

PARK MANOR OF CONROE



August 21 is recognized as National Senior Citizen Day—a time to honor the older adults in our lives and reflect on all they've given to their families, communities, and the world around them. While today is a great reminder to celebrate, the truth is: **every day is an opportunity to show our appreciation.**

Our seniors are storytellers, role models, and the hearts of many families. They've lived through seasons of change, shared their wisdom, and helped shape the world we live in. Their lives are full of quiet victories and lasting legacies.

Whether you're looking for meaningful ways to celebrate on August 21—or simply want to make an ordinary

day feel extraordinary—here are a few uplifting ideas to enjoy together:

- **Create intergenerational moments:** Plan a fun art project, cook a favorite family recipe, or start a story-sharing tradition that bridges generations and builds bonds.
- **Celebrate their journey:** Look through old photo albums, revisit favorite songs or movies from their youth, or ask them to share a cherished memory.
- **Encourage wellness and joy:** Try a gentle movement class, spend time outdoors, or simply enjoy a cozy afternoon chat. Small moments matter.
- **Volunteer side by side:** Join a local cause together or help them share their knowledge through mentoring, reading to children, or crafting for a good cause.
- **Be present:** Your time, attention, and laughter are often the greatest gifts. Share a meal, play a game, or just sit and talk in whatever way brings joy and connection.

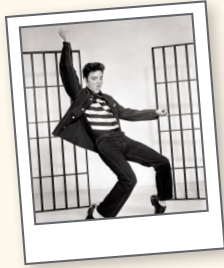
The seniors in our lives deserve to be honored not just on August 21, but in the little moments we create with them all year long. **Every shared smile, story, or simple visit is a chance to show them just how much they mean to us.**



Celebrate the King of Rock 'n' Roll!

August 8–16

Each August, fans around the world turn their hearts (and hips!) to Elvis Presley, the one and only King of Rock 'n' Roll.



Whether you first saw him shaking things up on a black-and-white TV or remember hearing "Love Me Tender" on the radio, Elvis left a lasting impression—and his legacy continues to bring joy across generations.

This year marks the 47th anniversary of Elvis's passing, yet his music, style, and spirit still have a way of making us smile. From toe-tapping hits to heartfelt ballads, Elvis could do it all—and he did.

Whether you're playing your favorite Elvis records, watching a tribute performance, or sharing memories of the first time you heard "Can't Help Falling in Love," Elvis Week is a wonderful time to celebrate a legend who continues to unite music lovers of all ages.

COLOR ME!

Coloring isn't just for children – it has been proven to have great benefits for all ages, including stress relief, improving motor control, creativity and increasing concentration. Coloring books targeted towards adults have become a popular trend in our count in the last few years. **On August 2, National Coloring Book Day**, grab some crayons, colored pencils or markers for some relaxing fun!

Special Events

Friday 1st



2-3:30 pm Booze & Tattoos in the dining room

Friday 8th



2:30-3:30 pm – Friday Social with special music by Marcy Rae & refreshments

Tuesday 12th



2-4 pm – Special Musical Entertainment by The Country Pickers

Friday 15th



2:30-3:30 pm – Friday Social with special music by Mike Casey & refreshments

Tuesday 19th



2-3:30 pm – Resident Council Meeting

Wed 20th



Church service with The Ark Family Church

Friday 22nd



2:30-3:30 pm – Friday Social with special music and light show by Rob Mason & refreshments

Friday 29th



2:30-3:30 pm – Friday Social with special music by Mike Faltin – The Piano Man & refreshments





S'MORE FUN THIS AUGUST

Celebrate S'mores Day on August 10 and Toasted Marshmallow Day on August 31 with a tasty twist on the campfire classic.

While the traditional s'more—made with gooey marshmallow, melty chocolate, and crunchy graham crackers—will always have our hearts, who says you can't mix things up?

Sweet Ideas:

Go Bananas: Add sliced bananas, strawberries, or even a touch of jam.

Spice It Up: Sprinkle cinnamon, cocoa powder, hot honey, or even a dash of chili powder for a kick.

Chocolatey Goodness: Use white chocolate, dark chocolate, or filled candy bars like caramel, peanut butter cups, or peppermint patties.

Fruit Filling: Roasted peach slices or a spoonful of pie filling adds a warm, pie-like flavor.

Now for Something Savory:

For a fun twist, skip the sweets and try a savory s'more! **Toast a wedge of cheese—like brie or cheddar—and layer it with thin prosciutto or deli meat between your favorite buttery crackers.** It's rich, melty, and unexpectedly delicious.

Whether you love sweet or savory, there's a s'more out there for everyone. So grab your favorite fixings, gather around the fire—or toaster oven—and make some gooey, golden memories this August!

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HAPPY BIRTHDAY

Wayne D.	8/4
Margaret F.	8/5
Karen M.	8/7
Jose M.	8/10
William C.	8/18
Fern D.	8/21
Linda W.	8/21
Genieze F.	8/24
James W.	8/26
Glenda O.	8/27
Edgar H.	8/30

Tips for More Effective Reading

Book Lovers Day on August 9 celebrates the joy of getting lost in a good story. Whether you're revisiting an old favorite or picking up something new, reading is a wonderful way to relax, learn, and keep your mind active.

Read Regularly:

Like any skill, reading improves with practice.

Identify Main Ideas:

Focus on key characters, major events, and central themes.

Stay Focused:

Limit distractions and recap each chapter before moving on.

Reading is a rewarding habit that supports memory, focus, and imagination.

So pick up a good book and enjoy every page!





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CENTRAL SUPPLY DIRECTOR

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Anna Chavez

HOUSEKEEPING & LAUNDRY MANAGER

Nicole Elsevier

DIRECTOR OF TALENT & LEARNING

Allean Johnson

CONCIERGE



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



WORD LIST

ACTIVITY
BOOKS
COLOR
ELVIS
HAPPINESS
KING
LEMONADE
MARSHMALLOW
MUSIC
PRESLEY
READ
RELAX
SENIOR
SMORE
WELLNESS