

A vibrant tropical beach scene. In the foreground, the fronds of palm trees are visible, some framing the top and right sides of the image. The middle ground features a clear, bright blue ocean with gentle waves. In the background, a range of green mountains is visible under a sky filled with fluffy white clouds. The overall atmosphere is sunny and serene.

Lorien Bel Air
August 2025

Fresh Fruit Chronicles

Summertime is a great time to get a piece of fresh fruit and also to learn a little bit of trivia about fruit! Come and join us on Tuesdays at 4:30 to grab some fruit and socialize!



8/5 Bananas
8/12 Pineapple
8/19 Watermelon
8/26 Cantaloupe



Taste Testers Club

Join us on Wednesday, August 13th at 10:00 am in the the Bird Room and the Balloon Room to try something new that you never tried before! We all love the original Oreo Cookies, but have you tried Blueberry Pie Flavored Oreo Cookies?

Come and Join Us! Give it a "Thumbs Up or a Thumbs Down"!



9 WAYS SENIORS CAN STAY HYDRATED

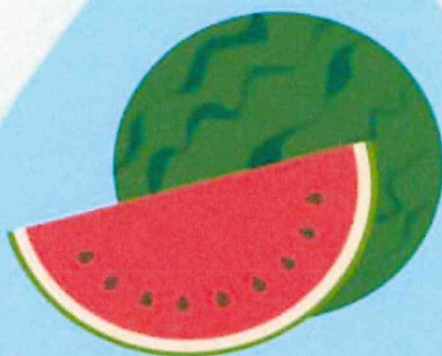
1. Schedule times to drink water throughout the day
2. Try infusing fruits or veggies in water
3. Eat foods with a high water content
4. Limit caffeine & alcohol
5. Carry a refillable water bottle with you
6. Avoid exercising or going out in the heat
7. Wear light, loose-fitting clothes
8. Stay in the shade & wear a hat
9. Wear sunscreen every day, even when cloudy



Hydrating Foods

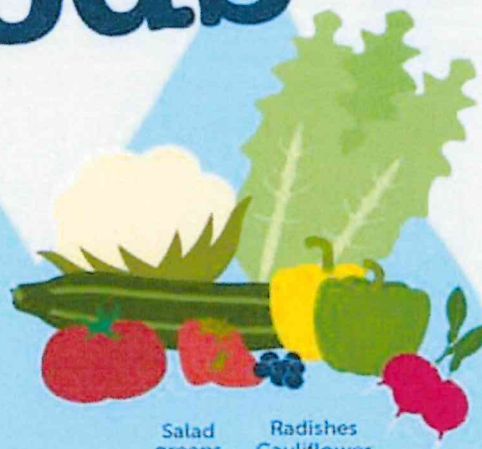
Hydration doesn't have to just come from a glass of water.

Pick foods high in water to help stay hydrated all day long.



Watermelon

93%
water



Salad greens
Berries
Tomatoes
Radishes
Cauliflower
Zucchini
Peppers

90%
water



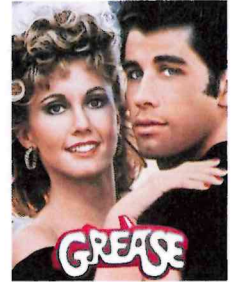
Acorn squash
Butternut squash

85%
water

Summertime Movie Series

August 2nd at 1:30pm "Grease"

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?



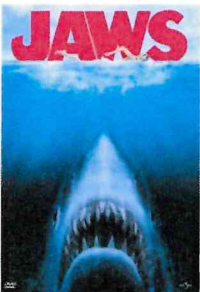
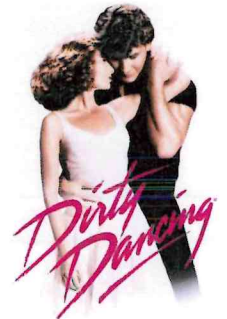
August 9th at 1:30pm "Mamma Mia"

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends.

Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father.

August 16th at 1:30pm "Dirty Dancing"

Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.



August 23rd at 1:30pm "Jaws"

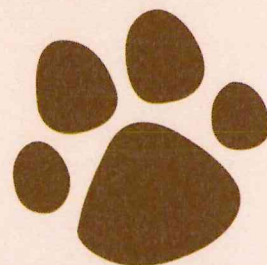
When a massive killer shark unleashes chaos on a beach community off Long Island, it's up to the local police chief, a marine biologist, and an old seafarer to hunt the beast down.

August 30th @ 1:30pm "The Book Club"

Four lifelong friends have their lives forever changed after reading "50 Shades of Grey" in their monthly book club.



It's National Dog Day on Tuesday, August 26th, 2025



Let's Celebrate all of our Canine Friends that visit us!

Candlelight Dinners: Reserve the Dates!

Wednesday, August 6th at 4:00pm (Mentioned in the July Newsletter)

Make sure you have your reservations by Friday, July 31st to reserve your spot! There is a limit of 2 guests per resident, \$8.00 per guest.
It will be charged to the room.



Monday, September 8th at 4:00pm: Assisted Living Only

To celebrate National Assisted Living Week,
we will be having a Candlelight dinner!



Make sure you make your reservations by Monday, September 1st to reserve your spot! There is a limit of 2 guests per resident, \$8.00 per guest.
It will be charged to the room.



2025 AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. International Beer Day Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 10:00 Pets on Wheels with Chili 1:30 Fit in Time (MPR) 2:00 Happy Hour with Lynn & a Special Brew (MPR) 4:30 Warm Cookies (CS) 6:30 Root Beer Floats (BLR) Dress in your favorite color!	2. Ice Cream Sandwich Day 10:00 Balloon Toss (BLR & BR) 10:30 Are You Smarter Than a 5th Grader? (BLR & BR) 1:30 "Grease" Matinee Movie with Ice Cream Sandwiches (MPR & BR)

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. Watermelon Day 10:00 Watermelon Word Game (BLR & BR) 1:30 Mountain Christian Church Service (BFR) 2:15 Watermelon Social (BFR)	4. Resident Council 10:00 Balloon Toss (BLR & BR) 10:30 AL Resident Council (BLR) 10:30 Artistic Expression (BR) 11:00 LTC Resident Council (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Exercise (MPR) 2:15 Bingo (MPR & BR) 4:30 "Helping Hands" Visits (3rd)	5. Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream Social (ICP) 2:00 Courtyard Time & Patio Games (CY) 4:30 Fresh Fruit Chronicles: Bananas (L) 6:00 Pets on Wheels with Willow Bee 6:30 Men's Club Movie Night "Miami Vice" (BLR)	6. Happy Birthday Lucille Ball! 9:30 Walmart <i>advance sign up at ext. 1414</i> 10:00 Lucille Ball Trivia (BLR & BR) 10:30 Tai Chi with Wayne (BR) 11:00 Artistic Expression (BR) 1:30 Pets on Wheels with Zola 1:45 Stretch It Out (BFR & BR) 2:00 Bingo (BFR & BR) 4:00 Candlelight Dinner (DR) 6:30 I Love Lucy Social <i>starring Lucy!</i> (BLR)	7. Lighthouse Day 9:30-11:00 The Store Is Open 10:00 Cards, Games or Puzzle Time (BLR & BR) 11:00 Artistic Expression (BR) 1:30 Karaoke (Café) 2:45 Relaxation & Hand Massages (BR) 4:00 Nail Fun <i>Call ext. 1414 to get on the list</i> 4:30 Lighthouse Word Game (L) 5:30 Lighthouse Craft (BLR)	8. We're having a Ball Day! Silver Reader Van Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Magic 8 Ball Bingo (BFR) 10:30 Magic 8 Ball Bingo (BR) 10:00 Pets on Wheels with Chili 12:30 Silver Reader Van <i>Call ext. 1414 to get on the list</i> 1:30 Fit in Time (MPR) 2:00 Happy Hour with Brent (MPR) 4:30 Warm Cookies (CS) 6:30 Lemonade Social on the Porch	9. National Bowling Day! 10:00 Bowling (BLR & BR) 1:30 "Mamma Mia" Matinee Movie (MPR & BR) 3:30 Young at Heart Club (BR) 5:00 Bingo for Assisted Living (BLR) 6:30 Bingo for 3rd Floor (Cafe)

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10. National Lazy Day 10:00 Word Game (BLR & BR) 1:30 New Covenant Church Service (BFR) 2:15 Donut Social (BFR) Stay in your pajamas all day, grab a book & a cup of coffee/tea and just relax!	11. 10:00 Balloon Toss (BLR) 10:30 Price is Right (BFR & BR) 11:00 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Exercise (MPR) 2:15 Bingo (MPR & BR) 4:30 "Helping Hands" Visits (3rd)	12. World Elephant Day! Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Elephant Artistic Expression (BR) 1:00 Ice Cream (MPR) 2:00 Courtyard Time & Patio Games (CY) 4:30 Fresh Fruit Chronicles: Pineapple (L) 5:15 LTC Ladies Night (BR) 6:30 Men's Club (BLR)	13. International Left Handers' Day! 9:30 Scenic Ride <i>advance sign up at ext. 1414</i> 10:00 Lorien Taste Testers: Blueberry Pie Oreos (BLR & BR) 10:30 Try your hand at Left Handed Art! (BLR & BR) 10:30 Pets on Wheels with Max 1:45 Stretch It Out (BFR & BR) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Make Your Own Wind Chime (BLR)	14. GORP (Trail Mix) Day! 9:30-11:00 The Store Is Open 10:00 Legion of Mary Rosary & Communion Service (BLR) 11:00 Artistic Expression (BR) 1:30 Pool Party with Danny (CY) 2:45 Relaxation & Hand Massages (BR) 4:00 Nail Fun <i>Call ext. 1414 to get on the list</i> 4:30 Good Ol' Raisins & Peanuts Social (CY) 6:30 Balloon Toss (BLR)	15. Woodstock Anniversary! Beauty Shop 9:30 Woodstock Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 10:00 Pets on Wheels with Chili 1:30 Fit in Time (MPR) 2:00 Happy Hour with Bobby (MPR) 4:30 Warm Cookies (CS) 6:30 Lemonade Social on the Front Porch	16. National Tell A Joke Day! 10:00 Balloon Toss (BLR & BR) 10:30 Mad Libs (BLR & BR) 1:30 "Dirty Dancing" Movie Matinee (MPR & BR) 3:30 Young at Heart Club (BR)

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17. Baby Boomers Recognition Day! 10:00 Word Game (BLR & BR) 1:30 Emmorton Baptist Church Service (BFR) 2:15 Baby Boomers Reminisce & Trivia (BFR)	18. Antiques Day 10:00 Balloon Toss (BLR) 10:30 Antiques Jeopardy (BLR & BR) 11:00 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Exercise (MPR) 2:15 Bingo (MPR & BR) 4:30 "Helping Hands" Visits (3rd)	19. Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream (ICP) 2:00 Courtyard Time & Patio Games (CY) 4:30 Fresh Fruit Chronicles: Watermelon (L) 6:30 Men's Club (BLR)	20. Sunflower Day 9:00 Pets on Wheels with Kuma 9:30 Dollar Tree <i>advance sign up at ext. 1414</i> 10:00 Boggle (BLR & BR) 10:30 Sunflower Craft (BLR & BR) 10:30 Pets on Wheels with Max 1:45 Stretch It Out (BFR & BR) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Golf Ball Art Class (BLR)	21. National Senior Citizens Day! 9:30-11:00 The Store Is Open (1/2 off your purchase!) 10:00 Cards, Games or Puzzle Time (BLR & BR) 11:00 Artistic Expression (BR) 1:30 Cindy Sings! (Café or CY) 2:45 Relaxation & Hand Massages (BR) 4:00 Nail Fun <i>call ext. 1414 to get on the list</i> 5:00 Word Game (BLR) 6:30 Twister Prize Toss (BLR)	22. Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 1:30 Fit in Time (MPR) 2:00 Happy Hour with Brent (MPR) 4:30 Warm Cookies (CS) 6:30 Lemonade Social on the Front Porch (BLR)	23. Singin' in the Rain Day 10:00 Balloon Toss (BLR & BR) 10:30 The Chain Word Game (BLR & BR) 1:30 "Jaws" Matinee Movie (MPR & BR) 3:30 Young at Heart Club (BR)
					Show off your Maryland Pride!	

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24. Peach Pie Day 10:00 Word Game (BLR & BR) 1:30 Hymn Sing (BFR & BR) 2:15 Peach Pie Social (BFR & BR)	25. Secondhand Wardrobe Day 10:00 Ring Toss (BLR) 10:30 Family Feud (BLR & BR) 11:00 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Exercise (MPR) 2:15 Bingo (MPR & BR) 4:30 "Helping Hands" Visits (3rd) Bring your donations to the Recreation office and we will save you a trip and donate them for you! (No Big Items)	26. National Dog Day Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Making Dog Toys for the Humane Society (BR) 1:00 Ice Cream (ICP) 2:00 Courtyard Time & Patio Games (CY) 4:30 Fresh Fruit Chronicles: Cantaloupe (L) 5:15 LTC Ladies Night (BR) 6:30 Men's Club (BLR) Women's Equality Day	27. Banana Lovers Day 9:30 Scenic Ride advance sign up at ext. 1414 10:00 Scrabble Word Game (BLR & BR) 10:30 Cornhole (BLR & BR) 10:30 Pets on Wheels with Max 11:00 Artistic Expression (BR) 1:45 Stretch It Out (BFR & BR) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Banana Chocolate Crunch Parfaits (BLR)	28. Ringer Day 9:30-11:00 The Store Is Open 10:00 Legion of Mary Rosary & Communion Service (BLR) 11:00 Artistic Expression (BR) 1:30 Music with Keil (Café or CY) 2:45 Relaxation & Hand Massages (BR) 4:00 Nail Fun call ext. 1414 to get on the list 4:30 Horse Shoes (L) 6:30 Balloon Toss (BLR)	29. World Daffodil Day Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 1:30 Fit in Time (MPR) 2:00 Happy Hour with Chris (MPR) 4:30 Warm Cookies (CS) 6:30 Flower Painting Art Class BLR)	30. 10:00 Balloon Toss (BLR & BR) 10:30 It's Time for Trivia! (BLR & BR) 1:30 "The Book Club" Matinee Movie (MPR & BR) 3:30 Young at Heart Club (BR)
Dress in Red, White & Blue!						

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31. National Matchmaker Day! 10:00 Word Game (BLR & BR) 1:30 Mt. Zion United Methodist (BFR) 2:15 Famous Couples Guess Who? (BFR)						Location Key: (ICP) = Ice Cream Parlor (CV) = Courtyard (L) = Library (DR) = Dining Room (CS) = Coffee Shop (MPR) = Multipurpose Room (BLR) = Balloon Room (BFR)= Butterfly Room (BR) = Bird Room (BWH) = Broadway Hall