

## Golden Days of August

August arrives with a quiet beauty, full of golden mornings, soft twilight skies, and a peaceful stillness that invites us to slow down and savor the season. It's the heart of summer—a time to enjoy warm breezes, blooming gardens, and those special evenings spent in good company or quiet reflection.



Unlike the rush of June or the intensity of July, August is more gentle and reflective. There's a subtle shift in the air, a whisper that change is near, yet still plenty of time to soak in sunshine and enjoy the small delights that make summer so memorable. Whether it's sharing stories on the patio, taking a walk in nature, or diving into a favorite book, August invites us to be fully present.

It's also a time to recharge and reconnect—not only with others, but with ourselves. Amid the long days and golden light, there's space to breathe, to reset, and to rediscover the simple joys we sometimes overlook.

Let August remind us that there is beauty in stillness, and magic in the everyday moments. This is a season to appreciate the present, find peace in the familiar, and make space for joy.

Here's to a beautiful month ahead—full of warmth, reflection, connection, and lasting memories.

## Light, Camera, Convo



Join us for Lights, Camera, Convo on Friday, August 22 at 1:30 PM as we discuss *The Namesake*, a touching film about family, identity, and cultural roots. Based on Jhumpa Lahiri's novel, the story follows a Bengali-American family's journey of self-discovery across generations. Come share your thoughts and favorite moments as we reflect on this powerful and heartfelt film.

## Welcome to August!

Music, Magic & More at Skybrooke at Simsbury!

August is here, and with it comes sunshine, laughter, and a full calendar of engaging events at Skybrooke at Simsbury. From live music to mesmerizing performances, there's something for everyone to enjoy.

We'll kick things off with Sheri Ziccardi during Happy Hour on Friday, August 1 at 3:45 PM. Then, prepare to be amazed by illusionist Josh Farley on Wednesday, August 6 at 3:45 PM—a magical experience you won't want to miss!

Other musical highlights include David Goclawski on August 8, the high-energy Hot Cat Band on August 13, and the lively Red & Yellow Duo on August 27, all at 3:45 PM.

Beyond entertainment, August offers something for everyone—fitness classes, art, outings, discussions, games, and more. Whether you're here to move, connect, or just relax, you'll find joy in every day.

Let's make the most of this vibrant month—together!



### SKYBROOKE AT SIMSBURY *Leadership Team*

**Katie Lee**

*Executive Director*

**Sophie Mitten**

*Sales Director*

**Mary Beth Bonnell**

*Resident Care Dir*

**Taylor Dymarczyk**

*Business Office Dir*

**Rita Kuczorski**

*Resident Engagement Dir*

**Kyle Jessie**

*Culinary Director*

**Zambedee West**

*Maintenance Director*

**Kristine Dudecz**

*Asst Resident Care Dir*





## Sunday

**AUGUST 31**

- 9:00 Board & Bond
- 9:30 Gym Time
- 10:00 Mass & Communion
- 11:00 Toss Games
- 11:30 Religions of The World
- 2:00 Bingo
- 2:30 A Streetcar Named Desire
- 6:30 A Streetcar Named Desire

## Monday



142 Cooper Ave  
Weatogue, CT 06089  
(860) 317-7101

[northbridgecommunities.com/skybrooke\\_simsbury/](http://northbridgecommunities.com/skybrooke_simsbury/)  
*assisted living*

## Tuesday

## Wednesday

## Thursday



## Friday

## Saturday

## Happy Birthday!

To all the residents and families celebrating birthdays this month, we send our heartfelt wishes for a joyful and memorable day. Your presence brings light and warmth to our community, and we're so happy to celebrate with you.

May this year bring you good health, happiness, and many special moments. Happy Birthday from all of us at Skybrooke!

### Activity Key

- Connect
- Feel
- Move
- Learn

**3**

- 9:00 Board & Bond
- 9:30 Gym Time
- 10:00 Mass & Communion
- 11:00 Toss Games
- 11:30 Religions of The World
- 2:00 Bingo
- 2:30 Movie: Chinatown
- 3:30 Watermelon Social
- 6:30 Movie: Chinatown

**10**

- 9:00 Board & Bond
- 9:30 Gym Time
- 10:00 Mass & Communion
- 11:00 Toss Games
- 11:30 Religions of The World
- 2:00 Bingo
- 2:30 A Man Called Otto
- 6:30 A Man Called Otto

**17**

- 9:00 Board & Bond
- 9:30 Gym Time
- 10:00 Mass & Communion
- 11:00 Toss Games
- 11:30 Religions of The World
- 2:00 Bingo
- 2:30 Movie: The Birdcage
- 6:30 Movie: The Birdcage

**24**

- 9:00 Board & Bond
- 9:30 Gym Time
- 10:00 Mass & Communion
- 11:00 Toss Games
- 11:30 Religions of The World
- 2:00 Bingo
- 2:30 The Long Way Home
- 6:30 The Long Way Home

**4**

- 10:00 Better Balance
- 10:30 Discussion
- 11:30 Axe Throwing
- 1:00 Outing- Walmart
- 1:30 Resistance Bands
- 2:00 Cooking- Craft of Beer
- 2:30 Movie: And So It Goes
- 4:00 Mixer Monday
- 4:15 Trivia
- 6:30 Movie: And So It Goes

**11**

- 10:00 Better Balance
- 10:30 Discussion
- 11:30 Jenga
- 1:00 Outing- Flower Bridge
- 1:30 Resistance Bands
- 2:00 Root Beer Floats
- 2:30 Movie: Anything Goes
- 4:00 Mixer Monday
- 4:15 Trivia
- 6:30 Movie: Anything Goes

**18**

- 10:00 Better Balance
- 10:00 Outing - Casino
- 10:30 Discussion
- 11:30 Billiards
- 1:30 Resistance Bands
- 2:00 Cooking
- 2:30 Movie: Green Book
- 4:00 Mixer Monday
- 4:15 Trivia
- 6:30 Movie: Green Book

**25**

- 10:00 Better Balance
- 11:00 Cornhole
- 11:00 Book Club
- 1:00 Outing- TJMaxx Plaza
- 1:30 Resistance Bands
- 2:00 Cooking
- 2:30 Once Upon a Time in Holly
- 4:00 Mixer Monday
- 4:15 Trivia
- 6:30 Once Upon a Time in Holly

**5**

- 10:00 Chair Dancing
- 10:30 This Day in History
- 10:30 Ambassador Meeting
- 11:00 Choral Formation
- 1:00 Art
- 2:00 Barre Balance
- 2:30 The Pursuit of Happiness
- 3:00 Poetry Stalking
- 6:30 The Pursuit of Happiness

**12**

- 10:00 Chair Dancing
- 10:30 This Day in History
- 11:00 Choral Formation
- 1:00 Art
- 2:00 Barre Balance
- 2:30 The Devil Wears Prada
- 3:00 Short Story Club
- 6:30 The Devil Wears Prada

**19**

- 10:00 Chair Dancing
- 10:30 This Day in History
- 11:00 Choral Formation
- 1:00 Art
- 2:00 Barre Balance
- 2:30 Movie: Red River
- 3:00 Poetry Stalking
- 6:30 Sunset Social
- 6:30 Movie: Red River

**26**

- 10:00 Chair Dancing
- 10:30 This Day in History
- 11:00 Choral Formation
- 1:00 Art
- 2:00 Barre Balance
- 2:30 Little Miss Sunshine
- 3:00 Short Story Club
- 6:30 Little Miss Sunshine

**6**

- 9:15 Trail Walk
- 10:00 Exercise Class by Legacy
- 10:30 Fit Minds
- 11:15 Words in Words
- 1:30 Bridge
- 2:00 Catholic Mass
- 2:00 Bingo
- 2:30 Movie: Queen of Katwe
- 3:30 Wine Down Wednesday
- 3:45 Illusionist- Josh Farley

**13**

- 9:15 Trail Walk
- 10:00 Exercise Class by Legacy
- 10:30 Fit Minds
- 11:15 Words in Words
- 1:30 Bridge
- 2:00 Bingo
- 2:30 Movie: Scent of a Woman
- 3:30 Wine Down Wednesday
- 3:45 Music by Hot Cat Band
- 6:30 Scent of a Woman

**20**

- 9:15 Trail Walk
- 10:00 Exercise Class by Legacy
- 10:30 Fit Minds
- 11:15 Words in Words
- 1:30 Bridge
- 2:00 Bingo
- 2:30 Movie: The King's Speech
- 3:30 Wine Down Wednesday
- 3:45 Music Red and Yellow
- 6:30 Movie: The King's Speech

**27**

- 9:15 Trail Walk
- 10:00 Exercise Class by Legacy
- 10:30 Fit Minds
- 11:15 Words in Words
- 1:30 Bridge
- 2:00 Bingo
- 2:30 Movie: Steel Magnolias
- 3:45 Wine Down Wednesday
- 6:30 Movie: Steel Magnolias

**7**

- 10:00 Yoga
- 11:00 Confections with Katie
- 1:00 Documentary
- 1:30 Skybrooke Sings
- 2:00 Barre Balance
- 2:30 The Harder They Fall
- 3:00 Operations & Upkeep Forum
- 6:30 The Harder They Fall

**14**

- 10:00 Yoga
- 11:00 Orchid Lovers Circle
- 1:00 Spa and Relaxation
- 1:30 Skybrooke Sings
- 2:00 Barre Balance
- 2:30 Movie: Living
- 3:00 Engagement Insights Mtg
- 3:30 Documentary
- 6:30 Movie: Living

**21**

- 10:00 Yoga
- 11:00 Green Thumb Clinic
- 1:00 Documentary
- 1:30 Skybrooke Sings
- 2:00 Barre Balance
- 2:00 What's Cooking with Chef
- 2:30 Culinary Forum
- 2:30 Movie; The Namesake
- 6:30 Movie: The Namesake

**28**

- 10:00 Yoga
- 11:00 Music Appreciation
- 11:00 Travel
- 1:00 Documentary
- 1:30 Skybrooke Sings
- 2:00 Barre Balance
- 2:30 Movie: Good Fellas
- 3:00 Town Hall Meeting
- 6:30 Movie: Good Fellas

**1**

- 9:15 Trail Walk
- 10:00 Gentle Stretch
- 10:30 Outing- Hug A Horse
- 11:00 Hearts in Prayer
- 1:00 Design with Blooms
- 2:30 Movie; The Fugitive
- 3:30 Happy Hour
- 3:45 Music with Sheri Ziccardi
- 6:30 Movie: The Fugitive

**8**

- 9:15 Trail Walk
- 10:00 Gentle Stretch
- 10:30 Fit Minds
- 11:00 Hearts in Prayer
- 1:00 Design with Blooms
- 1:30 Current Events with Tony
- 2:30 The Long Walk Home
- 3:30 Happy Hour
- 3:45 Music by David Gocłowski
- 6:30 The Long Walk Home

**15**

- 9:15 Trail Walk
- 10:00 Gentle Stretch
- 10:30 Fit Minds
- 11:00 Hearts in Prayer
- 1:00 Design with Blooms
- 1:30 Scene & Heard
- 2:30 Are you There God?
- 2:45 Outing - Scenic Drive
- 3:45 Happy Hour
- 6:30 Are you There God?

**22**

- 9:15 Trail Walk
- 10:00 Gentle Stretch
- 10:30 Fit Minds
- 11:00 Hearts in Prayer
- 1:00 Design with Blooms
- 1:30 Lights, Camera, Convo
- 2:30 Movie: High Noon
- 3:45 End of Summer Bash
- 6:30 Movie: High Noon

**29**

- 9:15 Trail Walk
- 10:00 Gentle Stretch
- 10:30 Fit Minds
- 11:00 Hearts in Prayer
- 1:00 Design with Blooms
- 2:30 Notes on a Scandal
- 2:45 Outing- Scenic Drive
- 3:45 Happy Hour
- 6:30 Notes on a Scandal

**2**

- 9:30 Walks in the Garden
- 10:00 Shabbat Service
- 11:15 Words in Words
- 2:00 Barre Balance
- 2:30 Movie: The King and I
- 3:00 Rummikub Rumble
- 6:30 Movie: The King and I

**9**

- 9:30 Walks in the Garden
- 10:00 Shabbat Service
- 11:15 Words in Words
- 2:00 Barre Balance
- 2:30 Movie: Hello Dolly
- 3:00 Rummikub Rumble
- 6:30 Movie: Hello Dolly

**16**

- 9:30 Walks in the Garden
- 10:00 Shabbat Service
- 11:15 Words in Words
- 2:00 Barre Balance
- 2:30 Sound of Music
- 3:00 Rummikub Rumble
- 6:30 Sound of Music

**23**

- 9:30 Walks in the Garden
- 10:00 Shabbat Service
- 11:15 Words in Words
- 2:00 Barre Balance
- 2:30 Movie; The Wizard of Oz
- 3:00 Rummikub Rumble
- 6:30 Movie: The Wizard of Oz

**30**

- 9:30 Walks in the Garden
- 10:00 Shabbat Service
- 11:15 Words in Words
- 2:00 Barre Balance
- 2:30 Movie: Casino Royale
- 3:00 Rummikub Rumble
- 6:30 Movie: Casino Royale