



PACIFICA

SENIOR LIVING

MILLCREEK

777 E 3900 S • Salt Lake City, UT 84107 • (801) 288-0700

Spray Away Summer Heat

Beat the summer heat by keeping a spray bottle filled with cold water handy. Spritz your face, neck and arms when you need to cool down.

Draw a Picture to Help Your Memory

When you need to remember something, writing it down often helps. But scientists say drawing it may be a better strategy, especially for older adults. People in a study who were asked to recall a list of words had the best results when they drew a picture of each word. Experts theorize that the drawing process provides the brain with more cues to help retrieve a memory. And don't worry about artistic ability; the technique worked when participants took just a few seconds to sketch out an idea.

Crazy for Kool-Aid

With its "rainbow of flavors," Kool-Aid has been a favorite summer drink since 1928. That's when Nebraska entrepreneur Edwin Perkins found a way to transform his invention Fruit Smack, a bottled drink concentrate, into convenient powders. At 10 cents a packet, Kool-Aid's six original flavors were grape, lemon-lime, cherry, orange, raspberry and strawberry.

Curl Up With a Coloring Book

Coloring is no longer just child's play, but a popular pastime for grown-ups. Sit, relax and color inside the lines (or not!) on National Coloring Book Day, Aug. 2.

August 2017



2ND ANNUAL LIP SYNC BATTLE

Winners compete for a **GRAND PRIZE**
at the Alzheimer's Association Walk:
Salt Lake County - September 23rd

Singing For A Cure

Visiting Angels works in partnership with the Alzheimer's Association to help build awareness of the needs surrounding this disease which affects 1 in 3 of our senior citizens. All funds go to help fight the Alzheimer's disease through vital research and essential support programs.

Sponsored by:



You only have to look
like you know what
you're doing!

SALT LAKE BATTLE

Aug 25th

Pacifica Senior
Living - Millicreek

2:00-3:00pm

\$25 Entry Fee
Teams & Individuals
contact us below

To register contact
Visiting Angels
801-542-8282

Email:
astreeter@
visitingangels.com

'Grin' Is One

How many words can you come up with using the letters in "air conditioning"?

Did You Know?

Half a byte is called a nibble.

Vaccines for Seniors

Flu season is just around the corner. In addition to the flu shot, several other vaccines, including those for pneumonia and shingles, are recommended for adults over 60. National Immunization Awareness Month during August is a good time to check with your doctor to see if your vaccines are up to date.

The Super Bowl of Bridge

The card game bridge has been called the sport of the mind and is recognized as such by the International Olympic Committee. The bidding for contract bridge's most prestigious prize begins Aug. 12 in Lyon, France, where teams from around the globe will play in the Bermuda Bowl, the biennial world championships of the game.

Festival for Twins

If you're anywhere near Twinsburg, Ohio, on Aug. 4-6, you may think you're seeing double. That's because the city hosts the world's largest annual gathering of twins! In 1817, identical twins Aaron and Moses Wilcox founded the community, and every summer since 1976, the Twins Days Festival has drawn thousands of twins from across the globe.

| Sunday | Monday | Tuesday |
|--|---|---|
| <div>August</div> | Locations (AR) Activity Room 2nd Fl (L) Front Lobby (P) Patio (PDR) Private Dining Room (\$) Fee (*) Sign-up Required | Transportation Day 1 10:00 Exercise Class 10:30 Brain Fitness 1:30 Mini Manicures 2:30 Reminiscing 6:00 Relief Society- Everyone Welcome |
| | 6 | 7 |
| | 10:00 Sunday School 10:45 LDS Services 1:30 Resident Run Card Games 2:30 News & Views With Karolynn (L) | 10:00 Exercise 10:30 Flower Design 1:30 Shopping at Walmart (*) 2:30 Blood Pressure Checks With Encompass 3:00 Bible Study 6:00 Farkle |
| | 13 | 14 |
| | 10:00 Sunday School 10:45 LDS Services 1:30 Resident Run Card Games 2:30 News & Views With Karolynn (L) | 10:00 Exercise Class 10:30 Brain Fitness 11:00 Jewelry Extravaganza With Vicky (L) 1:30 Mini Manicures 2:30 Painting to Music 3:00 Baking Cookies 6:00 Relief Society- Everyone Welcome |
| | 20 | 21 |
| | 10:00 Sunday School 10:45 LDS Services 1:30 Resident Run Card Games 2:30 News & Views With Karolynn (L) | 10:00 Exercise Class 10:30 Brain Fitness 11:00 Red Hat Luncheon 1:30 Mini Manicures 3:00 Andy's 100th Birthday Celebration 6:00 Relief Society- Everyone Welcome |
| 27 | 28 | 29 |
| 10:00 Sunday School 10:45 LDS Services 1:30 Resident Run Card Games 2:30 News & Views With Karolynn (L) | 10:00 Exercise 10:30 Flower Design 1:30 Shopping at Walmart (*) 2:30 Sudoku 3:00 Bible Study 6:00 Farkle | 10:00 Exercise Class 10:30 Pet the Horses 11:00 Hearing Aid Check 1:30 Mini Manicures 2:30 Scones at Midvale Mining 6:00 Relief Society- Everyone Welcome |

| Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|
| 2 9:30 Scenic Drive 10:00 Senior Yoga (DVD) 10:30 Dominoes 12:30 Bank Run (*) 1:00 Chef Talk With Matti 1:30 Town Hall With Aaron 2:00 Shopping at Smiths (*) 3:00 Sit & Dance With Becky | Transportation Day 3 10:00 Exercise Class 10:30 Uno 1:30 Bingo Blast 2:30 Pets With Shauna 3:30 Root Beer Floats 6:00 Cards 21 | 4 10:00 Scrabble 10:30 Communion St. Vincent 10:30 Trip to Goodwill 1:30 Baking Cinnamon Rolls 2:00 Rosary 3:00 Happy Hour | 5 10:00 Trivia Games 10:30 Gardening Club 1:30 Crochet Project 2:30 Fall Paintings 3:30 Wii Bowling |
| 9 9:30 Scenic Drive 10:00 Senior Yoga (DVD) 10:30 Dominoes 11:00 Car Show 12:30 Bank Run (*) 1:45 Craft With Char 2:00 Shopping at Smiths (*) 3:00 Piano / Sherry Walker | Transportation Day 10 10:00 Exercise Class 10:30 Uno 1:30 Bingo Blast 2:30 Pets With Shauna 3:30 Root Beer Floats 6:00 Cards 21 | 11 10:00 Scrabble 10:30 Communion St. Vincent 10:30 Orange Cinnamon Rolls 1:30 Puzzle Party 2:00 Rosary 3:00 Happy Hour | 12 10:00 Exercise Class 10:30 Gardening Club 1:30 Baking Biscuits 2:30 Craft 3:30 Wii Bowling |
| 16 9:30 Scenic Drive 10:00 Senior Yoga (DVD) 10:30 Dominoes 12:30 Bank Run (*) 2:00 Shopping at Smiths (*) 3:00 Sit & Dance With Becky | Transportation Day 17 10:00 Exercise Class 10:30 Uno 1:30 Bingo Blast 2:30 Pets With Shauna 3:30 Root Beer Floats 6:00 Cards 21 | 18 10:00 Scrabble 10:30 Communion St. Vincent 10:30 Trip to Big Lots 1:30 Craft 2:00 Rosary 3:00 Happy Hour | 19 10:00 Stretching With Danny 10:30 Gardening Club 1:30 Cell Phone Assistance 3:30 Wii Bowling |
| 23 9:30 Scenic Drive 10:00 Senior Yoga (DVD) 10:30 Dominoes 11:15 Special Birthday Lunch 12:30 Bank Run (*) 1:30 Resident Council Meeting 2:00 Shopping at Smiths (*) 2:15 Tai Chi and Qigong | Transportation Day 24 10:00 Exercise Class 10:30 Uno 1:30 Bingo Blast 2:30 Pets With Shauna 3:30 Root Beer Floats 6:00 Cards 21 | 25 10:00 Scrabble 10:30 Communion St. Vincent 10:30 Fat Cats Bowling (*) (\$) 1:30 Music and Memories 2:00 Rosary 3:00 Happy Hour | 26 10:00 Exercise Class 10:30 Gardening Club 1:30 Sugar House Park Adventure 2:30 Puzzle Party 3:30 Wii Bowling |
| 30 9:30 Scenic Drive 10:00 Senior Yoga (DVD) 10:30 Dominoes 12:30 Bank Run (*) 2:00 Shopping at Smiths (*) 3:00 Uno Card Game | Transportation Day 31 9:00 Podiatry- Dr. Mortensen (*) 10:00 Exercise Class 10:30 Uno 1:30 Bingo Blast 2:30 Pets With Shauna 3:30 Root Beer Floats 6:00 Cards 21 | | |



August Birthdays

August 8th - Vivian C.
 August 9th - Larae O.
 August 13th - Wendy W.
 August 23rd - Andy S.

"This Month In History" AUGUST

1790: With 10 small vessels to patrol the Atlantic coastline, the service that would later become the U.S. Coast Guard is created by an act of Congress.

1884: The cornerstone for the Statue of Liberty's pedestal is laid in New York Harbor.

1905: Ty Cobb makes his MLB debut with the Detroit Tigers. The Hall of Famer hit a double in his first at-bat.

1916: The National Park Service is established.

1922: A New York radio station broadcasts the first paid radio commercial. It was an ad for a new apartment complex.

1934: The comic strip "Li'l Abner" by Al Capp begins its 43-year run.

1945: Celebrations break out across the U.S. when President Harry S. Truman announces Japan's surrender to the Allies, ending World War II.

1958: The USS Nautilus submarine completes the first undersea crossing of the North Pole.

1961: In Toronto, the Hockey Hall of Fame opens.

1977: The Department of Energy is created.

1983: Space shuttle Challenger astronaut Guion S. Bluford Jr. becomes the first African-American to travel into space.

1993: Ruth Bader Ginsburg is sworn in as an associate justice of the Supreme Court. She was the second woman in history appointed to the position.

2015: Mount McKinley, North America's highest peak, is officially renamed Denali, its traditional Alaskan name.

2016: At the Summer Olympics in Rio de Janeiro, American athletes earn a record-breaking 121 medals.