



100 N College Row
Brevard, NC 28712
(828) 884-5800
Fax: (828) 884-5840

*Committed to Brevard,
Dedicated to Seniors*

Find us on

A Spider's Lesson

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.

An Icy Desert

Antarctica qualifies as a desert because it receives only about 2 inches of precipitation (as snow) per year. Nevada, the driest state in the U.S., has an annual average precipitation of 9.5 inches.

All About Activities

With August being my first full month, I wanted to share a quick introduction: I'm **Michael Humes** and pleased to be your new **Activities Director**! I've had the pleasure of meeting many of you already, and I look forward to getting to know you all more. Major shout-out to **Jenny Doyle** - she has been instrumental in helping everything function as it should, all while getting me up to speed at the same time. Thanks, Jenny!



Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube of sunblock next to your tube of toothpaste.

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.

Celebrating Older Adults

National Senior Citizens Day on Aug. 21 celebrates older generations and their contributions to their families, communities and country. More than 60 million adults in the U.S. are 65 and older, representing nearly 20% of the general population.



Brainteaser

Q. I run but never walk. I gurgle but don't talk. I have a bed but never sleep, and I have a mouth but never eat. What am I?

A. A river.

'Inspire' Is One

How many words can you come up with using the letters in "friendship"?

Which U.S. State Has the Most Lakes?

Alaska is estimated to have more than 3 million lakes. About 3,200 of those lakes are named.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	2 National Watermelon Day 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:50 A Chair Yoga DVD 1:00 A Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 X Hand and Foot Card Game 2:00 X Sit, Step, and Sing with Debra 3:00 Watermelon in Both Cafe Areas 4:00 M Monday Mixers	3 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 12:00 K Inn Pizza Party 1:00 X Bingo 1:00 A Ping-Pong 2:00 G Episcopal Communion 2:30 E Episcopal Coffee 3:00 M Music with Linda 6:00 B Rummikub	4 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 A Chair Yoga DVD 10:50 A Blood Pressure Checks 11:00 M Dog Visits 1:00 X Passport: Cuba 2:00 X Yoga with Lauren 3:00 M Dominoes 3:00 X Wine Down Wednesdays	5 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 5:00 Brew Crew in Private Dining Room 6:00 B Rummikub	6 9:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 B Book Discussion Group 10:50 A Chair Yoga DVD 1:00 X Sit, Step, and Sing with Debra 1:00 M Turning Points 1:45 A Sit, Step, and Sing with Debra 3:00 Class on Scams by The Better Business Bureau 4:00 X August Birthday Party	7 9:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 B Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 X Sit, Step, and Sing with Debra 1:00 M Turning Points 1:45 A Sit, Step, and Sing with Debra 3:00 Class on Scams by The Better Business Bureau 4:00 X August Birthday Party
9 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	10 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:50 A Chair Yoga DVD 1:00 M Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 B Hand and Foot Card Game 2:00 X Sit, Step, and Sing with Debra 4:00 E Monday Mixers	11 9:30 G Shopping at Aldi 10:00 M Memoir Writing Workshop 10:30 B Hubble Group 11:00 X Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 G Episcopal Communion 2:00 Patio Home Open House 2:30 E Episcopal Coffee 6:00 B Rummikub	12 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 A Chair Yoga DVD 10:50 A Dog Visits 1:00 X Passport: Cuba 2:00 X Yoga with Lauren 3:00 M Dominoes 3:00 X Wine Down Wednesdays	13 9:30 C RC Mass 10:00 A Line Dancing 12:00 B Lodge Pizza Party 1:00 B Bible Study 1:00 K Bingo 1:00 G First Methodist Gathering and Communion 1:00 D Knitting Group 5:00 Vino Ladies' Guild in Private Dining Room 6:00 B Rummikub	14 9:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 B Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 X Sit, Step, and Sing with Debra 1:00 M Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 B Brevard Hearing Pub 2:00 Pam's Wandering Pub	15 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 3:00 A Singing at the Piano
16 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	17 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 X Veterans' Coffee and Conversation 1:00 M Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 B Hand and Foot Card Game 2:00 X Sit, Step, and Sing with Debra 4:00 E Monday Mixers	18 10:00 B Memoir Writing Workshop 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 X Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 G Episcopal Communion 2:00 X Health Talk 2:30 E Episcopal Coffee 3:00 M Music with Linda 6:00 B Rummikub	19 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 X Recycled Card Group 10:30 B Grocery Shopping 11:00 M Dog Visits 1:00 X Passport: Cuba 2:00 X Yoga with Lauren 3:00 M Dominoes 3:00 X Wine Down Wednesdays 4:00 Special Drinks in Both Lobbies	20 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 Baseball Bingo Bash 5:00 Vino Ladies' Guild in Private Dining Room 6:00 B Rummikub	21 National Senior Citizens Day 9:00 M Bocce 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 Pam's Wandering Pub	22 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 6:00 A Musical Performance by David Lagadi
23 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	24 National Peach Pie Day 10:00 X Exercise with Kerry DVD 10:00 M Library Committee Meeting 1:00 M Ice Cream Floats 3:30 Peach Pie in both Cafe Areas 4:00 M Monday Mixers	25 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 6:00 A Democratic Party of Brevard Event 6:00 B Rummikub	26 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 A Chair Yoga DVD 11:00 M Dog Visits 1:00 X Passport: Cuba 1:15 A Sit, Step, and Sing with Debra 2:00 X Yoga with Lauren 3:00 M Dominoes 3:00 X Wine Down Wednesdays	27 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:30 Trip to Brevard Brewery 6:00 B Rummikub	28 9:00 M Bocce 10:00 X Exercise with Kerry DVD 10:30 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 X Sit, Step, and Sing with Debra 1:00 M Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 Pam's Wandering Pub 6:30 A Musical Performance by Paddle FASTER	29 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong
30 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	31 10:00 A Exercise with Kerry DVD 1:00 M Ice Cream Floats 2:00 A Cornhole 4:00 E Monday Mixers					

Junction

Avoid Surprising Sun Damage

Windows in homes, buildings and vehicles can lack protection against ultraviolet light, which can damage skin. That's why it's important to wear sunscreen even if you are sitting indoors or riding in a car.

Farmers' Market Month

August is Farmers' Market Month. Celebrate crops produced throughout the U.S. with a look at these two important farming regions:

Breadbasket. The Great Plains is famous for its prolific grain and corn crops.

Salad Bowl. In the West, regions including Yuma, Ariz., and the Salinas Valley of California grow most of the country's lettuce and leafy greens all year.



Health & Wellness

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.

August Birthdays

- 1 Sandi Hall
- 2 Jessica Cave
- 5 Valerie Berry
- 5 Martha Farrar
- 6 Joanna Bliss
- 8 Joy Cull
- 9 Carolyn Winchester
- 10 Nancy (Nanc) Marshall
- 12 Susan Toscani
- 13 Hazel Tucker
- 13 Richard Gibson
- 14 Anna Nielsen
- 15 Grace Tiffany
- 20 Bill Wallace
- 22 Virginia Diehl
- 23 Roy Cross
- 26 Susan Petersen
- 26 Claudia MacInnis
- 27 Anne Honer
- 29 Bill Macomber
- 31 Judy Nebrig
- 31 Robert Brown

