

August First Eights!

Did you know that there were countless achievements made for the first time in August? Here are eight special events that happened. Mount Rainier's summit was first reached on August 17th, 1870. Mount Whitney was scaled on August 18th, 1873. The very first recorded tennis tournament was held in the United States on August 15th, 1876. The first woman which was Gertrude Ederle successfully swam across the English Channel on August 6th, 1926. The Ring Magazine which is for Boxing Hall of Famers, was founded on August 5th, 1954. The transcontinental Roller Derby began in Chicago on August 13th, 1935. The National Basketball Association was established on August 3rd, 1949. The Guinness Book of World Records was published on August 27th, 1955.



August Wasn't Always the Eighth Month!

August which we know as the eighth month of the year in the Julian and Gregorian calendars. It was named after August Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar, who was honored with the month of July. Originally, 410 to 1066 the month of August went by another name. It was called Woed Monath which means Month of Weeds. August was the sixth month in the ten-month Roman calendar, and August did not have 31 days just yet. Leaving August with only having thirty days in the month. The legend has it that Augustus wanted his month to have as many as July. So the lengthened by borrowing from February, leaving that month with just 28 days (29 on a leap year). How interesting is that!



Did You Know?

The birthstone for August is the peridot. Peridot gets its name from the French word for unclear. This is due to the tiny crystals of other minerals trapped inside as this gem grows. Folklore has it that the peridot was so bright, it could be mined in the dark. This gem ranges in color from olive to lime green. The green color is due to its iron content the higher the level of iron the browner the stone. The greenest of the stones are often mistaken for emeralds. It's even thought that many of Cleopatra's beloved emeralds were actually peridots! If you are born in August here is what brings you luck! Color is orange, animals is a moose, Day is Wednesdays, and plant is peony! If you are born between August 1-22, Zodiac sign for you is Leo. If you are born from August 23-31, Zodiac sign is Virgo!



The Villager



OFFICIAL NEWSLETTER OF LINDEN WOODS VILLAGE

08-01-2021

A Letter From Activities

Happy Dog Days of Summer! August is traditionally the hottest month of the year in the northern hemisphere, and the time period is between July 3rd and August 11th. This nickname refers to Sirius or Dog Star. With August being the hottest month of the year here are a few tips to keep cool and not get overheated! First drink more water than you think you need. Drink throughout the day and do not wait until you feel thirsty and avoid alcohol and caffeine. Second eat cool snacks, eat light, and cold meals. Just like chicken, watermelon, pasta salad, and popsicles, instead of heavy dishes. Thirdly, place a cool washcloth on the back of the neck. Fourth, take a cool shower, bath, or wipe-down with a washcloth. Fifth, skip the outdoor activities or do them early in the mornings. Lastly, check on your friends and family! If you are feeling sick please notify someone quickly, and always act fast! With Covid cases rising across the state of Missouri, please be very careful. Starting August 2nd, Kansas City has ordered another mask mandate. Please mask up even if you are fully vaccinated. While in the building please wear your masks in the hallways. You may remove them if you are eating, in your own room, or in an activity. We ask if you do have guests coming into the building, take them straight to your room. Please do not have your guests in the common areas, this includes, dining room, puzzle room, activity room, community room, Café, and in activities. As of right now, everything is still running the same as we have been for the last couple of months. If the percent rises more in the county we will be changing the guidelines. We will let you know if this happens. Natasha our beautician is still taking appointments. On Tuesdays, resident in Health Care can get their hair done. On Wednesdays, residents in Assisted Living and Independent Living can get their hair done. To make appointments, please contact Sonya at the front desk. Please be patient, as Natasha has a lot of resident's hair to do. When she is ready for you to come down to the salon, Natasha or Sonya will call you down to the salon. Please don't keep calling down to the front desk asking when Natasha will be ready for you. Always remember that activities are subject to change.



AUGUST BIRTHDAYS!!!!!!

08/07 Joanne Kruger
08/13 Jane Vogel
08/14 Vivian O'Dell
08/15 Frank Montesano
08/17 Marilyn Donahoe
08/20 James Claypool
08/31 Norma Nicholson



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10</p> <p>12:07PM Royals VS Blue Jays</p>	<p>2</p> <p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 2:00 Bible Study 3:00 Bingo ID</p>	<p>3</p> <p>9:00 Core Fitness-GR 1:30 Strength Class-GR 6:00 Phase 10-AR</p> <p>7:10 Royals VS White Sox</p>	<p>4</p> <p>9:00 Senior Stretch-GR 10:00 Church Services 1:30 Musical Bingo-ID 6:00 5 Crowns-AR</p> <p>7:10 Royals VS White Sox</p>	<p>5</p> <p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p> <p>7:10 Royals VS White Sox</p>	<p>6</p> <p>9:00 Senior Stretch- GR 9:30 Trivia-ID 3:00 Happy Hour -ID</p> <p>7:15PM Royals Vs Cardinals</p>	<p>7</p> <p>8:30 Strength Class- GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p> <p>Happy Birthday Joanne Kruger</p> <p>6:10PM Royals VS Cardinals</p>
<p>8</p> <p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10</p> <p>1:15PM Royals VS Cardinals</p>	<p>9</p> <p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 2:00 Bible Study 3:00 Bingo ID</p> <p>7:10PM Royals VS Yankees</p>	<p>10</p> <p>9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p> <p>7:10PM Royals VS Yankees</p>	<p>11</p> <p>9:00 Senior Stretch-GR 6:00 5 Crowns-AR</p> <p>1:10PM Royals VS Yankees</p>	<p>12</p> <p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>13</p> <p>9:00 Senior Stretch- GR 9:30 Arts and Crafts-ID 3:00 Happy Hour -ID</p> <p>7:10 Royals VS Cardinals</p> <p>Happy Birthday Jane Vogel</p>	<p>14</p> <p>8:30 Strength Class- GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p> <p>6:10PM Royals VS Cardinals</p> <p>Happy Birthday Vivian O'Dell</p>
<p>15</p> <p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10</p> <p>1:10PM Royals VS Cardinals</p>	<p>16</p> <p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 2:00 Bible Study 3:00 Bingo ID</p> <p>7:10PM Royals VS Astros</p>	<p>17</p> <p>9:00 Core Fitness-GR 1:30 Strength Class-GR 6:00 Phase 10-AR</p> <p>Happy Birthday Marilyn Donahoe</p> <p>7:10PM Royals VS Astros</p>	<p>18</p> <p>9:00 Senior Stretch-GR 10:00 Church Services 11:00 Mass 3:00 Birthday Party-ID 6:00 5 Crowns-AR</p> <p>7:10PM Royals VS Astros</p>	<p>19</p> <p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p> <p>1:10PM Royals VS Astros</p>	<p>20</p> <p>9:00 Senior Stretch- GR 9:30 Guess Who!-ID 2:00 Happy Hour With a Special Guest! -ID</p> <p>1:20PM Royals VS Cubs</p> <p>Happy Birthday James Claypool</p>	<p>21</p> <p>8:30 Strength Class- GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p> <p>Independent Activities Throughout The Day</p> <p>1:20PM Royals VS Cubs</p>
<p>22</p> <p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10</p> <p>1:20PM Royals VS Cubs</p>	<p>23</p> <p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 2:00 Bible Study 3:00 Bingo ID</p> <p>7:10PM Royals VS Astros</p>	<p>24</p> <p>9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 3:00 Resident Council 6:00 Phase 10-AR</p> <p>7:10PM Royals VS Astros</p>	<p>25</p> <p>9:00 Senior Stretch-GR 10:00 Church Services 6:00 5 Crowns-AR</p> <p>1:10PM Royals VS Astros</p>	<p>26</p> <p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p> <p>9:10PM Royals VS Mariners</p>	<p>27</p> <p>9:00 Senior Stretch- GR 9:30 Trivia-ID</p> <p>9:10PM Royals VS Mariners</p>	<p>28</p> <p>8:30 Strength Class- GR 9:30 Core Fitness- GR 10:00 Men's Coffee</p> <p>Independent Activities Throughout The Day</p> <p>3:10PM Royals VS Mariners</p>
<p>29</p> <p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10</p> <p>3:10PM Royals VS Mariners</p>	<p>30</p> <p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 2:00 Bible Study 3:00 Bingo ID</p>	<p>31</p> <p>9:00 Core Fitness-GR 1:30 Strength Class-GR 6:00 Phase 10-AR</p> <p>7:10PM Royals VS Indians</p> <p>Happy Birthday Norma Nicholson</p>	<h1>August 2021</h1> <h2>Independent Living Activity Calendar</h2> <p>2901 Northeast 72nd Street. Gladstone, MO 64119</p>			

Type the name, address, and other information about your community/company here.