

Swiss National Day: Switzerland’s celebration the oath of confederation or the foundation of Switzerland every August 1st. (Ref: swissworld.org or check out Wikipedia)

- Travel - Discuss travels to Switzerland. See the swissworld.org site for information on Switzerland the land, people, and culture and season events.
- Social – The Swiss are known for their cheese, chocolate and breads. Since it will be too hot to cook have a social instead featuring Swiss cheese served with their breads such as Graubünden, Jura, Ticino, Valais, Vaud and Zug. You can find these at a World Market or a specialty bakery.
- Games – Two game suggestions, since the Swiss have a love for cycling and ice hockey:
 - Cycle race – Play it just like your do the horse derby except us bicycles, or you can look up requirements for a cycle race and make adjustments as needed to play the game. You can have the residents decorate bicycles out of cardboard in a craft activity for them to race or purchase small toy bicycles for them to use.
 - Ice Hockey – If you have an Air Hockey game table then set up a group competition. If not then see if you can borrow one from anyone that might have one. Another alternative is to use a Nerf ball with the pool noodles as the hockey stick, they must hit it the ball with the noodle just like a hockey into a goal net. OR if you have a Wii rent an ice hockey game for the residents to try.
- Physical Activity – Hiking is a favorite pastime in Switzerland so take the residents out to the park or maybe a trip around the facility.
- Movie – Rent or see if the library has a travel movie on Switzerland or you can show the movie Heidi.

Raspberry Cream Pie Day: (Some celebrate this day on Aug 1st; however there is no real documentation to that this is a real national celebrated day)

- Discussion – Ask residents if they ever went Raspberry picking and let them tell their raspberry stories. You can also read the picking tips on pickyourown.org that will help the residents when they go out to pick raspberries at the farm, market or store.
- Outing – See if there is a raspberry picking farm near your town to take the residents so they can pick some raspberries for the cooking activity. If no farm is around then take them to the Farmers Market or the local grocery store.
- Cooking – Make a no-bake raspberry crème pie or have residents whip some crème to make whip topping for their fresh raspberries.
- Giving the raspberry – Wikipedia has great info on “Blowing the raspberry” it is something we all have done as children and believe it or not in corporate stress management classes they encourage it for stress relief. Warning, keep a distance between the residents...it may get a little messy and have plenty of paper towels.
- Social – Have a Raspberry Cocktail or punch while playing songs by The Raspberries. The official website for the 1970 band is raspberriesonline.com, which can give you info on the band. This may seem a little out of the residents range, however they may enjoy the

change and bring back memories of hearing the song their children/grand-children played as teenagers.

Ice Cream Sandwich Day (This can be celebrated on Aug 2 according to allabouticecream.com under history and then national days.)

- Discussions – Read the history from Wikipedia on ice cream sandwiches and talk about their funniest memory they had with ice crème sandwiches. Ask if they ever made their own and if they remember how they made them.
- Cooking – Let the residents make their own ice cream sandwiches. This is how I make mine:
 - Prior to class take a box container of frozen ice cream OR freeze a container of cool whip, then dip bowl/box in warm water to remove from container. Slice either the ice cream or cool whip into ½ to 1 inch sections big enough to fit on two squares of the graham cracker.
 - Take two graham crackers (the entire cracker, break into) or cookies.
 - Put one slice of ice cream or frozen cool whip on half the graham cracker/cookie and put the other cracker/cookie on top...enjoy!
- Game – Play the poetry wheel game with titles relating to ice cream sandwiches. Instructions on how to build and play the game can be found on familyfun.go.com enter in site search window “kid’s poet”. When the page comes up click on the first link, then arrow to the page 5 which has all the information about the wheel. It should be fun and it looks simple to make.
- Word Game – Using the letters in “ice cream sandwiches” see how many other words your residents can make using only these letters. To make an extended game print out the vowel letters on index cards and let the resident draw a vowel card to use with the letters in ice cream sandwiches to make words. You can make your own rules to make the game work best for your residents.

Friendship Day: (Celebrated on Aug 2nd according to friendshipday.org, which has the history, poems, activities and craft ideas that you can use anytime)

- Discussion – Lead the group in a discussion on friendship. Do they remember their childhood friends? Etc...
- Craft – Make an eyeglass case out of felt, or a braided eyeglass chain/strap (women and men can use this to keep their eyeglasses around their necks), or a hat/scarf organizer.
 - Eyeglass case – Cut felt or form felt into long rectangles and cool glue the two long sides and the bottom. Decorate with pen paint or stickers. If they write their friends name on it, then everyone will always know who the case belongs to.
 - Eyeglass chain/strap – Purchase different color nylon plastic string and cut into 24 inches long strands. Take at least three or six strands and braid them into a long cord. At both ends tie a small extra strong rubber band (the kind they use for mini hair tails or braces). The rubber bands will keep the glasses attached as long as they are fitted near the glass hinges.

August Theme Activities– Compiled by Christine Jennings

- Hanging organizer – You will need: 1 yardstick with one or two holes at each end, any color paint, four or six clothespins, glue and stickers for decorations. Glue (hot, cool or wood glue) clothespins at the same distance along the stick vertical or horizontal. After the glue dries then paint the entire stick. Once the paint is dry then decorate with stickers or pen paint the friends name on it. The organizer can be hung by using the hole(s) to hang on small screws or they could use the new wall removable sticky for wall pictures. They can hang lightweight items like ball caps, ties, belts or scarves, lightweight hats, necklaces, art work, pictures and the activity calendar.
- Cooking – This will take more than just one day, but well worth the effort and the best part is the residents can share a starter with their family or visiting friends. Check out cooks.com and in the recipe search window type “Friendship cake starter”. They have many to choose from and they also have the Friendship cake recipe that you use the starter to make it. Note: This would be a good Christmas food gift for the residents to make because the cake freezes well.
- Men’s Social – For the men in your facility let them social of their own complete a game of cards, so the guys can just be guys with no women around.
- Women’s Social – Have a friendship tea for the ladies in the facility.
OR
- Community Friendship Social – Have a facility Friendship social that includes residents, family, staff, volunteers and go as far as inviting your vendors, sponsors that help keep your facility running in tip top shape....they are the friends you count on to provide the facility needs.
- Movie – Friendship movie suggestions:
 - *How to Make An American Quilt*, 1995 with Winona Ryder
 - *Now and Then*, 1996 with Christina Ricci, Melanie Griffith, Demi Moore, Rosie O’Donnell and Thora Birch
 - *Secret Garden*, 1993 with Maggie Smith, Kate Maberly, Heydon Prowse and Andrew Knott
 - *Whales of August*, 1987 with Lillian Gish, Bette Davis, Ann Sothern and Vincent Price
 - *Brian’s Song*, 1971 TV movie which is on DVD now. (good male friendship movie, but the women will like it too)
 - *Rocky*, any of the Rocky movies show good male friendships.

Watermelon Day:

- Discussion – Where did watermelons come from? Check out Wikipedia for information on watermelons and discuss it with the residents. Ask them if they grew watermelons or what was their favorite watermelon game, treat or drink? Find a picture of the new Japanese square watermelon to see what the residents think of it. If you can find one in your area then buy it for a discussion group treat.
- Craft – Do some folk art by painting watermelons on the vine on a plate or box.
- Cooking – Purchase a seedless watermelon and fresh strawberries (or you can use blackberries or raspberries), sugar, lemon juice and ice cubes. Slice watermelon in wedges so residents can scoop out the melon meat to place in a bowl. Have some residents cut the leave caps off the

strawberries if you don't have enough watermelon wedges to go around. In a blender combine 2 cups of watermelon, one pint of strawberries, 1/3 of sugar or you can use sugar substitute instead, 1/3 cup of lemon juice and about 2 cups of ice cubes. Process until it resembles a slushy. Let residents enjoy it before it melts. This is a great treat on the hot summer days of August!

- Game - What else, but a watermelon seed spitting contest..., this can be done a little different than just letting them put the seeds in their mouth and spit. First select a place to hold the contest and spread out two long white plastic table cloths. Let the contestant stand or sit at one end. Get some large drinking straws or use the candy straws that the flavored sugar comes in at the candy store because they are big enough that a seed will go through. Let them put the seed in the straw, take a deep breath to blow the seed out of the straw. Make sure they take a deep breath before putting their mouth on the straw. When the seed shoots out then mark the plastic with the contestant's name. After all had a turn then the seed that went the furthest wins. This is a good breathing exercise and should also bring back some good childhood memories to talk about afterwards over a cool glass of ice tea or coffee.
- Game– How many times can you use watermelon in the name? Example:
 - Watermelon patch
 - Watermelon carving
 - Watermelon shooters
 - Watermelon cooler
 - Watermelon festival
 - Watermelon crawl
 - Watermelon salad
 - Yellow watermelon
 - Seedless watermelon
 - Juicy watermelon

You get the idea...now see what your residents come up with, this may be a time to have a volunteer to record some of the answers they come up with and let them reminisce. It's okay if they make up names.

Lighthouse Day: (August 7th according to lighthousefoundation.org, click on Museum, scroll down to the bottom of the page then click on History of National Lighthouse Day)

- Listen and learn – Wikipedia has great information on lighthouse history, technology, design and so much more that you can share with your residents. Let resident see some of your information. Print it out and enlarge it on your copier. They will appreciate having something they can take back to their room to read over at their leisure.
- Group Craft– Make a large standing backyard lighthouse for the facility courtyard. There are many DIY kits on-line that are very affordable. You could order one and assign the residents to work on different parts, sanding, painting, reading instructions, pass parts to the main person assembling it together. You could also just get a wood plan and make your own kit to assemble out of scrap wood and old lamp light and glass bowls. The men that have high functioning skills

should like this project. You could also ask your maintenance staff to assist with this project to give them some one on one time with the residents. The maintenance staff never seems to get involved in activities so this will highlight them to participate. If you don't have any that are willing or have time to participate call on a local vocational school to see if an instructor or student will come out to help with this facility craft project.

- OR– Make a Christmas lighthouse decoration using thread cones and water bottle spouts. If you have a local seamstress, clothing, or Drapery Company near by call and ask them if they have some empty thread spool cones that you can have. Most are very happy to give them to you. Collect water bottles that have the spout on them from anybody you see that is going to trash it. This is also a good recycle craft. You can find complete instructions on allfreecrafts.com under free Christmas crafts, scroll down to homemade Christmas decoration and click on Spool Lighthouse decorations.
- Word Game – Word search at the end of the activity sheet.
- Writing – Challenge all residents to write a poem or short story about a lighthouse. This will include the room bound residents to participate if you and your staff pass out a work sheet giving the residents the opportunity to be a part of the writing activity. Let them know they can also read or have someone to read it at the Coffee House Social.
- Devotion / Social – A lot of good devotionals are based around the lighthouse and our Lord. Or you can try looking on thelighthouseboutique.com for poetry and articles or lighthouse news. Make this a coffee house environment and let the higher functioning residents read the poems or read the poem they wrote during the writing class.

Dog Days of summer: (Between July 3 through August 17 depending of source)

- Discussion – Print out information from Wikipedia on the Dog Days of summer. Start the discussion group with the residents to see what they were taught as children or young adults on the dog days of summer.
- Animal therapy – Invite someone that has a very social dog to come visit the residents. If any of the local dog kennel clubs have dogs that can do tricks to entertain the residents then ask them to come for a visit.
- Craft – Make fans out of wall paper samples you can get from the wall-paper store. If you ask them to let you have some old discontinued sample books they will for free or for a very low price. Make the old fashion according style fans, staple the end and add a ribbon to protect the hands from the staple. You can also use cardboard or poster paper to cut out a 6x6 or 8x8 inch circle or square and then glue on a large wood craft flat stick that looks like a Popsicle stick on one side. Let dry and fan away the hot summer air. Men might prefer cleaning or repairing a fan to use later on the porch or courtyard.
- Cooking – Make several types of ice tea and cucumber sandwiches that will be served at a facility social. Tea suggestion: Mint Julep, raspberry tea or make some fresh lemonade.
- Facility Social – there is nothing better than sipping cold ice tea and enjoying a cucumber sandwich on a hot summer day, complete with fans to keep you cool.
- Movie – Marley and Me, rated PG for thematic material, some suggestive content and language.

Book Lovers Day: (no real documentation found, however some celebrate this day on August 9th or first Saturday in November)

This day is all about the love of books and you can even make it a community outreach. Do a one on one earlier in the week to see what type of books the residents like to read. See if they have any books that they no longer want to donate to a book sale. This will give you an idea as to what type of books can be read in the social book reading time. It will also help you to know who to assign the tables too for the book sale. See more details below.

- Cooking – Make gallons of lemonade to serve at the book sale or social. Residents can help by rolling the lemons and juicing, while others add sugar and water. OR you can make the powdered kind to sale or give out to visitors on this community day.
- Facility Book Sale - Ask all your residents, staff, families and friends to donate books for a book sale. Make sure the marketing director gets involved to put an ad in the paper. This can promote the facility as active readers, as well as a community outreach. Let the residents help with the sale. Set up tables with focus on books they like to read by subject, or author, or category. The money can go for a special activity relating to books, or as a community project donate the money you made to a local library, school, mission or any reading related group from the facility. If you are going to sale the lemonade made during the cooking activity then assign residents to be in charge of the table along with a staff member. If you have tables throughout the facility then visitors can tour the facility, visit residents at each table outside their rooms (have at least two tables per hall, one on each end and have at least two residents with one staff member per table). They can either pay for the books at each table or as they go out the main facility door. If you have any books left from the sale you can either donate them to a local library, homeless shelter, jail, community center, or take them to Goodwill. The shelter and jail will only allow books that are non-violent, or non-sexual.
- Book reading social - Schedule some book readings during the day by any local authors that want to promote their book(s) or maybe a drama student that just loves to read with expression to a crowd. You can offer light refreshments.

National Aviation Day: (Aug 19)

- Discussion – Wikipedia has a little bit of information on why we celebrate Aviation Day, however on timeanddate.com under holidays, US, national-aviation-day it has the complete history of aviation day. Share the information with the residents and see if they remember anything special about a plane trip or when they saw their first air show. If you print out picture of old planes the visual might really get them talking.
- Craft - How about the old fashion paper planes. Everyone loves to make paper planes and see how far they can fly.
- Demonstration – Call your local RC Club and ask if some of the members will bring out small planes to show the residents. If your facility does not have a large lot that is telephone line free then you can ask if they will bring out helicopters since they do not require room for take off.
- Ask and learn – Contact your local airport and see if a pilot will talk to the residents and let them know the residents might ask a lot of questions concerning their experience as a pilot. If you

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have residents that were pilots in the service or for a commercial airline, then ask them to speak to the group. Make this a social event and serve light refreshments.

- Movie – Suggestions:
 - Twelve O'clock High, 1949 (I highly recommend this movie.)rated G
 - Those Magnificent Men in their Flying Machines, 1965, rated G
 - Fly Away Home, 1996, rated PG

Radio Day Theme: (always August 20th, however this was started by radio stations and personnel)

- Discussion – Wikipedia has information on radio history which you can share with the residents. Ask them what their first memory of the radio was. What was their favorite radio show? Do they remember the most shocking news they remember hearing on the radio and what was the best news they remember hearing?
- Word game – See end of activity sheet for word search game.
- Drama – If you have a Drama club let them act out a scene from a radio show, except they will be the radio actors coming to a studio to present the scene from a show in front of a live audience (the residents). Make sure you have all the sound effect items that they would have used during a real broadcast. I suggest you pass out audience passes so when the residents come they have passes to get in, just like they did for a real old time broadcast.
- Social – Serve tea and coffee while you play one of the old time radio shows for everyone to enjoy. You can find many old programs on CD's.
- Movie – "Radio Days" starring Woody Allen, 1987, rated PG. Note: I have not seen this movie; however it has high ratings so I thought I would mention it. I would advise you to watch it first before listing it on the calendar so you can determine if your residents will like it or not.

Lighthouse Word Search



ALEXANDRIA

ANCIENT

BILOXI

BOSTON LIGHT

DESIGN

EDDYSTONE

HARBORS

HERCULES

HILTON HEAD

LENS

LIGHTHOUSE

MAINTENANCE

MODERN

MOSQUE

NAVIGATION

NOVA SCOTIA

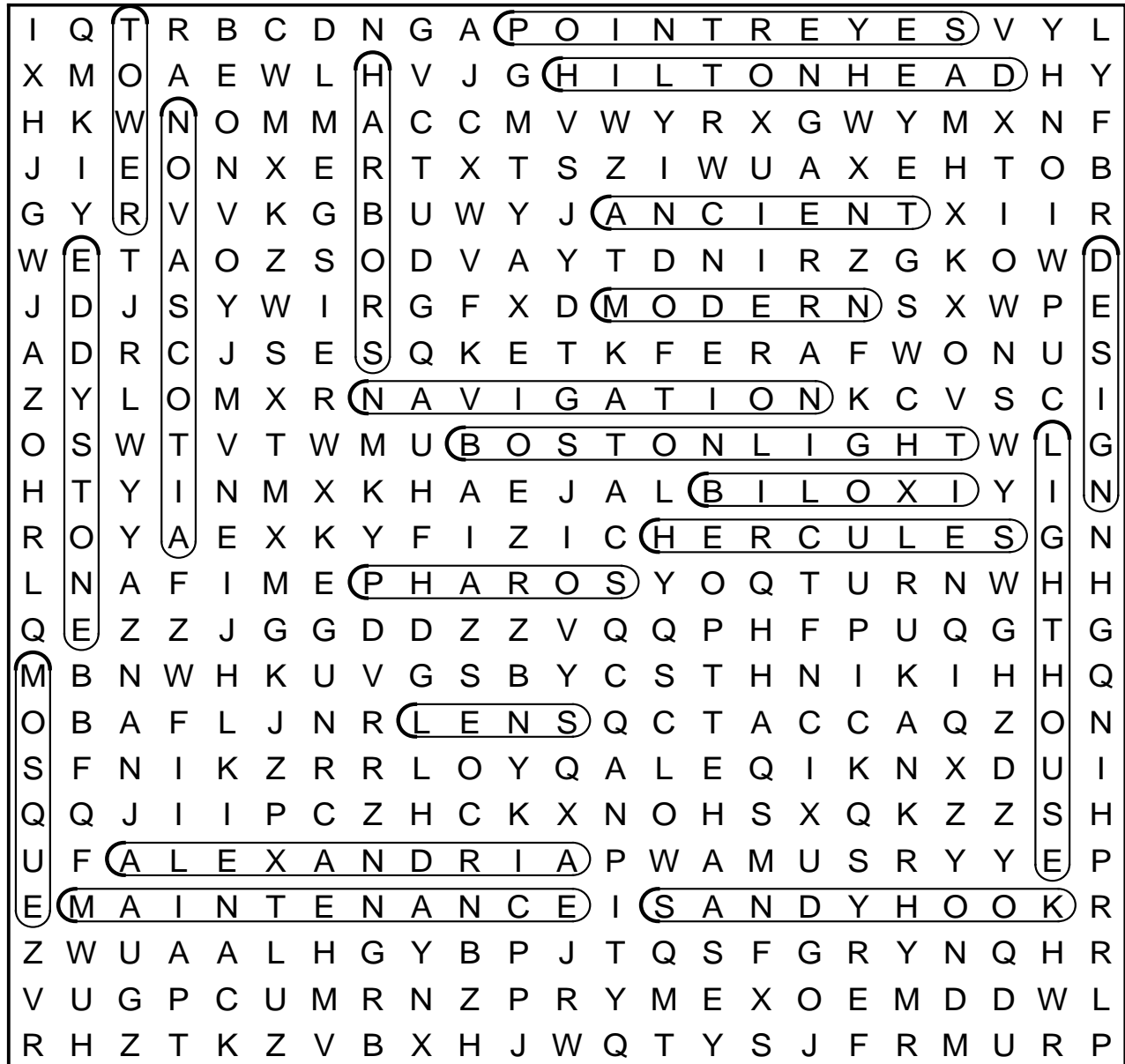
PHAROS

POINT REYES

SANDY HOOK

TOWER

Lighthouse Word Search



ALEXANDRIA

ANCIENT

BILOXI

BOSTON LIGHT

DESIGN

EDDYSTONE

HARBORS

HERCULES

HILTON HEAD

LENS

LIGHTHOUSE

MAINTENANCE

MODERN

MOSQUE

NAVIGATION

NOVA SCOTIA

PHAROS

POINT REYES

SANDY HOOK

TOWER

Radio Word Search



ABBOT AND COSTELLO
AUDIO
BROADCAST
CLASSICS
FREQUENCY
LONE RANGER
RADIO
RIN TIN TIN
STATION
TELEGRAPHY

AM
BATTERY
BURNS AND ALLEN
FM
INVENTION
NARRATION
RECEPTION
STATIC
SUPERMAN
TRANSISTOR

Radio Word Search

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

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