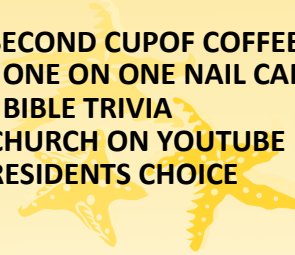


 AUGUST 2026							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:00 SECOND CUP OF COFFEE 10:00 ONE ON ONE NAIL CARE 11:00 BIBLE TRIVIA 2:00 CHURCH ON YOUTUBE 3:00 RESIDENTS CHOICE	31 9:00 MORNING MINGLE 10:00 MUSCLES IN MOTION 11:00 CANDY BAR B I N G O 2:00 TALKING POINTS 3:00 TRIVIA/WORD SEARCH 6:00 SING-A-LONG					1 9:00 SECOND CUP OF COFFEE 10:00 FUNNY VIDEOS 1:00 - PARTY 2:00 - PARTY 3:00 - PARTY SUMMER BASH PARTY	
2 9:00 SECOND CUPOF COFFEE 10:00 ONE ON ONE NAIL CARE 11:00 BIBLE TRIVIA 2:00 CHURCH ON YOUTUBE 3:00 RESIDENTS CHOICE	3 9:00 MORNING MINGLE 10:00 MUSCLES IN MOTION 11:00 CANDY BAR B I N G O 2:00 TALKING POINT CARDS (PORCH) NAT' WATERMELLON DAY 3:00 TRIVIA/WORD SEARCH 6:00 SING-A-LONG 	4 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 10:30 CHOC CHIP COOKIE DAY 11:00 MOVING TO THE MUSIC 2:00 MUSIC & CHURCH WITH BILL 3:00 WALKING CLUB 6:00 ANDY GRIFFITH SHOW	5 9:00 MORNING MINGLE 10:00 NOODLE BALL 11:00 QUARTER B I N G O 2:00 TABLE GAMES 3:00 CRAFTY CORNER 6:00 EVENING MATINEE	6 9:00 LADY OF THE GULF COMMUNION 10:00 ROOT BEER FLOAT DAY 11:00 PARACHUTE GAME 2:00 THE GOLDEN GIRLS WITH MUSIC AND TREATS 3:00 DANCING TO THE MUSIC ON THE PORCH	7 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 NOON MATINEE 2:00 PURPLE HEART DAY CRAFT 3:00 BOARD GAMES 6:00 EVENING REFLECTIONS NAT' CUSTARD DAY	8 9:00 SECOND CUP OF COFFEE 10:00 FUNNY VIDEOS 11:00 TOSS THE BALL 2:00 CROSSWORD / COLORING 3:00 B I N G O	
9 9:00 SECOND CUPOF COFFEE 10:00 ONE ON ONE NAIL CARE 11:00 BIBLE TRIVIA 2:00 CHURCH ON YOUTUBE 3:00 RESIDENTS CHOICE	10 ELVIS WEEK => 9:00 MORNING MINGLE 10:00 MUSCLES IN MOTION 11:00 CANDY BAR B I N G O 2:00 TALKING POINT CARDS (PORCH) AND NAT' S'MORES DAY 6:00 SING-A-LONG	11 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 11:00 MOVING TO THE MUSIC 2:00 MUSIC & CHURCH WITH BILL 3:00 WALKING CLUB 6:00 ANDY GRIFFITH SHOW	12 9:00 MORNING MINGLE 10:00 NOODLE BALL 11:00 QUARTER B I N G O 2:00 ELVIS PARTY 3:00 CRAFTY CORNER 6:00 EVENING MATINEE	13 9:00 LADY OF THE GULF COMMUNION 10:00 POPSICLES ON THE PORCH 11:00 PARACHUTE GAME 2:00 THE GOLDEN GIRLS WITH MUSIC AND TREATS 3:00 OUTSIDE KARAOKE	14 <= ELVIS WEEK 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 NOON MATINEE 2:00 THE HOOTS (LIVE MUSIC) 3:00 BOARD GAMES 6:00 EVENING REFLECTIONS	15 9:00 SECOND CUP OF COFFEE 10:00 FUNNY VIDEOS 11:00 TOSS THE BALL 2:00 CROSSWORD / COLORING 3:00 B I N G O	
16 9:00 SECOND CUPOF COFFEE 10:00 ONE ON ONE NAIL CARE 11:00 BIBLE TRIVIA 2:00 CHURCH ON YOUTUBE 3:00 RESIDENTS CHOICE	17 9:00 MORNING MINGLE 10:00 MUSCLES IN MOTION 11:00 CANDY BAR B I N G O 2:00 BUS RIDE 3:00 TRIVIA 6:00 SING-A-LONG	18 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 11:00 MOVING TO THE MUSIC 2:00 MUSIC & CHURCH WITH BILL 3:00 WALKING CLUB 6:00 ANDY GRIFFITH SHOW	19 9:00 MORNING MINGLE 10:00 SENIOR CITIZEN'S DAY PARTY 11:00 QUARTER B I N G O 2:00 BUS RIDE  3:00 CRAFTY CORNER 6:00 EVENING MATINEE	20 9:00 LADY OF THE GULF COMMUNION 10:00 POPSICLES ON THE PORCH 11:00 PARACHUTE GAME 2:00 THE GOLDEN GIRLS WITH MUSIC AND TREATS 3:00 DANCING TO THE MUSIC ON THE PORCH	21 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 NOON MATINEE 2:00 SENIOR CITIZENS DAY CELEBRATION ON THE BUS RIDE 3:00 BOARD GAMES 6:00 EVENING REFLECTIONS	22 9:00 SECOND CUP OF COFFEE 10:00 FUNNY VIDEOS 11:00 TOSS THE BALL 2:00 CROSSWORD / COLORING 3:00 B I N G O	
23 9:00 SECOND CUPOF COFFEE 10:00 ONE ON ONE NAIL CARE 11:00 BIBLE TRIVIA 2:00 CHURCH ON YOUTUBE 3:00 RESIDENTS CHOICE 	24 9:00 MORNING MINGLE 10:00 MUSCLES IN MOTION 11:00 CANDY BAR B I N G O 2:00 BUS RIDE  3:00 TRIVIA 6:00 SING-A-LONG	25 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 11:00 MOVING TO THE MUSIC 2:00 MUSIC & CHURCH WITH BILL 3:00 WALKING CLUB 6:00 ANDY GRIFFITH SHOW	26 NAT' DOG DAY  9:00 MORNING MINGLE 10:00 HOLLY & EDEN DOG THERAPY 11:00 QUARTER B I N G O 2:00 BAMA BOOMERS (LIVE MUSIC) 3:00 AUG BIRTHDAY PARTY	27 9:00 LADY OF THE GULF COMMUNION 10:00 POPSICLES ON THE PORCH 11:00 PARACHUTE GAME 2:00 THE GOLDEN GIRLS WITH MUSIC AND TREATS 3:00 OUTSIDE KARAOKE	28 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 NOON MATINEE 2:00 THE HOOTS (LIVE MUSIC) 3:00 BOARD GAMES 6:00 EVENING REFLECTIONS	29 9:00 SECOND CUP OF COFFEE 10:00 FUNNY VIDIOS 11:00 TOSS THE BALL 2:00 CROSSWORD / COLORING 3:00 B I N G O	



THE HAVEN POST



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Summer Sun

By Robert Louis Stevenson. 1850–1894

GREAT is the sun, and wide he goes
Through empty heaven without repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

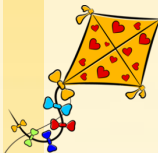
The dusty attic, spider-clad,
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.

Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.



it's a
Beautiful
day



August is...

- Admit You're Happy Month
- American Artists Appreciation Month
- Audio Book Appreciation Month
- Black Business Month
- Cataract Awareness Month
- Family Meal Month
- Foot Health Month
- Happiness Happens Month
- Learn Japanese Month
- National Canning Month
- National Catfish Month
- National Golf Month
- National Inventors' Month
- National Panini Month
- National Parks Month
- Psoriasis Awareness Month
- Summer Fun Month
- Water Quality Month
- Wild Blueberry Month
- National Smile Month



FLOWERS - Gladiolus, Poppy

COLORS - Orange, Light Green, Red

BIRTHSTONES - Peridot, Spinel, Sardonyx

TO YOUR HEALTH

By Dr. Daniel Scarbrough
Corporate Medical Director, CHS, Inc.

This month let's discuss memory lapses: what's normal and what's not. How often do you forget where you put your phone, forget why you went into a room, or have trouble remembering the name of an old friend? Memory lapses like these are common for people of all ages. Mild forgetfulness is totally normal. As you age, though, you may have

slips more often, and of course, then you start to think that this is something more serious – like dementia. Occasional memory loss happens to most everyone, no matter how old. External causes of memory loss include lack of sleep, stress, anxiety, and depression. Also, certain medications can cause forgetfulness. Your eyes and ears don't work as well with aging, so it's harder to remember something when you don't see or hear it well because it doesn't get easily encoded in the brain. Age-related memory loss or "lapses" can be frustrating and scary, but they don't always mean early dementia. Here are some of the lapses to watch out for: 1) Remembering names; someone you just met or don't see often. This is generally a normal lapse of short-term memory because the info never really imprinted in your brain to begin with. Saying their name back when talking with them and associating the name with a friend's same name can help, or associating the name with a distinctive feature can help with this lapse. However, forgetting a close friend or family member may be a serious problem and should point toward seeing a doctor. 2) Lapse: Where you put something, i.e., phone, keys, wallet. This is most often a result of multi-tasking – doing too many things at the same time and not paying attention to an automatic activity. Retracing your footsteps can help with this lapse. However, when you can't retrace footsteps, then you should see a doctor. 3) The "Lapse": becoming completely blank on a word when trying to tell a story – called a "brain glitch" – which happens to everyone. The word is still in your head; it just takes more time to find it. Of course, as you get older, you will have more words in your head to remember.

Memory lapses, of course, are worrisome, but if they are not stopping you from doing the things that you love, there is probably no reason to worry. Lapses that are significant include: 1) Asking the same question over and over without remembering, 2) Poor hygiene, 3) Getting lost in familiar places, 4) Struggling to follow directions or paying bills, 5) Losing track of time or seasons, or 6) Changes in mind or personality.

Helpful tips to prevent these lapses include: 1) Follow a daily routine. 2) Put daily essentials – keys, phone, wallet -- in the same place. 3) Use sticky notes or calendars and make to-do lists. Also, brain training programs such as "Brain HQ" exercises will help to think and focus better and remember more. Your health insurance, such as Medicare, will often pay for those at no cost. - Dr. Dan