

## Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

S	I	S	G	D	T	M	Z	E	W	C	D	L	N	I
E	U	A	R	T	D	S	V	E	F	U	Z	G	W	F
P	W	L	I	I	P	D	N	Q	T	C	Q	B	S	L
G	O	R	O	I	A	I	K	C	O	L	B	N	U	S
A	G	P	R	I	H	F	H	X	D	E	P	B	N	O
R	F	T	S	S	D	J	S	W	I	M	M	I	N	G
A	N	L	N	I	H	A	P	X	R	O	R	O	S	Y
G	I	U	O	V	C	E	L	C	E	N	H	F	V	P
E	S	E	Y	G	A	L	M	G	P	A	W	J	X	F
S	J	K	T	C	E	Y	E	K	T	D	T	I	A	L
A	X	G	H	G	B	R	E	S	P	E	C	M	E	A
L	T	E	T	F	K	O	G	R	I	V	I	O	O	I
E	S	R	B	O	A	T	I	N	G	L	F	N	X	H
S	E	I	L	F	E	R	I	F	Y	S	J	J	C	G
M	C	T	F	P	B	B	C	M	R	E	D	Q	D	N

BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO

August 2025

## The Lodge at Arbor Village

24004 114<sup>th</sup> PL SE, Kent WA, 98030, (253) 856-1600



### Guitar Gil

Monday August 4<sup>th</sup> @ 1:30

### Special Family Dinner

Wednesday August 6<sup>th</sup>

### Melissa & Larry Live

#### Music

Thursday August 7<sup>th</sup> &  
Thursday August 21<sup>st</sup> @ 1:30

### Cabaret

Friday August 8<sup>th</sup> @ 2:00

### Worship with The

#### Schaffers

Sunday August 24<sup>th</sup> @ 3:00

### Dementia Education

#### Class (Lodge)

Thursday August 28<sup>th</sup> @ 3:00

## August is National Wellness Month – Prioritize You!

August is National Wellness Month—a perfect opportunity to focus on self-care, healthy routines, and stress management. Whether you're looking to boost your energy, improve focus, or simply feel better day-to-day, small changes can lead to big improvements in your overall well-being.



### Quick Wellness Tips

- Move a little each day - Walk, stretch, or try chair exercises.
- Drink water often - Stay hydrated, even if you're not thirsty.
- Keep your brain active - Try puzzles or read a book.
- Limit stress - Take breaks from the news and rest your mind.



## August Birthday's

**Victoria N- 8/12**

**Suzann T- 8/29**



# Happy Summer

## Arbor Village Bunny's

As you walk into Arbor Village you may notice a furry friend or two hopping around the campus. Our bunnies are loved by our residents with the proper nutrients and care. Please only feed our furry bunnies

- Hay
- Leafy Greens
- Pellets
- Treats such as apples, carrots and bananas in small amounts

Thank you!



## Directors

- Jennifer Shegrud, Executive Director  
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- Chloe Holcomb, Assistant Executive Director  
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- Monica Jaswal, Wellness Director  
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- Tiffany Taratino, Community Relations Director  
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## Performances

Please join us in the Dining Room or front room to enjoy our musical performances.

**Guitar Gil - August 4th**

**Larry & Melissa - August 7<sup>th</sup> & 21<sup>st</sup>**

**Cabaret - August 8<sup>th</sup>**

## #Clubs

At the Lodge at Arbor Village, Life Enrichment has kicked off a week full of fun clubs! Dive into stories with the Book Club, jam out at the Music Club, or unleash your creativity in the Art Club.

