

More August Dates

Admit You're Happy Month

Happiness Happens Month



National Chocolate Chip Cookie
August 4th

Sneak Some Zucchini into Your Neighbor's Porch
August 8th

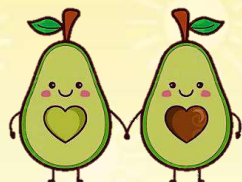
National Smile Week
August 10-16th

Tell A Joke
August 16th

Senior Citizen's Day
August 21st



Hug Your Sweetheart
August 23rd



Rock, Paper, Scissors
August 27th

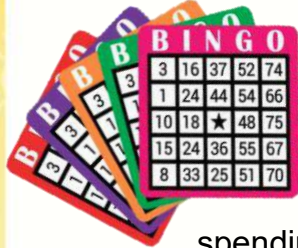
Note from Jenny- Resident Relations

Hi, friends! August is a special month for me because it's my birthday month—and my actual birthday is on August 31st, the very last day of the month! I hope you all have a wonderful August and enjoy all of the fun festivities happening this month. I'm looking forward to spending more time outdoors, going on hikes, and finding new adventures. Lately, I've also been enjoying reading on my Kindle. My favorite books are full of adventure, mystery, and excitement—stories that keep me on the edge of my seat and are so good I can't put them down for hours. Here's to a wonderful new month filled with fun, laughter, and great memories. Happy August, everyone!

Note From the Kitchen

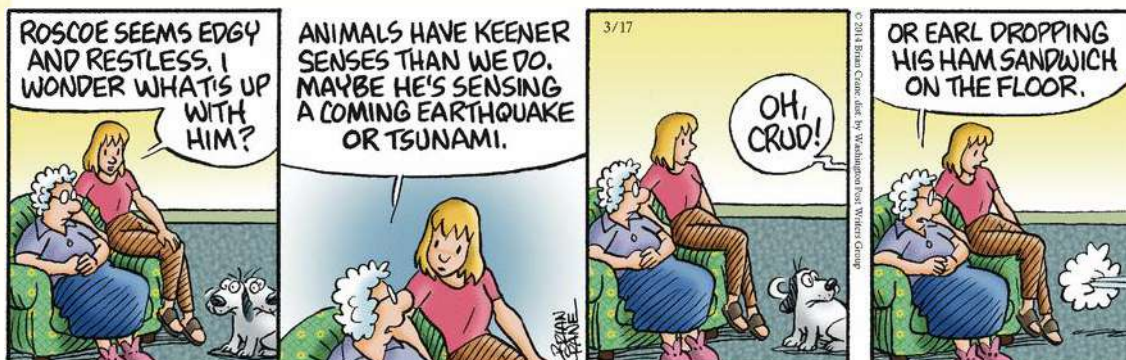
Welcome to August—the heart of the Dog Days of Summer! Traditionally, this phrase refers to the hottest days of the year and as the summer sun continues to shine, remember to drink plenty of water and enjoy refreshing foods that help keep you hydrated. From all of us in the kitchen, thank you for allowing us to serve you. We wish you a happy, healthy, and delicious August!

Note From Jenny L- Activities Director



As your new Activities Director, I'd like to introduce myself. I'm married with two sons, three wonderful dogs, and I enjoy camping, arts and crafts, board games, and spending time outdoors with my family.

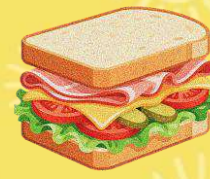
Thank you for making me feel so welcome! I'm excited to get to know each of you and learn about your hobbies and talents so we can enjoy even more fun activities together. Be sure to join us for our **Luau Celebration on Monday, August 11**, during lunch. Wear your favorite Hawaiian attire and enjoy delicious food, great entertainment, and tropical fun! I look forward to another month filled with laughter, friendship, and wonderful memories.



River Commons Chronicle

Celebrating August

Sandwich Month



National Wiggle Your Toes
August 6th

Left-Handers
August 13th

Elvis Week
August 16-22nd

Lemonade Day
August 20th



Red Wine Day
August 28th



Eat Outside Day
August 31st



River Commons
301 Hartnell Avenue
Redding, CA 96002
530-221-2121



August Heat: Staying Safe During the Dog Days of Summer

August is known for bringing some of the hottest days of the year. These warm, sunny weeks—often called the "Dog Days of Summer"—are a great reminder to enjoy the season while taking a few extra precautions to stay healthy and comfortable. Despite the name, the Dog Days have nothing to do with our four-legged friends. The phrase dates back thousands of years and refers to the time of year when the bright star Sirius, also known as the "Dog Star," appears in the morning sky alongside the sun. Traditionally, this period stretches from early July through mid-August and has long been associated with hot, humid weather. While summer offers opportunities for gardening, morning walks, family visits, and community activities, high temperatures can also increase the risk of heat-related illness. Older adults are especially encouraged to take simple steps to stay safe:

- Stay hydrated. Drink water throughout the day, even if you don't feel thirsty. Limit beverages with caffeine or alcohol, which can contribute to dehydration.
- Dress for the weather. Choose lightweight, light-colored, and loose-fitting clothing to help keep cool.
- Plan outdoor activities wisely. Enjoy walks or errands during the cooler morning or evening hours and seek shade whenever possible.
- Keep your home comfortable. Use fans or air conditioning if available, and close curtains or blinds during the hottest part of the day to help keep indoor temperatures down.
- Know the signs of heat-related illness. Excessive sweating, dizziness, headache, nausea, muscle cramps, confusion, or unusually fast heartbeat may be signs that it's time to cool down and seek medical attention if symptoms are severe or don't improve.
- Check in on one another. A quick phone call or visit can make a big difference, especially for neighbors and friends who live alone.

As we make the most of these final weeks of summer, remember that a little planning goes a long way. Stay cool, stay hydrated, and take time to appreciate the simple pleasures of the season—whether it's watching a beautiful sunset, sharing stories with friends, or relaxing with a good book in the shade. Here's to a safe, healthy, and happy August!

Jennifer



Happy AUGUST BIRTHDAYS!

RESIDENT BIRTHDAYS

FAYE KENT AUG 2

VIRGINIA EUART AUG 4

DENNIS LANGE AUG 5

JACKIE GOGAN AUG 11

ROGER CECCATO AUG 13

ALEEN HAZELIP AUG 15

JANE ASHLEY AUG 29

PAUL PELLEY AUG 30

DIANE STARK AUG 31

STAFF BIRTHDAYS

DIANE (HK) AUG 5

ERIC AUG 9

JENNY (RESIDENT RELATIONS) AUG 31

KINDNESS Challenge

Small acts. Big impact.

This week, try to:

- Smile at three people
- Give one genuine compliment
- Help a neighbor
- Share a little kindness
- Include someone new
- Encourage someone today

Let's make our community a brighter place!

Lemonade & BINGO BASH!

Sip, Smile & Shout BINGO!

August 20th

1:15 PM

Dining Room

We can't wait to see you there!

Becca's Cafe

11:00 AM

August 3rd

Luau Celebration

12:00 PM

August 11th

Barnes & Noble

2:00 PM

August 21st

Find Someone Who... LUAAU BINGO

Find someone who fits each description. Write their name in the box. One name per box!

Has been to Hawaii 	Is wearing something floral 	Loves pineapple 	Has danced the hula 	Likes tropical music
Has gone on a cruise 	Loves ice cream 	Has grandchildren 	Enjoys gardening 	Has lived in another state
Wears flip-flops or sandals 	Has a birthday in summer 	FREE SPACE		Likes to travel
Has a favorite beach 	Loves BBQs 	Has a pet 	Enjoys puzzles 	Has been on a boat
Likes coconut 	Enjoys bingo 	Has tried a tropical drink 	Loves sunsets 	Is wearing sunglasses

GOAL: Find someone who matches each square and get their signature. First to complete a row (or the whole card) **WINS!**

AUGUST

FUN & SMILES

DID YOU KNOW?



August's birth flower is the Gladiolus, symbolizing strength and integrity.



August's birthstone is Peridot, believed to bring happiness and good fortune.



August is National:
 • Watermelon Month
 • Picnic Month
 • Family Fun Month

BRAIN TEASER

I have cities, but no houses.
 I have forests, but no trees.
 I have rivers, but no water.
 What am I?

Answer: A Map!



QUOTE OF THE MONTH

"The happiest moments are the ones shared with friends."



JOKES OF THE MONTH

Why don't seagulls fly over the bay?

Because then they'd be called bagels!



What do you call a sunburned umbrella?

A little shade!



Why did the ice cream truck break down?

It had a rocky road!



What's a watermelon's favorite game?

Squash!



Why did the math book look sad?

Because it had too many problems!



What do you call a bear with no teeth?

A gummy bear!



Why was the broom late?

It overswept!



MORE LAUGHS

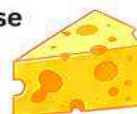
Why did the tomato turn red?

Because it saw the salad dressing!



What do you call cheese that isn't yours?

Nacho cheese!



Why did the bicycle fall over?

Because it was two-tired!



Why can't you give Elsa a balloon?

Because she will "let it go!"



What did one ocean say to the other ocean?

Nothing, they just waved!



Why did the golfer bring two pairs of pants?

In case he got a hole in one!



What do you call a dog that can do magic?

A labracadabrador!



Why did the cookie go to the doctor?

Because it was feeling crummy!



What do you call a fish wearing a bowtie?

Sofishticated!



Why did the scarecrow win an award?
 Because he was outstanding in his field!



MAKING MEMORIES TOGETHER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 						9:00 Exercise-Regular 1 
3:00 non-denominational Chapel Service 2  Faye Kent	9:00 Exercise-Regular 3 11:00 Becca's Café Lunch 	8-11 Transportation 4 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Bingo 3:15 Corn Hole Virginia Evert	8-11 Transportation 5 9:00 Exercise-Regular 10:00 Wii Games 2:30 Happy Hour Pine Dogs 	8-11 Transportation 6 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Bingo 3:15 Horse Races	9:00 Exercise-Regular 7 10:00 Balloon Volleyball 2:30 Card Sharks 	9:00 Exercise-Regular 8
3 :00 non-denominational Chapel Service 9	9:00 Exercise-Regular 10 10:00 Wii Games 	8-11 Transportation 11 9:00 Exercise-Regular 10:00 Sewing Club 12:00 Luau Celebration 2:00 Bingo 3:15 Tiki Toss Corn Hole 	8-11 Transportation 12 9:00 Exercise-Regular 10:00 Wii Games 2:30 Happy Hour Good Time Band	8-11 Transportation 13 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Bingo 3:15 Horse Races Roger Ceccato	9:00 Exercise-Regular 14 10:00 Balloon Volleyball 2:30 Card Sharks 	9:00 Exercise-Regular 15  Aleen Hazelip
3:00 non-denominational Chapel Service 16 	9:00 Exercise-Regular 17 10:30 Bead Crafts 3:00 Wheelchair Clinic 	8-11 Transportation 18 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Bingo 3:15 Corn Hole	8-11 Transportation 19 9:00 Exercise-Regular 10:00 Wii Games 2:30 Happy Hour Don Burton 	8-11 Transportation 20 9:00 Exercise-Regular 10:00 Sewing Club 1:15 Lemonade and Bingo Bash 3:15 Horse Races 	9:00 Exercise-Regular 21 10:00 Chair Volleyball 2:00 Barnes and Noble 	9:00 Exercise-Regular 22
3:00 non-denominational Chapel Service 23	9:00 Exercise-Regular 24 10:00 Wii Games 	8-11 Transportation 25 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Hawaiian Bingo 3:15 Corn Hole	8-11 Transportation 26 9:00 Exercise-Regular 10:00 Wii Games 2:30 Happy Hour All that Jazz	8-11 Transportation 27 9:00 Exercise-Regular 10:00 Sewing Club 2:00 Bingo 3:15 Horse Races	9:00 Exercise-Regular 28 10:00 Chair Volleyball 2:00 The Great Melon Showdown 	9:00 Exercise-Regular 29  Jane Ashley
3 :00 non- denominational Chapel Service 30  Paul Pelley	9:00 Exercise-Regular 31 10:30 Bead Crafts 	Test your medical pendants monthly 				