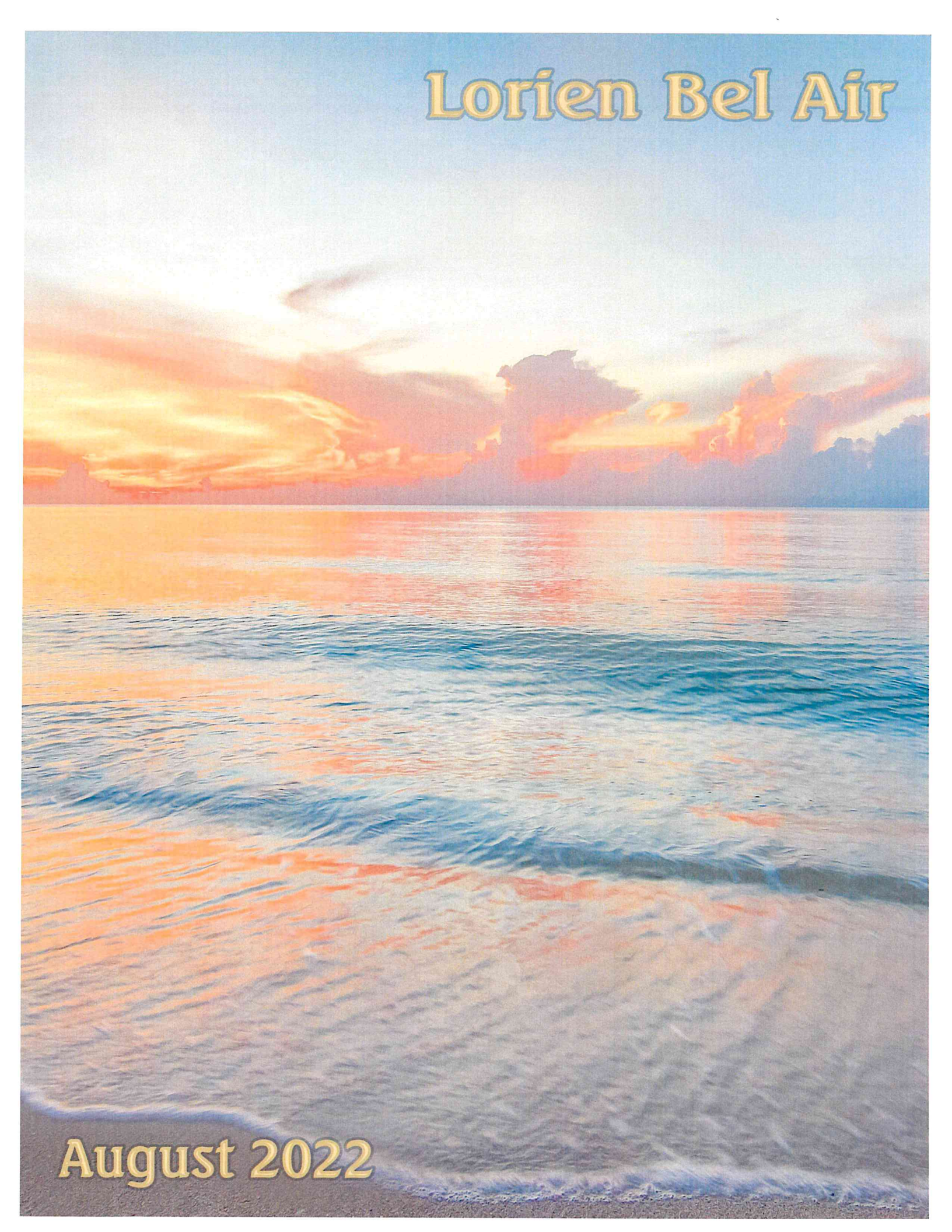


Lorien Bel Air



August 2022

Inspirational Stories



James Warren

James Collins Warren gives senior citizens inspiration by becoming the oldest man to obtain his pilot license. According to the Guinness Book of World Records, at 87 years old, Lieutenant Colonel James Collins Warren got his pilot license after a lifetime of service in the Air Force.

Harriet Thompson

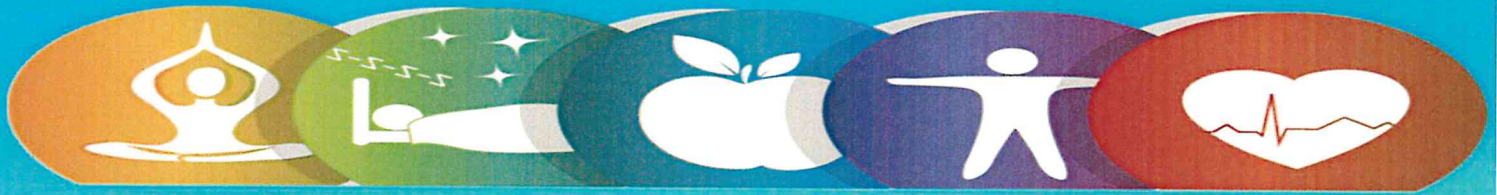
Harriet Thompson holds the record for the oldest woman to complete a marathon at the age of 92, but 2 years later she broke a new record by becoming the oldest woman to complete a half-marathon! Harriet didn't start running until she was in her 50's and didn't participate in a marathon until she was 76, proving that it is never too late to try something new. Her efforts helped to raise over \$100,000 for cancer research.



Anna Robertson

Anna Mary Robertson, better known as Grandma Moses, didn't try painting until her late 70's. According to the National Museum of Women in the Arts, she spent her life as a farm wife and mother, selling homemade food to support her family. She was self-taught and used supplies from around the house. After a New York art collector stumbled upon her work, she gained massive popularity and her work was exhibited around the world.

WELLNESS

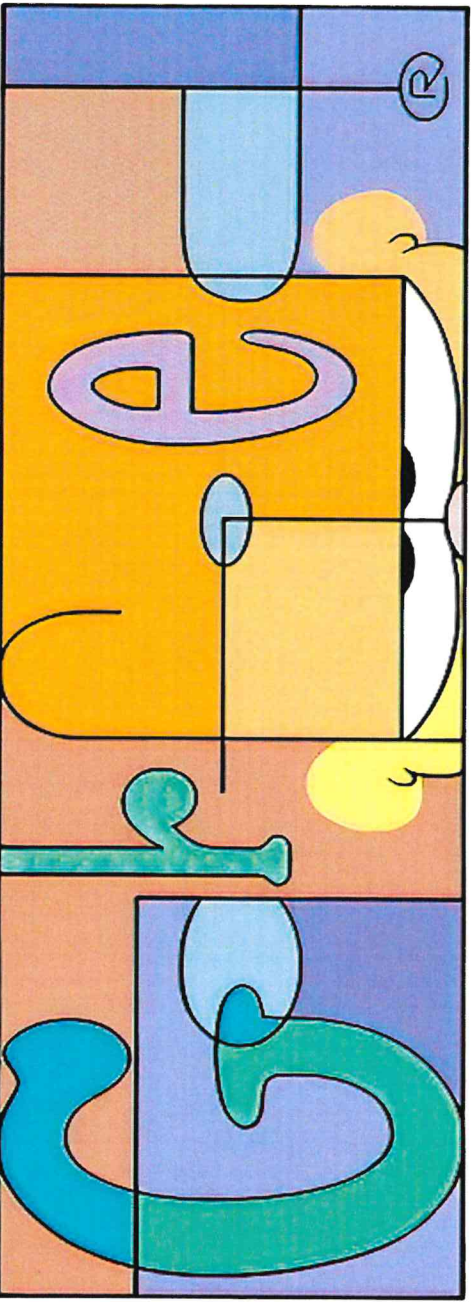
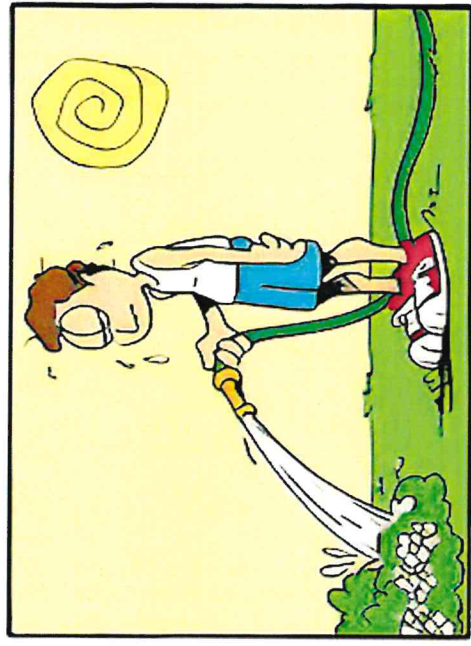
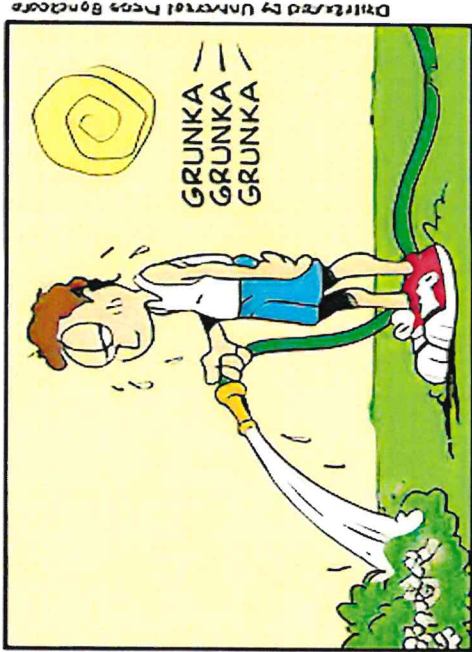
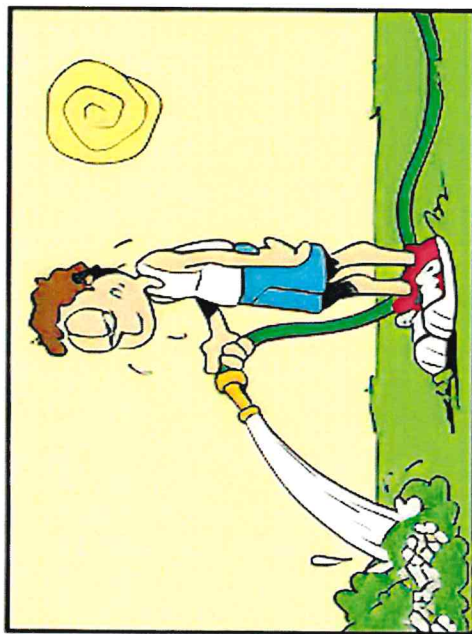
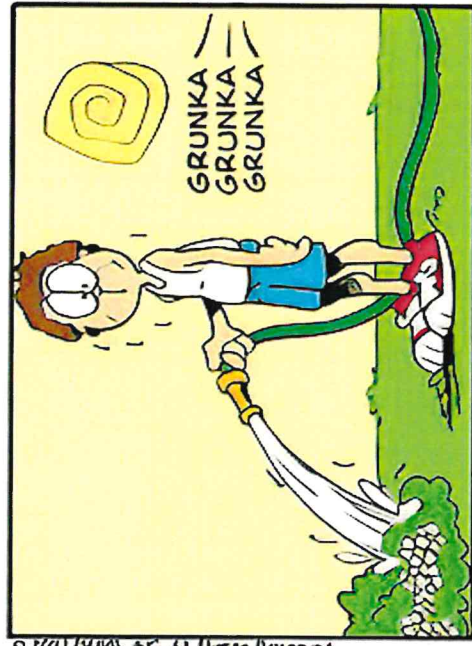
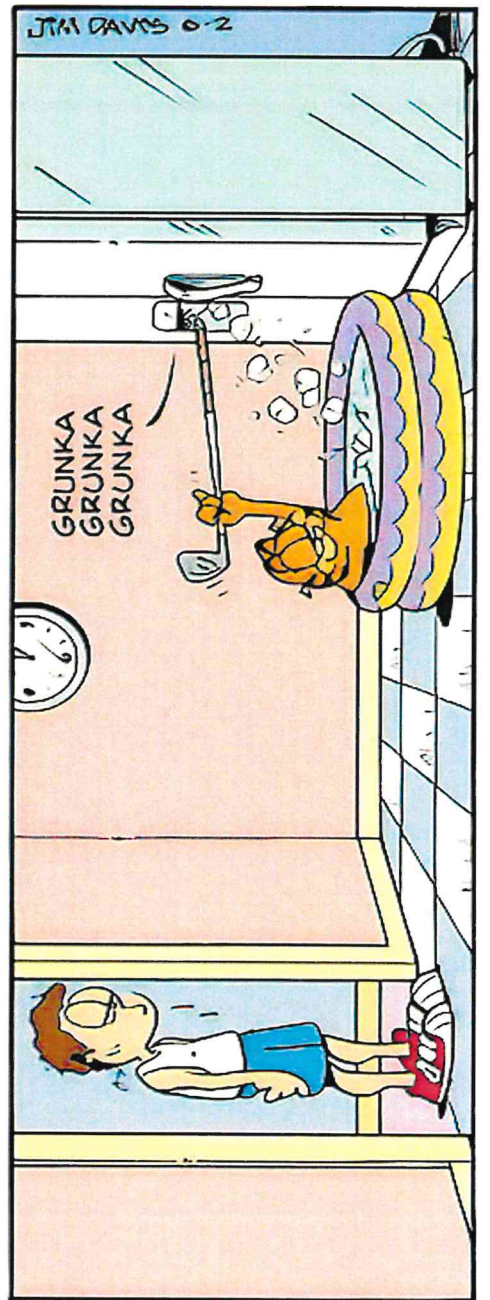


MONTH

August is National Wellness Month. National Wellness Month focuses on self-care, reducing stress, and promoting happiness. It is a month entirely devoted to reminding us that we must take care of our mental health and overall well-being.



Take Care Of Yourself





Find The Difference



AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	2022		

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Council Day Morning 10:00 AL Resident Council 10:30 Volleyball 11:00 LTC Resident Council 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Bridge Club	2. Color Day Morning 10:00 Community Color Puzzle Craft 10-11:30 Store (AL) 11:30 Taco Bell Lunch (<i>advance sign up</i>) Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Corn Hole Courtyard Time	3. Watermelon Day Morning 9:45 Morning Walk 10:30 This Day In History Afternoon 1:30 Music Social 2:00 Bingo Evening 5:30 Watermelon Snack (AL)	4. Morning *Chocolate Milk Cart *Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:30 On The Porch With Chris 2:30 Corn Hole Courtyard Time 3:00 Warm Cookies (3 rd) 4:00 Porch Time (3 rd) Evening 5:30 Nail Fun (3 rd)	5. Beer Day Morning 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Beer Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	6. Morning 10:00 Sip & Paint Afternoon 1:30 Matinee *Bingo Handout Evening Balloon Toss (3 rd)

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7. Family Day Morning 10:00 Coffee & Donuts With Mom & Dad Afternoon 1:30 Emmorton Baptist Church Service 3:00 Question Ball Evening Cards	8. Dollar Day Morning 10:00 Money Origami 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Dollar Bingo	9. Book Lovers Day Beauty Shop Morning *Lemonade Cart *Reading Visits (3 rd) 10-11:30 Store (AL) 11:30 Pizza Lunch <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Corn Hole Courtyard Time	10. S'more's Day Morning 9:45 Morning Walk 10:30 Guess Who Afternoon 1:30 Music Social 2:00 Bingo Evening 5:30 S'more Cookies (AL)	11. Morning *Chocolate Milk Cart *Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:30 Music with Danny 2:30 Corn Hole Courtyard Time 3:30 Porch Time (3 rd)	12. Morning 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour With Lynn	13. Bowling Day Morning *Sweet Tea Cart 10:00 Bowling Word Game Afternoon 1:30 Matinee *Bingo Handout

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14. Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 New Covenant Church 3:00 One on One Time	15. Morning 10:00 Crossword Puzzle 10:30 Volleyball 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Bridge Club	16. Beauty Shop Morning *Coffee Cart *Visits 10-11:30 Store (AL) 11:30 Burger Lunch In <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Corn Hole Courtyard Time	17. Feet Day Morning 9:45 Move Your Feet 10:30 Price Is Right Afternoon 1:30 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	18. Morning *OJ Cart *Nail Care (AL) 10-11:30 Store (3rd) Afternoon 1:30 Music With Vince 2:30 Corn Hole Courtyard Time 3:00 Warm Cookies (3 rd) 4:00 Porch Time (3 rd) Evening 5:30 Nail Fun (3 rd)	19. Kool Aide Day Morning 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Kool Aide Mixer Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	20. Morning *Sweet Tea Cart 10:00 Beading Afternoon 1:30 Matinee *Bingo Handout Evening Balloon Toss (3 rd)

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21. Senior Citizen Day Morning *Coffee Cart *Senior Wisdom Question Ball Afternoon 1:30 Emmorton Baptist Church Service 3:00 One on One Time Evening Dominos (3 rd)	22. Peach Day Morning 10:00 Farm Fresh Peach Truck 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Bridge Club	23. Corn Day Beauty Shop Morning *Lemonade Cart *Visits (3 rd) 10-11:30 Store (AL) 11:30 Corndog Lunch In (advance sign up) Afternoon 1:00 Country Scenic Trip (AL) 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Corn Hole Courtyard Time Evening Men's Club	24. Morning 9:45 Morning Walk 10:30 Jeopardy Afternoon 1:00 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	25. Morning *Chocolate Milk Cart *Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:00 Country Scenic Trip (3 rd) 1:30 Music With Vince 2:30 Corn Hole Courtyard Time 3:00 Warm Cookies (3 rd) 4:00 Porch Time (3 rd) Evening 5:30 Nail Fun (3 rd)	26. Morning 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour Evening 5:30 Sing Along (3 rd)	27. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee Movie *Bingo Handout

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28. Radio Commercial Day Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 Saint Frances Church Service 3:00 Old Radio Commercials	29. Morning 10:00 Dried Flower Craft 10:30 Volleyball 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Bridge Club	30. Beauty Shop Morning 9:30 Iced Coffee Cart *Visits (3 rd) 10-11:30 Store (AL) 11:30 Fish Sandwich Lunch <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 3:00 Corn Hole Courtyard Time	31. End of Summer Days Morning 9:45 Morning Walk 10:30 Wheel of Fortune Afternoon 1:00 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)			