



## Taste of Chinese

WHO WANTS TO ORDER??

Activities are taking orders for the following:

- Spring Rolls \$ 1.50 each or 4 for \$5.00
- Chicken Fried Rice 16 oz for \$7.00

Please sign up with activity staff member by 8/6/24. You may pick up on 8/13 between 12:00-1:00 in the activity room. Thanks for supporting the activities department.

MS. Hany enjoying the taste of summer eating fresh corn on the cob. The smile tells it all!



## August Birthdays

8/4 Jean Scott  
8/23 Anna Marks  
8/29 Annie Breeden



Dogwood Senior Living staff along with family & friends celebrated a 100<sup>th</sup> Birthday with resident Frances Baker.



## Juicy Facts!!

- Improves Heart Health
  - Watermelon is a fruit
- Relieves Muscle Soreness
- Can help with weight loss
  - Boosts eye health
  - Protects skin health



Come join us In activities for ice cold watermelon & wackey bowling watermelon style!  
**August 3, 2024**

## Celebrating August

Goat Cheese Month

Traffic Awareness Month

What Will Be Your Legacy Month

Farmers Market Week  
*August 4–10*

National Championship  
Chuckwagon Race  
*August 24–  
September 1*

Professional Speakers Day  
*August 7*

Bowling Day  
*August 10*

World Honey Bee Day  
*August 17*

Mail Order Catalog Day  
*August 18*

Kiss and Make Up Day  
*August 25*

Pony Express Day  
*August 25*

Eat Outside Day  
*August 31*

## Aloha Anniversary

Hawaii, a tropical paradise in the Pacific Ocean, is known for its stunning natural beauty, rich cultural heritage, and unique history. This year marks the 65th anniversary of Hawaii's statehood, a significant milestone in its journey as part of the United States.

Before becoming the 50th and final state on August 21, 1959, Hawaii's history is a tapestry of Indigenous Polynesian culture, European exploration, and colonialism. Captain James Cook's arrival in the late 18th century marked the beginning of significant Western influence on the islands. In the 19th century, Hawaii became a hub for the global sugar trade, attracting immigrant labor from China, Japan, Portugal, and the Philippines.

The road to statehood was not without challenges. Despite the islands' importance during World War II, it wasn't until after the war that momentum for statehood gained traction. In 1959, Hawaii joined the Union, becoming the first state with a majority Asian population and the only state composed entirely of islands.

Today, Hawaii is celebrated for its breathtaking landscapes—lush rainforests, cascading waterfalls, and pristine beaches with crystal clear waters. The islands are also home to unique flora and fauna found nowhere else on Earth, such as the endangered Hawaiian monk seal and the vibrant hibiscus flower, the state symbol.

Hawaii's cultural diversity is reflected in its cuisine, music, and festivals. Traditional Hawaiian luau feasts, ukulele melodies, and hula dancing are beloved cultural expressions that thrive alongside modern influences.

From Hawaii's ancient roots to its modern-day vibrancy, this unique state remains a cherished destination for travelers seeking adventure, relaxation, and the aloha spirit that permeates every corner of the islands.

# WELCOME



Victor is from Blacksburg VA. He had been living in Gordonsville prior to joining the Dogwood family. He has a business owner that installed insulation. Victor served 23 years in the US Army. His passion was working on his farm. He enjoys talking with others, viewing television and exercising. Stop in and give him a warm welcome.

## ACTIVITY EVENTS

- 8/1 Health Program
- 8/2 Billy Caldwell
- 8/3 Singing Grandpa
- 8/5 Wine & Cheese
- 8/6 Happy Birthday Lucy Party
- 8/7 Blue Birds of Happiness
- 8/12 Tomato Sandwich Monday
- 8/13 Tunes W/Fritz
- 8/15 Flower Power
- 8/17 Custard Pie Social
- 8/21 Wine & Cheese
- 8/22 Nashville Standard
- 8/22 Frame It Diamond
- 8/22 Number Tiles
- 8/26 Nails W/Heather
- 8/27 Peanut Auction
- 8/28 Flower Arranging
- 8/30 Bollywood
- 8/31 Beetle Dice



## To Buzz or Not to Buzz



World Mosquito Day may fall on August 20, but what reason do we have to celebrate this annoying pest of an insect? Researchers are beginning to ask that very question. What would a world without mosquitoes look like? Would anyone miss them? Would ecosystems suffer? Mosquitoes, after all, have lived on Earth for hundreds of millions of years. Many animals rely on mosquitoes as a source of food. However, many scientists believe that any ecological disaster produced by their eradication would be worthwhile. The world would learn to live without the mosquitoes, and humans would suffer fewer diseases... although we'd have one less holiday to celebrate.

## HOT SPOT BINGO DAYS

- 8/1 Bingo W/Ellen
- 8/4 Bingo
- 8/8 Bingo
- 8/11 Bingo W/Ellen
- 8/15 Bingo W/ Ellen
- 8/18 Bingo
- 8/22 Bingo
- 8/25 Bingo
- 8/29 Bingo



❖ Summer Salad Week was filled with memories of working in the kitchen at home making delicious side dishes.

## OUTINGS

- 8/1 Leisure Ride
- 8/7 Dinner: El Gran Patron
- 8/9 Ice Box Creamy
- 8/14 Shopping: Target
- 8/16 Madison Gardens
- 8/19 Lunch: Shawn's Smoke House BQ
- 8/21 Leisure Ride
- 8/28 Shopping: Ole Country Store
- 8/30 Leisure Ride



You must sign up 48 hours prior to the outing. See any activity staff member to sign up.

❖ Sunshine and smiles during the visit with Brightside children in celebration of the 4<sup>th</sup> of July parade.



Frances King is from Blacksburg VA. She is super proud to be a "Hokie Fan" as she lived a short distance from Virginia Tech College. She met her spouse over buying a car and is happy to share she has been married 63 years. She is a retired teacher who finds her favorite activity to be reding on her kindle. She shared that her greatest accomplishment was to be a mom, raising her son and daughter. Let's give her a down-home