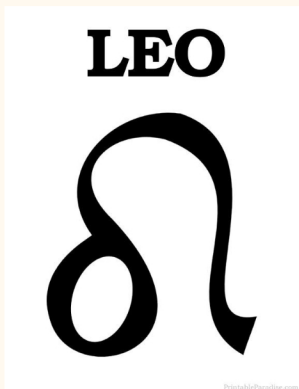




12322 N 113th Ave | Youngstown, AZ 85363 | 623-583-2460

August 2026



Someone born under the Leo sign (July 23 to August 22) is a fire sign symbolized by the lion. Leos are known for being bold, confident, and warm-hearted natural leaders who love the spotlight, though they can sometimes be stubborn or dramatic.



People born under the Virgo sign (August 23 – September 22) are practical, analytical, and deeply hardworking earth signs ruled by the planet Mercury. They are known for their keen attention to detail, strong desire to help others, and a constant drive to fix or improve things.



Friends & Laughter

Forging new friendships and sharing laughter are essential catalysts for a vibrant, healthy life. Inviting new people into your social circle expands your perspective and builds a vital emotional safety net against loneliness. When these connections are paired with humor, the benefits multiply.

Shared laughter serves as a universal human connector that breaks down awkward social barriers. It triggers the release of feel-good endorphins, lowers stress levels, and strengthens the immune system. Ultimately, laughing with new friends transforms ordinary moments into lasting bonds, turning the unfamiliar into a source of mutual joy and resilience.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 12:30 Bible Study with Barbara 1:30 Table Games /Bingo 6:00 Movie night
9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 10:00 Virtual Church YouTube - The Gathering 2:30 Table Games /Bingo 6:00 Movie night	8:45 Catholic Communion 9:00 Daily Chronicles -MS 9:00 Walmart trip - sign up with Stacy 10:00 Gardening Club W/Friends 1:00 Uno 3:00 🎵 Sips & Songs	9:00 Daily Chronicles -MS 10:30 Chat with Bernie 11:00 Name that tune 1:00 Crazy Bingo W/ (AL) 2:00 Craft Stick Fan	9:00 🥁 Fitness Drumming - AR 9:00 Daily Chronicles -MS 9:00 Frys Trip W/ AL 10:30 Manicures & Game Shows 1:00 Finish The Phrase! 2:00 Snacks and a Movie	9:00 🧘 Serenity Stretch 9:00 Daily Chronicles -MS 10:00 Get moving with Bernie 1:00 Crazy Bingo W/ (AL) 2:00 Corn Hole tournament 6:00 Evening Bingo	8:30 Peoria Shopping Center: (Ross, Dollar Tree, 5 Below, Michaels) 9:00 Daily Chronicles -MS 10:30 🎵 Tunes & Treats Ms 11:30 Mingle with MS 1:00 Crazy Bingo W/ (AL) 2:00 Tattoos with friends 3:00 Story time with Bernie	9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 12:30 Bible Study with Barbara 1:30 Table Games /Bingo 6:00 Movie night
9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 10:00 Virtual Church YouTube - The Gathering 2:30 Table Games /Bingo 6:00 Movie night	8:45 Catholic Communion 9:00 Daily Chronicles -MS 9:00 Saver Thrift Shopping-Sign up w/ Stacey (2nd floor) 10:00 Gardening Club W/Friends 3:00 🎵 Tunes & Treats	9:00 🪑 Chair Exercise w/ Stacey - AR 9:00 Daily Chronicles -MS 10:30 Felt Coloring MS 1:00 Crazy Bingo W/ (AL)	9:00 🥁 Fitness Drumming - AR 9:00 Daily Chronicles -MS 1:00 Monopoly 2:00 Snacks and a Movie	9:00 🧘 Serenity Stretch 9:00 Daily Chronicles -MS 1:00 Crazy Bingo W/ (AL) 2:00 Nails/ Hand Massages 6:00 Evening Bingo	9:00 Daily Chronicles -MS 9:00 Lets Walk the Mall Outing W/ AL! 10:30 🎵 Tunes & Treats Ms 11:30 Mingle with MS 1:00 Crazy Bingo W/ (AL) 3:00 Story time with Bernie	9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 12:30 Bible Study with Barbara 1:30 Table Games /Bingo 6:00 Movie night
9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 10:00 Virtual Church YouTube - The Gathering 2:30 Table Games /Bingo 6:00 Movie night	8:45 Catholic Communion 9:00 Daily Chronicles -MS 9:00 Walmart Trip w/ AL 10:00 Gardening Club W/Friends 3:00 🎵 Classic Hits & Cocktails	9:00 🪑 Chair Exercise w/ Stacey - AR 9:00 Daily Chronicles -MS 10:30 Felt Coloring MS 1:00 Crazy Bingo W/ (AL)	9:00 🥁 Fitness Drumming - AR 9:00 Daily Chronicles -MS 2:00 Snacks and a Movie 2:00 The Relaxation Room - Ventana Winds Spa	9:00 🧘 Serenity Stretch 9:00 Daily Chronicles -MS 10:00 Get moving with Bernie 1:00 Crazy Bingo W/ (AL) 2:00 Corn Hole tournament 6:00 Evening Bingo	9:00 Daily Chronicles -MS 9:00 Goodwill Outing 10:30 🎵 Tunes & Treats Ms 11:30 Mingle with MS 1:00 Crazy Bingo W/ (AL) 3:00 Story time with Bernie	9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 12:30 Bible Study with Barbara 1:30 Table Games /Bingo 6:00 Movie night
9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 10:00 Virtual Church YouTube - The Gathering 2:30 Table Games /Bingo 6:00 Movie night	8:45 Catholic Communion 9:00 Daily Chronicles -MS 9:00 Winco Grocery Shopping -AL 10:00 Gardening Club W/Friends 3:00 🎵 Good Tunes, Good Friends	9:00 🪑 Chair Exercise w/ Stacey - AR 9:00 Daily Chronicles -MS 10:30 Felt Coloring MS 1:00 Crazy Bingo W/ (AL)	9:00 🥁 Fitness Drumming - AR 9:00 Daily Chronicles -MS 10:30 Name That Instrument 1:30 Casino Time!!	9:00 🧘 Serenity Stretch 9:00 Daily Chronicles -MS 1:00 Crazy Bingo W/ (AL) 2:00 Nails/ Hand Massages 6:00 Evening Bingo	9:00 Daily Chronicles -MS 9:00 Deseret Industries Thrift Store 10:30 🎵 Tunes & Treats Ms 11:30 Mingle with MS 1:00 Crazy Bingo W/ (AL) 3:00 Story time with Bernie	9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 12:30 Bible Study with Barbara 1:30 Table Games /Bingo 6:00 Movie night
9:00 Daily Chronicles -MS 10:00 Chair Exercise- YouTube - Pathways & Memory care 10:00 Virtual Church YouTube - The Gathering 2:30 Table Games /Bingo 6:00 Movie night	8:45 Catholic Communion 9:00 Daily Chronicles -MS 9:00 Walmart Trip w/ AL 10:00 Gardening Club W/Friends 3:00 🍹 Happy Hour Hits					



Here in Arizona, we have officially reached that magical time of year where the swimming pool feels like a warm bath, and we genuinely consider oven mitts part of our essential driving attire just to touch the steering wheel. Sure, the neighbors from out of state love to remind us, "At least it's a dry heat!"—but we know the truth: so is a toaster! Fortunately, our indoor air conditioning is always set to "polar ice cap," so grab a cold glass of water and let's enjoy the freezing air inside together.



Smiles are the shortest distance between two people.

Did you know???



National Senior Citizen Day

August is a special month for older adults. It features National Senior Citizens Day on August 21st, which was first proclaimed by President Ronald Reagan in 1988.

The month is also recognized as National Wellness Month, highlighting health, community support, and the rich history of aging generations.

National Senior Citizens Day created in 1988: President Ronald Reagan signed a proclamation to set aside August 21st to honor older adults. August was chosen, in part, because President Franklin D. Roosevelt signed the Social Security Act on August 14, 1935. Many local stores, restaurants, and community centers offer special discounts or events for seniors on this day.

National Wellness Month

August promotes healthy habits like balanced eating, staying hydrated, and light physical movement. The month encourages brain games, reading, and learning new hobbies to keep cognitive health strong.

Communities use this time to reduce loneliness by building strong connections and family visits.