



## Welcome to August!

Who doesn't love learning new things?!

Did you know August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar.

Augustus was born on to a prosperous family in Rome, Italy. His birth name was Octavian. The name Augustus, which was an honor and meant "The revered one", was bestowed on him by the Senate. He died at 75 of natural causes.



Augustus grew up in the small village south-east of Rome. His father died when he was only four. Augustus was raised by his grandmother – Julius Caesar's sister. Augustus was handsome and graceful with curly golden hair, grey eyes and a mild calm demeanor.

Julius Caesar, himself took the young Augustus under his wing. When Julius was murdered, Augustus learned that Caesar in his will had adopted him as his son and made him his chief personal heir. At only 18, Augustus decided to take up his perilous inheritance and embarked on the journey that led him to be the first Roman Emperor. With patience, skill, and efficiency, Augustus overhauled every aspect of Roman life and brought peace and prosperity. He was a good Emperor; bringing the empire from the brink of chaos into a prosperous and financially stable empire. Augustus helped facilitate many reforms, including a police force, and fire brigade.

As Paul Harvey might say, "and now you know, The Rest of the Story."

## August Birthdays

Arlene P. 8/1

Ashley B. 8/12

Elizabeth C. 8/18




# THE RESIDENCE at Freeman Lake

## THE RESIDENCE AT FREEMAN LAKE *Associates*

**Kelly Ritter**

*Executive Director*

**Tina Desrochers**

*Business Office Director*

**Laura Todd**

*Sales & Marketing Director*

**Latonya Rivera**

*Resident Care Director*

**Benny Miranda**

*Restaurant Operations Director*

**Michelle Jimeno**

*Resident Engagement Director*

**Ronald Perrin**

*Maintenance Director*



## Let's Celebrate our Active Lifestyles!

Join us in launching our "Engagement Raffle"!

For the month of August, each and every time you attend an Engagement Opportunity, whether it's an exercise class, concert, birding group, art class or one of our big Signature Events, you will be entered in our Engagement Raffle. The more active you are, the more times you will be entered to win. "What will I win?" you ask... we're creating an Engagement Prize Basket as we speak... including a \$50 visa gift card, a pair of binoculars you can use for birding group, even a roll of quarters for Quarters Bingo!



Let's go Freeman Lake and make August our most active Month yet!

## Signature Series

8/12 - Summer Sangria & Charcuterie

Help us put some pep into the "Dog Days" of Summer with music, Sangria and a delicious Charcuterie assortment!



8/25 - Big Band & BBQ

Nothing says Summer like enjoying a Barbecue with Friends. The only thing better is to enjoy it with a live Band! Join us on the patio for our Big Band & BBQ Party!

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Title



- 1** Happy Birthday Arlene
- 9:15 Ted Talks
  - 10:00 Stretch & Flex Class
  - 10:00 Shopping: Trader Joes
  - 10:45 Anagram Assembly
  - 1:30 Art Skills Development - Georgia O'Keefe Acrylic Paintings
  - 2:30 Let's Golf!
  - 3:30 Patio Happy Hour
  - 6:00 Card Players Club

- 2**
- 10:00 Barre & Balance to Music
  - 10:30 Holy Communion
  - 10:45 Finishing Line
  - 1:30 Word in a word
  - 2:00 Catholic Mass
  - 2:30 Cardio Drumming
  - 3:30 Quarter Bingo
  - 6:00 The Oscar goes to... (award winning movies)

- 3**
- 9:15 Ted Talks
  - 10:00 Tai Chi
  - 10:45 Ron Falong - Let's Visit Greece
  - 1:30 Let's make a pillow!
  - 1:30 Scenic Drive
  - 2:30 Full Body Strength Class
  - 3:30 Happy Hour
  - 6:00 True Life Movies

- 4**
- 10:00 Barre & Balance to Music
  - 10:45 Birding Group
  - 1:30 Cooking Group
  - 2:30 Kickball
  - 3:30 Points Bingo
  - 5:45 Netflix - "Pirate Gold Adak Island" Episode 1

- 5**
- 9:15 Ted Talks
  - 10:00 Resistance Bands Exercise
  - 10:45 Tabletop Game Hour
  - 1:30 Balance & Agility Class
  - 2:30 Book Club - East of Eden
  - 3:30 Thirsty Friday
  - 6:00 Something New

- 6**
- 10:00 Saturday Stretch
  - 10:45 Anagram Assembly
  - 1:30 Library Nook Hour - Audiobook/Puzzle
  - 2:30 Balloon Tennis
  - 3:30 Quarter Bingo
  - 7:00 National Shrine Mass

- 7**
- 10:00 Movement to Music
  - 10:45 Spanish Lessons 101
  - 1:30 Sunday Popcorn & Movie
  - 2:30 Tai Chi Stretch & Meditation
  - 3:30 Sundae Social
  - 6:00 Wild Kingdom Documentary Sundays

- 8**
- 9:15 Ted Talks
  - 9:15 Calendar Planning Meeting
  - 10:00 Stretch & Flex Class
  - 10:00 Shopping: Market Basket
  - 10:45 Anagram Assembly
  - 1:30 Art Skills Development - Georgia O'Keefe Acrylic Paintings
  - 2:30 Bowling Tournament
  - 3:30 Patio Happy Hour

- 9**
- 10:00 Barre & Balance to Music
  - 10:30 Holy Communion
  - 10:45 Finishing Line
  - 1:30 Word in a word
  - 2:30 Cardio Drumming
  - 3:30 Quarter Bingo
  - 6:00 The Oscar goes to... (award winning movies)

- 10**
- 9:15 Ted Talks
  - 10:00 Tai Chi
  - 10:45 Lunch at the 99
  - 1:30 Let's make a pillow!
  - 2:30 Full Body Strength Class
  - 3:30 Happy Hour
  - 4:00 Concert - Mark West, Pianist
  - 6:00 True Life Movies

- 11**
- 10:00 Barre & Balance to Music
  - 10:45 Birding Group
  - 1:30 Gardening Group
  - 2:30 Volleyball
  - 3:30 Points Bingo
  - 5:45 Netflix - "Pirate Gold Adak Island" Episode 2

- 12** Happy Birthday Ashley
- 9:15 Ted Talks
  - 10:00 Resistance Bands Exercise
  - 10:45 Tabletop Game Hour
  - 11:00 Joe Malone Presents- Lucille Ball
  - 1:30 Balance & Agility Class
  - 2:30 Book Club - East of Eden
  - 3:30 Summer Sangria & Charcuterie
  - 6:00 Something New

- 13**
- 9:00 Morning Documentary
  - 10:00 Saturday Stretch
  - 10:45 Anagram Assembly
  - 1:30 Library Nook Hour - Audiobook/Puzzle
  - 2:30 Balloon Tennis
  - 3:30 Quarter Bingo
  - 7:00 National Shrine Mass

- 14**
- 10:00 Movement to Music
  - 10:45 Spanish Lessons 101
  - 1:30 Sunday Popcorn & Movie
  - 2:30 Tai Chi Stretch & Meditation
  - 3:30 Afternoon Tea Social
  - 6:00 Wild Kingdom Documentary Sundays

- 15**
- 9:15 Ted Talks
  - 10:00 Stretch & Flex Class
  - 10:00 Shopping: Dollar Store
  - 10:45 Anagram Assembly
  - 1:30 Art Skills Development - Georgia O'Keefe Acrylic Paintings
  - 2:30 Let's Golf!
  - 3:30 Patio Happy Hour
  - 6:00 Card Players Club

- 16**
- 10:00 Barre & Balance to Music
  - 10:30 Holy Communion
  - 10:45 Finishing Line
  - 1:00 Golden Moments Pet Visit
  - 1:30 Word in a word
  - 2:30 Cardio Drumming
  - 3:30 Quarter Bingo
  - 6:00 The Oscar goes to... (award winning movies)

- 17**
- 9:15 Ted Talks
  - 9:45 Nibbana Coffee Shop Outing
  - 10:00 Tai Chi
  - 10:45 Let's make a pillow!
  - 1:00 Resident Council
  - 2:00 Concert - Marlina Philips - Vocalist
  - 3:00 Full Body Strength Class
  - 4:00 Happy Hour
  - 6:00 True Life Movies

- 18** Happy Birthday Elizabeth
- 10:00 Barre & Balance to Music
  - 10:45 Birding Group
  - 1:30 Cooking Group
  - 2:30 Kickball
  - 3:30 Points Bingo
  - 5:45 Netflix - "Pirate Gold Adak Island" Episode 3

- 19**
- 9:15 Ted Talks
  - 10:00 Resistance Bands Exercise
  - 10:45 Tabletop Game Hour
  - 1:00 Concert - Josef Nocera - Vocalist/Guitar
  - 1:30 Balance & Agility Class
  - 2:30 Medical Alert Pendant Check
  - 2:30 Book Club - East of Eden
  - 3:30 Thirsty Friday

- 20**
- 9:00 Morning Documentary
  - 10:00 Saturday Stretch
  - 10:45 Anagram Assembly
  - 1:30 Library Nook Hour - Audiobook/Puzzle
  - 2:30 Balloon Tennis
  - 3:30 Quarter Bingo
  - 7:00 National Shrine Mass

- 21**
- 10:00 Movement to Music
  - 10:45 Spanish Lessons 101
  - 1:30 Sunday Popcorn & Movie
  - 2:30 Tai Chi Stretch & Meditation
  - 3:30 Sundae Social
  - 6:00 Wild Kingdom Documentary Sundays

- 22**
- 9:15 Ted Talks
  - 10:00 Stretch & Flex Class
  - 10:00 Shopping: Marshalls/ TJ Max
  - 10:45 Anagram Assembly
  - 1:30 Art Skills Development - Georgia O'Keefe Acrylic Paintings
  - 2:30 Bowling Tournament
  - 3:30 Patio Happy Hour

- 23**
- 10:00 Barre & Balance to Music
  - 10:30 Holy Communion
  - 10:45 Finishing Line
  - 1:30 Word in a word
  - 1:30 Art Skills Development - Cyanotype Printmaking
  - 2:30 Cardio Drumming
  - 3:30 Quarter Bingo
  - 6:00 The Oscar goes to... (award winning movies)

- 24**
- 9:15 Ted Talks
  - 9:30 Chelmsford Library Outing
  - 10:00 Tai Chi
  - 10:45 Card Committee
  - 1:30 Let's make a pillow!
  - 2:30 Move & Groove Class
  - 3:30 Happy Hour
  - 6:00 True Life Movies

- 25**
- 10:00 Barre & Balance to Music
  - 10:30 Foundations of Faith
  - 10:45 Birding Group
  - 1:30 Gardening Group
  - 2:30 Volleyball
  - 3:30 Points Bingo
  - 5:00 Big Band & BBQ
  - 6:00 Netflix - "Pirate Gold Adak Island" Episode 4

- 26**
- 9:00 Marching Band Practice/Performance Outing
  - 9:15 Ted Talks
  - 10:00 Resistance Bands Exercise
  - 10:45 Tabletop Game Hour
  - 11:00 Book Group
  - 11:00 Nail Palooza - in-house nails
  - 1:30 Balance & Agility Class

- 27**
- 9:00 Morning Documentary
  - 10:00 Saturday Stretch
  - 10:45 Anagram Assembly
  - 1:30 Library Nook Hour - Audiobook/Puzzle
  - 2:30 Balloon Tennis
  - 3:30 Quarter Bingo
  - 7:00 National Shrine Mass

- 28**
- 10:00 Movement to Music
  - 10:45 Spanish Lessons 101
  - 1:30 Sunday Popcorn & Movie
  - 2:30 Tai Chi Stretch & Meditation
  - 3:30 Rootbeer Float Social
  - 6:00 Wild Kingdom Documentary Sundays

- 29**
- 9:15 Ted Talks
  - 10:00 Stretch & Flex Class
  - 10:00 Shopping: Target
  - 10:45 Anagram Assembly
  - 1:30 Art Skills Development - Georgia O'Keefe Acrylic Paintings
  - 2:30 Let's Golf!
  - 3:30 Patio Happy Hour
  - 6:00 Card Players Club

- 30**
- 10:00 Barre & Balance to Music
  - 10:30 Holy Communion
  - 10:45 Finishing Line
  - 1:30 Word in a word
  - 2:30 Cardio Drumming
  - 3:30 Quarter Bingo
  - 6:00 The Oscar goes to... (award winning movies)

- 31**
- 9:15 Ted Talks
  - 10:00 Tai Chi
  - 10:00 King Tut Immersive Experience Outing
  - 1:30 Let's make a pillow!
  - 2:30 Full Body Strength Class
  - 3:30 Happy Hour
  - 6:00 True Life Movies



Hair Salon  
Schedule  
Tuesday,  
Wednesday &  
Friday 9am-2pm

Transportation  
Schedule  
Monday:  
Shopping

Tuesday &  
Thursday  
9:30am-3:30pm  
Medical Appts.

Wednesday:  
Traditional  
Outings

## PROGRAM

- - Cognitive
- - Emotional
- - Physical
- - Social