

Wood Ridge

ASSISTED LIVING
COMMUNITY

17650 Generations Drive • South Bend, IN 46635 • (574) 271-1151

Dog Days of Summer

The term “dog days” was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the “dog star,” would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Remember When: Porch-Sitting Season

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and “sit a spell.”

A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.

Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

August 2024



Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think “You’re a peach!” or “Things are just peachy.” The 1950s brought the fun phrase “peachy keen,” and an idyllic existence is sometimes called “peaches and cream”—as in “Life is not always peaches and cream.” Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.

Be Like a Bee

It’s important to drink enough water to stay hydrated in the summer heat. To help increase your intake, add flavor and sweetness to your water with a teaspoon of honey.



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All Events Are Subject to Change	1 7:00 Breakfast 8:30 Sit & Fit 10:30 Dice Game 12:00 Lunch 1:30 Spite & Malice 3:00 August Birthday Party 3:45 Bible Study 5:00 Dinner 6:00 Cards	2 7:00 Breakfast 8:30 Sit & Fit 10:00 Bank Run 12:00 Lunch 1:00 Walmart 3:00 Bingo 5:00 Dinner 6:00 Cards	3 7:00 Breakfast 8:30 Sit & Fit 10:30 UNO/ Spades 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards
4 7:00 Breakfast 8:30 Sit & Fit 9:30 Coffee & Conversation 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards	5 7:00 Breakfast 8:30 Sit & Fit 10:15 Dollar Tree 12:00 Lunch 1:30 Food Committee Meeting 2:00 Resident Council Meeting 3:00 Bingo 5:00 Dinner 6:00 Cards	6 7:00 Breakfast 8:30 Sit & Fit 10:15 Dice Game 12:00 Lunch 1:30 Euchre 3:00 Yahtzee 5:00 Dinner 6:00 Cards	7 7:00 Breakfast 8:30 Sit & Fit 10:30 Spades 12:00 Lunch 1:30 Bingo 3:00 Farkle 5:00 Dinner 6:00 Cards	8 7:00 Breakfast 8:30 Sit & Fit 10:30 Sorry, The Board Game 12:00 Lunch 1:30 UNO 3:00 Spite & Malice 3:45 Bible Study 5:00 Dinner 6:00 Cards	9 7:00 Breakfast 8:30 Sit & Fit 10:30 Aggravation 12:00 Lunch 1:30 Bingo 3:00 Dice Game 5:00 Dinner 6:00 Cards	10 7:00 Breakfast 8:30 Sit & Fit 10:30 UNO/ Spades 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards
11 7:00 Breakfast 8:30 Sit & Fit 9:30 Coffee & Conversation 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards	12 7:00 Breakfast 8:30 Sit & Fit 10:15 Aggravation 12:00 Lunch 1:30 Bingo 3:00 Dice Game 5:00 Dinner 6:00 Cards	13 7:00 Breakfast 8:30 Sit & Fit 10:15 Dice Game 12:00 Lunch 1:30 UNO 3:00 Yahtzee 5:00 Dinner 6:00 Cards	14 7:00 Breakfast 8:30 Sit & Fit 10:30 Spades 12:00 Lunch 1:30 Bingo 3:00 Farkle 5:00 Dinner 6:00 Cards	15 7:00 Breakfast 8:30 Sit & Fit 10:15 Kings in the Corner 12:00 Lunch 1:30 Spite & Malice 3:00 Euchre 3:45 Bible Study 5:00 Dinner 6:00 Cards	16 7:00 Breakfast 8:30 Sit & Fit 10:15 Dice Game 12:00 Lunch 1:30 Bingo 3:00 Corn Hole on Deck 5:00 Dinner 6:00 Cards	17 7:00 Breakfast 8:30 Sit & Fit 10:30 UNO/ Spades 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards
18 7:00 Breakfast 8:30 Sit & Fit 9:30 Coffee & Conversation 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards	19 7:00 Breakfast 8:30 Sit & Fit 10:15 Dollar Tree 12:00 Lunch 1:30 Bingo 2:45 Scenic Drive 5:00 Dinner 6:00 Cards	20 7:00 Breakfast 8:30 Sit & Fit 10:15 Goodwill Shopping 12:00 Lunch 1:30 Wheel of Fortune 3:00 Yahtzee 5:00 Dinner 6:00 Cards	21 7:00 Breakfast 8:30 Sit & Fit 10:30 Aggravation 12:00 Lunch 1:30 Bingo 3:00 Farkle 5:00 Dinner 6:00 Cards	22 7:00 Breakfast 8:30 Sit & Fit 11:15 Lunch outing: Big Panda Buffet 12:00 Lunch 1:30 Spite & Malice / UNO 3:00 Ice Cream Sundaes 3:45 Bible Study 5:00 Dinner 6:00 Cards	23 7:00 Breakfast 8:30 Sit & Fit 10:15 Walmart 12:00 Lunch 1:30 Bingo 3:00 Entertainment with Beez & Rocker 5:00 Dinner 6:00 Cards	24 7:00 Breakfast 8:30 Sit & Fit 10:30 UNO/ Spades 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards
25 7:00 Breakfast 8:30 Sit & Fit 9:30 Coffee & Conversation 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards	26 7:00 Breakfast 8:30 Sit & Fit 10:15 Aggravation 12:00 Lunch 1:30 Bingo 2:45 Scenic Drive 5:00 Dinner 6:00 Cards	27 7:00 Breakfast 8:30 Sit & Fit 10:15 Dollar Tree 12:00 Lunch 1:30 Wheel of Fortune 3:00 Yahtzee 5:00 Dinner 6:00 Cards	28 7:00 Breakfast 8:30 Sit & Fit 10:30 Don't Burst My Bubble 12:00 Lunch 1:30 Bingo 3:00 Farkle 5:00 Dinner 6:00 Cards	29 7:00 Breakfast 8:30 Sit & Fit 10:15 Walmart 12:00 Lunch 1:30 Spite & Malice / UNO 2:00 Entertainment by The Silver stars 3:45 Bible Study 5:00 Dinner 6:00 Cards	30 7:00 Breakfast 8:30 Sit & Fit 10:15 Dice Game 12:00 Entertainment by Pam Kirkham 12:00 Lunch: Labor Day Cookout 1:30 Bingo 3:00 Corn Hole on Deck 5:00 Dinner 6:00 Cards	31 7:00 Breakfast 8:30 Sit & Fit 10:30 UNO/ Spades 12:00 Lunch 2:00 Board Games 5:00 Dinner 6:00 Cards



Happy Campers

From sleeping under the stars to relaxing in an RV, more than 40 million people in America go camping each year. See when some camping innovations first blazed a trail.

<u>Year</u>	<u>Camping Milestone</u>
1876	The first sleeping bag is patented in Europe.
1910	Equipped with a bed and plumbing, the first RV debuts.
1931	The iconic silver Airstream travel trailer hits the road.
1942	Compact camp stoves are made for soldiers, and later for the public.
1957	Portable food coolers made of Styrofoam are invented.
1964	Pop-up campers are developed.
1990	Truck tents, made to be pitched in the bed of a pickup, are introduced.

Administrator: Richard Kennedy
Administrative Assistant: Tara Rader
Director of Nursing: Elizabeth McCartney
Dining Services Director: Gina Beery
Activity Director: Chris Bayne
Maintenance:
Housekeeping: Carrie Bird