

FRIENDSHIP HAVEN



EVERY DAY
IS A CHANCE
TO CELEBRATE
OUR SENIORS

August 21 is recognized as **National Senior Citizen Day**—a time to honor the older adults in our lives and reflect on all they've given to their families, communities, and the world around them. While today is a great reminder to celebrate, the truth is: **every day is an opportunity to show our appreciation.**

Our seniors are storytellers, role models, and the hearts of many families. They've lived through seasons of change, shared their wisdom, and helped shape the world we live in. Their lives are full of quiet victories and lasting legacies.

Whether you're looking for meaningful ways to celebrate on August 21—or simply want to make an ordinary

day feel extraordinary—here are a few uplifting ideas to enjoy together:

- **Create intergenerational moments:** Plan a fun art project, cook a favorite family recipe, or start a story-sharing tradition that bridges generations and builds bonds.
- **Celebrate their journey:** Look through old photo albums, revisit favorite songs or movies from their youth, or ask them to share a cherished memory.
- **Encourage wellness and joy:** Try a gentle movement class, spend time outdoors, or simply enjoy a cozy afternoon chat. Small moments matter.
- **Volunteer side by side:** Join a local cause together or help them share their knowledge through mentoring, reading to children, or crafting for a good cause.
- **Be present:** Your time, attention, and laughter are often the greatest gifts. Share a meal, play a game, or just sit and talk in whatever way brings joy and connection.

The seniors in our lives deserve to be honored not just on August 21, but in the little moments we create with them all year long. **Every shared smile, story, or simple visit is a chance to show them just how much they mean to us.**



Celebrate the King of Rock 'n' Roll!

August 8–16

Each August, fans around the world turn their hearts (and hips!) to Elvis Presley, the one and only King of Rock 'n' Roll.



Whether you first saw him shaking things up on a black-and-white TV or remember hearing “Love Me Tender” on the radio, Elvis left a lasting impression—and his legacy continues to bring joy across generations.

This year marks the 47th anniversary of Elvis’s passing, yet his music, style, and spirit still have a way of making us smile. From toe-tapping hits to heartfelt ballads, Elvis could do it all—and he did.

Whether you’re playing your favorite Elvis records, watching a tribute performance, or sharing memories of the first time you heard “Can’t Help Falling in Love,” Elvis Week is a wonderful time to celebrate a legend who continues to unite music lovers of all ages.

COLOR ME!

Coloring isn’t just for children – it has been proven to have great benefits for all ages, including stress relief, improving motor control, creativity and increasing concentration. Coloring books targeted towards adults have become a popular trend in our country in the last few years. **On August 2, National Coloring Book Day**, grab some crayons, colored pencils or markers for some relaxing fun!

SQUEEZE THE DAY: CELEBRATING LEMONADE PAST AND PRESENT

Lemonade stands were once the heart of summertime fun—whether you sold it for a nickel or just loved stopping by for a cold sip on a hot day. While prices and booths may have changed, the memories are just as sweet.

Today, National Lemonade Day is celebrated far and wide on **August 20**, encouraging creativity, community, and a splash of nostalgia. Some stands now raise funds for good causes, while others simply bring neighbors together.

Want to join the fun? Try dressing up your lemonade with berries, fresh herbs like mint or basil, or a fizzy splash of soda water. Or stick with the timeless classic—fresh-squeezed and served with a smile.

Did you ever have a lemonade stand?

How much did you sell it for? What did you buy with your profits?

Take a moment to reminisce, share your story, or raise a glass with someone special. Cheers to the simple joys of summer!





S'MORE FUN THIS AUGUST

Celebrate S'mores Day on August 10 and Toasted Marshmallow Day on August 31 with a tasty twist on the campfire classic.

While the traditional s'more—made with gooey marshmallow, melty chocolate, and crunchy graham crackers—will always have our hearts, who says you can't mix things up?

Sweet Ideas:

Go Bananas: Add sliced bananas, strawberries, or even a touch of jam.

Spice It Up: Sprinkle cinnamon, cocoa powder, hot honey, or even a dash of chili powder for a kick.

Chocolatey Goodness:

Use white chocolate, dark chocolate, or filled candy bars like caramel, peanut butter cups, or peppermint patties.

Fruit Filling: Roasted peach slices or a spoonful of pie filling adds a warm, pie-like flavor.

Now for Something Savory:

For a fun twist, skip the sweets and try a savory s'more! **Toast a wedge of cheese—like brie or cheddar—and layer it with thin prosciutto or deli meat between your favorite buttery crackers.** It's rich, melty, and unexpectedly delicious.

Whether you love sweet or savory, there's a s'more out there for everyone. So grab your favorite fixings, gather around the fire—or toaster oven—and make some gooey, golden memories this August!

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National Wellness Month

Encourage your friends and family members to celebrate Wellness Month by completing this activity checklist throughout the month. Motivate each other to check off as many as possible. Celebrate your increased health and wellness together!

- ☐ Drink a glass of water 
- ☐ 8+ hours of sleep 
- ☐ Enjoy a nutrient-dense meal 
- ☐ Schedule an annual exam with a healthcare professional 
- ☐ Meditate for 10 minutes 
- ☐ Spend time outside 
- ☐ Call a loved one 
- ☐ Exercise for 15-30 minutes 
- ☐ Enjoy an engaging hobby 
- ☐ Walk 15 minutes 
- ☐ Engaged in a brain-boosting activity like sudoku, crossword, or word search 

Be sure to consult with your physician before making any changes to your daily routine or diet to know what is right for you.



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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

L	O	X	D	H	A	P	P	I	N	E	S	S	M	I
F	O	A	D	Z	M	Y	E	Y	O	C	W	V	J	L
Z	E	T	Y	V	A	X	S	R	D	M	F	L	C	L
R	S	T	W	B	C	M	G	L	E	Y	G	W	G	P
K	T	W	D	I	T	A	A	K	J	B	J	E	M	O
T	X	Z	W	F	I	R	E	L	A	X	Y	L	J	Y
P	C	Q	C	Z	V	S	P	S	B	O	W	L	J	Z
G	X	S	I	J	I	H	I	F	O	Q	F	N	I	R
S	M	O	R	E	T	M	D	X	O	V	I	E	Q	G
L	C	B	K	E	Y	A	X	G	K	U	X	S	U	X
X	O	F	I	L	H	L	M	U	S	I	C	S	K	Y
O	L	U	N	V	O	L	E	M	O	N	A	D	E	Q
K	O	H	G	I	X	O	P	R	E	S	L	E	Y	C
L	R	P	W	S	D	W	L	X	S	E	N	I	O	R
K	G	O	E	V	R	N	L	K	P	S	V	P	C	N

WORD LIST

ACTIVITY
BOOKS
COLOR
ELVIS
HAPPINESS
KING
LEMONADE
MARSHMALLOW
MUSIC
PRESLEY
READ
RELAX
SENIOR
SMORE
WELLNESS