



Let's Get Together!!

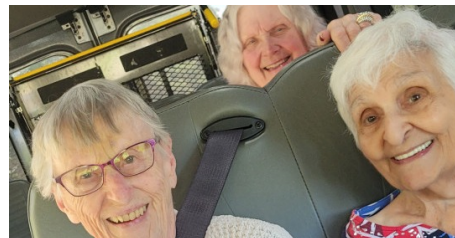
Staying active in the community can be deeply rewarding. When the focus is on having fun, the benefits multiply- improving not only mental and physical health, but also overall life satisfaction. Reduces loneliness: Regular interactions through activities and events prevent isolation.

Fosters Friendships: Shared experiences, group exercise even attending games can lead to meaningful relationships.



Snag a bite!

Eating a variety of fruits offers numerous health benefits due to their rich content of vitamins, minerals, fiber, and antioxidants. These nutrients can help improve heart health, aid digestion, lower the risk of chronic diseases like type 2 diabetes and certain cancers, and support weight management. There is fresh fruit provided in the front, Kitchen, and assisted living!



AVIVA GRANBURY

August 2025



Who knew? Now you do!

August's birthstones are peridot, sardonyx, and spinel, while its birth flowers are the gladiolus and poppy.

August is known for the Perseid meteor shower, one of the most popular annual meteor showers.

August is known as the peak of summer in the Northern Hemisphere, often associated with hot weather and vacations.

August was named after the Roman Emperor Augustus, who chose it to commemorate his many triumphs.

Create Lasting Memories:

Special Celebrations: Holiday parties, birthdays, and themed events often include photos, laughter, and traditions that we can talk about and learn about each other.

Creative Projects: You always keep the crafts, artwork, and all of the things you make! These are tangible memories of your creativity and achievements.

Shared Moments: Singing in a group, winning bingo, or attending a performance can become joyful highlights talked about for years.

Laugh a little!

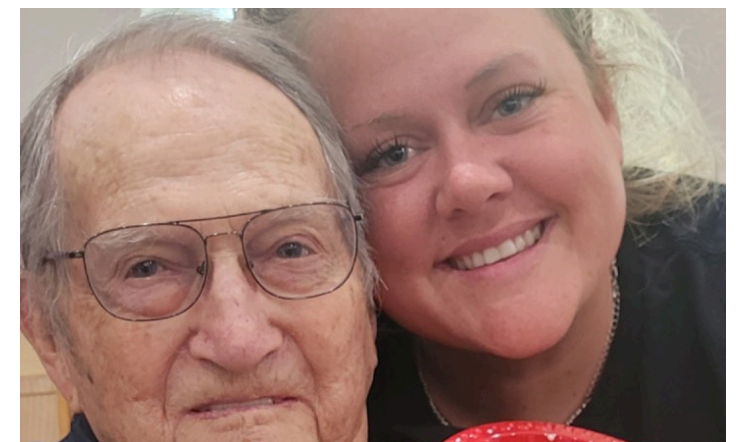
What do you call a Labrador at the beach in August?
A hot dog!

Why do bananas use sunscreen in August?
Because they peel.

Why are elephants always ready to swim?
They're wearing trunks all the time.

What's black, white and red all over?
A zebra with a sunburn.

Where do sheep go on summer vacation?
The Baa-hamas!



What's Going On?!? Here are a few things!

4th- Cookie Social

5th- Hope Singers

5th- Mainstreet Medical- Walker cleaning and Repair

6th- Cotton Patch Lunch and Root Beer Float Social

13th & 27th- Walmart Run

14th- Sonny Morgan Live Music

20th- Randys Grill Lunch Outing

21st- Live Music- Kirk Fiddle Player

Every Sunday- 4PM Church Service

Every Monday-10:15AM Mimosas

Every Tues & Wed 2PM BINGO

Every Thursday 2:30PM Thirsty Thursday

Every Friday- 11AM Bible Study &

1:30PM Special Drink Social

CHECK THE CALENDAR DAILY TO SEE WHATS HAPPENING!