontaneously as they arrived, and the desert will return to its emptiness as if nothing ever happened.

What is Burning Man? Although there is plenty of music and art, it is not a music or arts festival. There are no stages or lineups of performers, and there are certainly no vendors hawking souvenirs. Nothing is for sale, and there are no profits to be made. Instead, the 80,000 attendees flock to the

desert in a pilgrimage of self-expression. For nine days, the desert becomes a community of individuals dedicated to expressing themselves to the fullest. People erect their own art installations, stage their own performances, roam about in fanciful costumes, fly homemade flags, and help each other survive the harshness of the desert environment. With no stores nearby to furnish supplies, every attendee is required to bring their own

*(cont. on pg. 4)*



### Centuries of Sandwiches

John Montagu, the 4th Earl of Sandwich, is famously credited with inventing the world’s first sandwich in August of 1792 when, during a card game, he called for slices of roast beef to be served between two slices of bread. His new snack became so popular that others began to order “the same as Sandwich.” But a closer look at history shows that sandwiches were eaten long

before the 18th century. One of the earliest recorded sandwich-eaters was Hillel the Elder, a rabbi who lived in Jerusalem during the first century. During the annual Passover Seder, Hillel regularly placed lamb and bitter herbs between slices of matzoh. These early sandwiches, mentioned in the Haggadah, have been continuously made for nearly twenty centuries.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August</div> <div>2023</div>		9am-All Houses: Daily Chronicle's 9:45am-All Houses: Pet therapy 10am-Poppy: Card Games 11am-Iris: Corn Hole 1pm-All Houses: Craft – Summer in the desert craft <b>2pm-Sage: Trivia Madness</b> <b>3pm-Poppy: Trivia Madness</b>	9am -All Houses: Daily Chronicle's 10am- Iris: Smores Bingo 11am- Poppy: Name that price 1pm- All Houses: Craft - Color By numbers 2pm- Sage: BINGO 3pm-Iris: Guess the movie by the song lyrics	9am- All Houses: Daily Chronicle's 9:30- Poppy: Bible Studies 10am - Poppy: Dominos 11am - Iris: Word Search 1pm-All House Craft: Jewelry Making 2pm- Sage: Nails 3pm- Poppy: Nails	9am- All Houses: Daily Chronicle's <b>10AM - OUTING ALL HOUSES: Walmart</b> 1pm - Poppy: BINGO 2pm- Iris: Table Tennis 3pm- Sage: World of color  International chocolate chip cookie day	9am- All Houses: Daily Chronicle's 10am- Poppy: Life enrichment meeting 1pm- Sage: 30 Greatest National Parks 2pm- Iris: Craft - Nature Art 3pm- Sage: 50's Sing a Long
	All Houses: 9am- Daily Chronicle's All Houses: 10am - Sunday Worship live streamed All Houses: 11am- Puzzle Hour All Houses: 2:00PM- Movie Matinee	9am- All Houses: Daily Chronicle's 10am- All Houses: Board Games 1pm- All houses: Craft 2pm- All houses: Card Games 3pm-All houses: Coloring Madness	9am- Daily Chronicle's 11am: Poppy: Food for Thought 11:30am: Iris: Food for Thought 1pm- Sage: Sensory Projects 2pm- Iris: Happy Hour- 3:00pm- Poppy: Trivia Madness	9am- All Houses: Daily Chronicle's 9:30- Poppy: Bible Studies 10am - Poppy: Dominos 11am - Iris: Word Search 1pm-All House Craft: Indigenous Australian Dot Painting 2pm- Sage: Nails 3pm- Poppy: Nails	9am- All Houses: Daily Chronicle's <b>10AM - OUTING ALL HOUSES: Japanese Gardens</b>  1pm - Poppy: BINGO 2pm-Iris: 3pm- Sage: World of color	9am- All Houses: Daily Chronicle's 10am- Iris: BINGO 11am- Poppy: Yoga Stretch's 1pm- Sage: Craft 2pm- Poppy: Fire Place Chat 3pm-Iris: Card Games
	All Houses: 9am- Daily Chronicle's All Houses: 10am - Sunday Worship live streamed All Houses: 11am- Puzzle Hour All Houses: 2:00PM- Movie Matinee	9am- All Houses: Daily Chronicle's 10am- All Houses: Board Games 1pm- All houses: Craft 2pm- All houses: Card Games 3pm-All houses: Coloring Madness	9am-All Houses: Daily Chronicle's 9:45am-All Houses: Pet therapy 10am-Poppy: Card Games 11am-Iris: Corn Hole 1pm-All Houses: Craft – Movable Bears <b>2pm-Sage: Trivia Madness</b> <b>3pm-Poppy: Trivia Madness</b>	9AM- All Houses: Daily Chronicle's 10:30am- All Houses: Resident Counsel  1pm- Sage: Magazine Collages 2pm- Iris: Cooking Demo 3pm- Sage Nails	9am- All Houses: Daily Chronicle's 9:30- Poppy: Bible Studies 10am - Poppy: Dominos 11am - Iris: Word Search 1pm- Iris: Nails 2pm- Poppy: Nails	9am- All Houses: Daily Chronicle's <b>10AM - OUTING ALL HOUSES: Hinds Thrift Store</b>  1pm - Poppy: BINGO 2pm- Iris: Getting to know me Social 3pm- Sage: World of color
	All Houses: 9am- Daily Chronicle's All Houses: 10am - Sunday Worship live streamed All Houses: 11am- Puzzle Hour All Houses: 2:00PM- Movie Matinee	9am- All Houses: Daily Chronicle's 10am- All Houses: Board Games 1pm- All houses: Craft 2pm- All houses: Card Games 3pm-All houses: Coloring Madness	9am-All Houses: Daily Chronicle's 9:45am-All Houses: Pet therapy 10am-Poppy: Card Games 11am-Iris: Corn Hole 1pm-All Houses: Craft – Painting Class <b>2pm-Sage: Trivia Madness</b> <b>3pm-Poppy: Trivia Madness</b>	9AM- Daily Chronicle's 10am- Poppy: Deal or No deal 11am-Iris: Sudoku Puzzles 1pm: Sage: Remanence Activity 3pm- Poppy: Happy Hour- Mathew Embry	9am- All Houses: Daily Chronicle's 9am- Poppy: Bible Study 10am - Poppy: Dominos 11am - Iris: Word Search 1pm- Poppy: Jeopardy 2pm- Sage: Nails 3pm- Poppy: Nails	9am- All Houses: Daily Chronicle's <b>11AM - OUTING ALL HOUSES: Mimi's Café</b>  1pm - Iris: BINGO 2pm-Poppy: Happy Hour 3pm- Sage: World of color
	All Houses: 9am- Daily Chronicle's All Houses: 10am - Sunday Worship live streamed All Houses: 11am- Puzzle Hour All Houses: 2:00PM- Movie Matinee	9am- All Houses: Daily Chronicle's 10am- All Houses: Board Games 1pm- All houses: Craft 2pm- All houses: Card Games 3pm-All houses: Coloring Madness	9am-All Houses: Daily Chronicle's 9:45am-All Houses: Pet therapy 10am-Poppy: Card Games 11am-Iris: Corn Hole 1pm-All Houses: Craft – Mandala Art <b>2pm-Sage: Trivia Madness</b> <b>3pm-Poppy: Trivia Madness</b>	9am -All Houses: Daily Chronicle's 10am- Iris: Bingo Store 11am- Poppy: Name that price 1pm- All Houses: Craft - Color By numbers 2pm- Sage: BINGO 3pm-Iris: Guess the movie by the song lyrics	9am- All Houses: Daily Chronicle's 10am - Poppy: Dominos 11am - Iris: Word Search 1pm-All House Craft: Hat Decorating 2pm- Sage: Nails 3pm- Poppy: Nails  Family Night	<div>REMINDER!</div> <div>ALL APPOINTMENTS NEED TO BE BOOKED AT THE FRONT DESK. ALL POINTMENTS NEED TO BE ON TUESDAYS AND THURSDAYS ONLY.</div> <div>PLEASE SIGN UP FOR ALL UPCOMING OUTTINGS AT THE FRONT DESK AS WELL.</div> <div>WITH ANY QUESTIONS PLEASE SEE KRISTA IN ACTIVITES</div> <div>THANK YOU!</div>