



We are full of fun and laughter! Come join us.

Laughter is good for the soul and the most powerful therapy. Its therapeutic effects work miracles in your body, mind, and soul. When you enjoy a good burst of laughter, you ignite the healing power in your body. Essentially, both science and religious books such as the Bible recognize laughter as the best medicine!



Shall we? We shall! Come on!

Monthly we go out to lunch and sometimes we even go out for dinner. We have an absolutely wonderful time.

Quality of Life: Through outings, seniors can break away from their daily routines and experience a sense of adventure and joy.

This can greatly enhance their overall quality of life and foster a positive outlook. There is always room for YOU!

Come see what all the fun is about!!!



Dates to Remember: Don't Miss Out!

1st- Thirsty Thursday with Whitleigh

6th- Fern 103 Party

7th- Summer Social W/Pam

8th- Kirk Fiddle Player & Landi

10th- Kathy W birthday

14th- Summer Social W/Brooke & Jenny

15th- Sonny Morgan Music

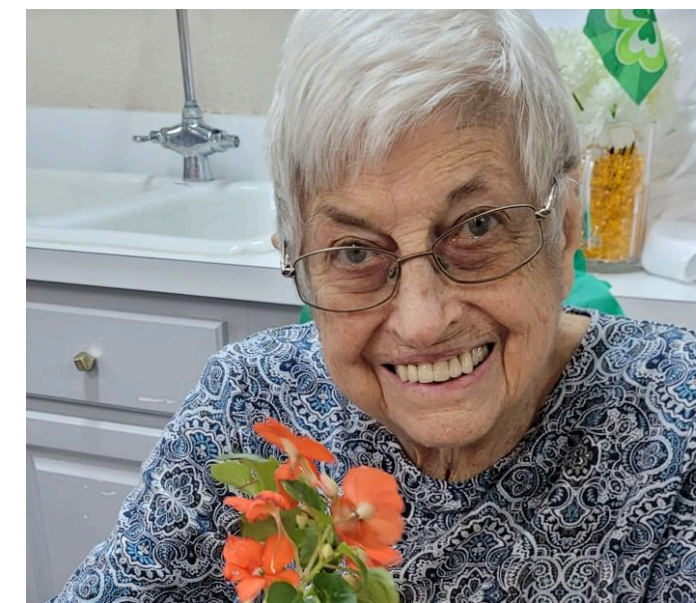
20th Barbara R Birthday & Resident Council

21st- Summer Soical W/Teri

27th-Veterans Class

AVIVA GRANBURY

AUGUST 2024



Resident Spotlight: FERN N.

Say hello to Fern! She comes to AVIVA from Williamsport, PA. She is a Coastguard Veteran, and soon to turn 103 this month on the 7th. Fern has traveled to Denmark and says it is one of her favorite places. She loved the culture and the food. Fern has 3 sons and "a bunch" of grands and great grands. She loves to dance, sing and win BINGO. Her favorite main dish is chicken and her favorite dessert is pie. You can meet Fern anywhere from Thirsty Thursday, to Bible Study. Grab a seat and chat with her! She will love it.

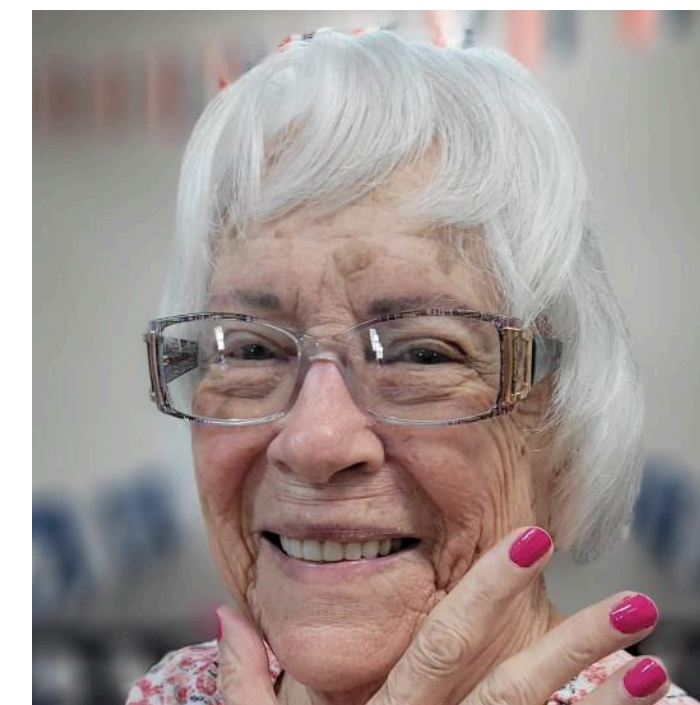
Weekly Manicures and their Benefits!!

- Blood circulation

The massage that's part of a manicure can improve blood circulation in your hands, which can help reduce inflammation, swelling, and pain.

- Mental health

Manicures can be a relaxing spa treatment that gives you some time for yourself, which can improve your mental health, especially after a stressful week



AVIVA DESTINATION: GERMANY

- OFFICIAL NAME: Federal Republic of Germany.
- FORM OF GOVERNMENT: Federal Republic.
- CAPITAL: Berlin.
- POPULATION: 80,457,737.
- OFFICIAL LANGUAGE: German.
- MONEY: Euro.
- AREA: 134,838 square miles (349,223 square kilometers)
- MAJOR RIVERS: Rhine, Elbe, Main, Danube.

