

AUGUST 2025

Goodbye Summer Hello Autumn



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>PL</div> - 7th Floor Pool Lounge</div> <div><div>B</div> - Bistro</div> <div><div>FL</div> - Front Lobby</div> <div><div>GR</div> - Great Room</div> <div><div>JK</div> - Josephine's Kitchen</div> <div><div>L</div> - Library</div> <div><div>T</div> - Theatre</div> <div><div>TH</div> - Town Hall</div>	Movie Matinee Daily at 3:15pm Evening Movie Daily at 7:15pm  Popcorn is made on request	August, the eighth month of the year, has 31 days and is known for being the last month of summer in the Northern Hemisphere. It was named after the Roman Emperor Augustus Caesar. August is associated with the harvest season, has two birth flowers (gladiolus and poppy), and two zodiac signs (Leo and Virgo).	August is often a wonderful month for stargazing! It's the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its maximum between August 11 and 13.	"The Origin of the Sandwich: August 6, 1762" The first sandwich was allegedly made on August 6, 1762, and was given the Lord of Sandwich's name. The dish consisted of meat placed between two slices of bread, which he requested because he was in the middle of a gambling game and did not want to interrupt it.	<div>1</div> <div><div>TH</div> 9:30 Core &amp; Stability</div> <div><div>L</div> 10:30 Let's Talk Art - Michelangelo</div> <div><div>TH</div> 2:00 Stretch with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>L</div> 4:00 Rosary Prayers w/Viri</div> <div>7:15 Daily Movie:</div>	<div>2</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div>7:15 Daily Movie:</div>
<div>3</div> <div><div>T</div> 9:30 Highland Park UMC - online</div> <div><div>FL</div> 11:30 North Park Mall Shopping</div> <div><div>FL</div> 1:30 Whole Foods shopping</div> <div><div>TH</div> 3:00 Bingo with YMSL</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div>7:15 Daily Movie:</div>	<div>4</div> <div><div>TH</div> 9:30 Belmont Balance</div> <div><div>TH</div> 10:30 Zumba Gold w/Francesca</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Monday Bridge</div> <div><div>B</div> 4:00 Mix and Mingle Social</div> <div>7:15 Daily Movie: "Show Boat" Musical 1951, 1h 48m</div>	<div>5</div> <div><div>TH</div> 9:30 Muscle Matters</div> <div><div>T</div> 10:00 LifeLong University</div> <div><div>PL</div> 10:30 Catholic Communion</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>TH</div> 3:00 Chef Chat!</div> <div>7:15 Daily Movie: "Cold Pursuit" Action 2019, R, 1h 59m</div>	<div>6</div> <div>9:00 Urban Adventures/Choctaw</div> <div><div>TH</div> 9:30 Stretch</div> <div><div>TH</div> 10:30 Wordle!</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>TH</div> 3:30 Current Events w/Randy</div> <div><div>PL</div> 7:00 Prayer Group Fellowship</div> <div>7:15 Daily Movie: "Copper Bill" Thriller 2020, 1h 24m</div>	<div>7</div> <div><div>TH</div> 9:30 Cardio</div> <div><div>T</div> 11:00 Mindfulness Meditation</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>GR</div> 4:00 Happy Hour - Phil Rogers</div> <div>7:15 Daily Movie: "Good Night, &amp; Good Luck" Docudrama 2005, 1h 33m</div>	<div>8</div> <div><div>TH</div> 9:30 Core &amp; Stability</div> <div><div>TH</div> 10:30 Creative Crafts w/Viri</div> <div><div>TH</div> 1:00 BVTC Gives Back - Making Dog and Cat Treats</div> <div><div>TH</div> 2:00 Stretch with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div>7:15 Daily Movie: "Everything's Going to Be Great" Comedy, Drama 2025, R, 1h 35m</div>	<div>9</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div>7:15 Daily Movie: "Death on the Nile" Drama 2022, PG-13, 2h 7m</div>
<div>10</div> <div><div>T</div> 9:30 Highland Park UMC - online</div> <div><div>FL</div> 1:30 Walmart Market</div> <div><div>TH</div> 3:00 Bingo with YMSL</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>GR</div> 4:00 Worship - Park Cities Baptist</div> <div>7:15 Daily Movie: "Romance on the Ranch" Romantic 2024, 1h 28m</div>	<div>11</div> <div><div>TH</div> 9:30 Belmont Balance</div> <div><div>TH</div> 10:30 Zumba Gold w/Francesca</div> <div><div>TH</div> 1:00 HPH Educational Series</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Monday Bridge</div> <div><div>B</div> 4:00 Mix and Mingle Social</div> <div>7:15 Daily Movie: "Babes in Toyland" Musical 1961, 1h 46m</div>	<div>12</div> <div><div>TH</div> 9:30 Muscle Matters</div> <div><div>T</div> 10:00 LifeLong University</div> <div><div>PL</div> 10:30 Caregiver Support Group</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>TH</div> 3:30 Resident Council Meeting</div> <div><div>JK</div> 5:00 Dinner Music w/Bill Woods</div> <div>7:15 Daily Movie: "Goldfinger" Action 1964, 1h 50m</div>	<div>13</div> <div><div>TH</div> 9:30 Stretch</div> <div><div>TH</div> 10:30 Wordle!</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>L</div> 3:30 Total Hearing Care Services</div> <div><div>PL</div> 7:00 Prayer Group Fellowship</div> <div>7:15 Daily Movie: "Shane" Western 1953, 1h 58m</div>	<div>14</div> <div><div>TH</div> 9:30 Cardio</div> <div><div>T</div> 11:00 Mindfulness Meditation</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>GR</div> 4:00 Happy Hour - Paul Baskin</div> <div><div>FL</div> 5:30 SCS - The Landmark</div> <div>7:15 Daily Movie: "I Can" Docudrama 2023, PG, 1h 25m</div>	<div>15</div> <div><div>TH</div> 9:30 Core &amp; Stability</div> <div><div>TH</div> 10:00 Painting to Gogh - Acrylic</div> <div><div>TH</div> 2:00 Stretch with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div>7:15 Daily Movie: "Happy Gilmore 2" Comedy, Sport 2025, PG-13, 1h 54m</div>	<div>16</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div>7:15 Daily Movie: "Never on Sunday" Drama, Comedy 1960, 1h 37m</div>

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17		18		19		20		21		22		23	
<div>T</div> 9:30 Highland Park UMC - online		<div>TH</div> 9:30 Belmont Balance		<div>TH</div> 9:30 Muscle Matters		<div>TH</div> 9:30 Stretch		<div>TH</div> 9:30 Cardio		<div>TH</div> 9:30 Core & Stability		<div>PL</div> 9:00 AquaFit w/ the YMCA	
<div>FL</div> 11:30 North Park Mall Shopping		<div>TH</div> 10:30 Zumba Gold w/Francesca		<div>T</div> 10:00 LifeLong University		<div>TH</div> 10:30 Wordle!		<div>T</div> 11:00 Mindfulness Meditation		<div>JK</div> 11:30 August Birthday Lunch- RSVP		<div>FL</div> 10:00 Kroger/Tom Thumb/CVS	
<div>FL</div> 1:30 Whole Foods Shopping		<div>TH</div> 2:00 Yoga with Heidi		<div>PL</div> 10:30 Catholic Communion		<div>FL</div> 11:30 BVTC Lunch Bunch - Chet's		<div>B</div> 1:00 Bistro Games		<div>TH</div> 12:00 Lunch and Learn w/Dana Hoffman		<div>TH</div> 11:00 Intro to Art: Watercolor	
<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Monday Bridge		<div>B</div> 1:00 Bistro Games		<div>TH</div> 2:00 Yoga with Heidi		<div>TH</div> 2:00 Boot Camp		<div>TH</div> 2:00 Stretch with Heidi		<div>B</div> 1:00 Bistro Games	
7:15 Daily Movie: "The Wedding Singer" Rom-Com 1998, PG-13, 1h 37m		<div>B</div> 4:00 Mix and Mingle Social		<div>TH</div> 2:00 Boot Camp		<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Belmont Bridge		<div>FL</div> 1:00 Target shopping trip	
		7:15 Daily Movie: "Mame" Musical 1974, PG, 2h 12m		<div>TH</div> 3:30 Health Talk:Hydration and Health		<div>TH</div> 3:30 Current Events w/Randy		<div>GR</div> 4:00 Happy Hour - David Slater		7:15 Daily Movie: "Black Bag" Drama, Mystery 2025, R, 1h 33m		<div>TH</div> 2:00 Cardio Drumming Class	
				7:15 Daily Movie: "Ocean's Eleven" Heist, Thriller 1960, 2h 7m		<div>PL</div> 7:00 Prayer Group Fellowship						7:15 Daily Movie: "Indiscreet" Dark Comedy 1958, PG, 1h 40m	
						7:15 Daily Movie: "Lonely Are the Brave" Western 1962, 1h 47m							
24		25		26		27		28		29		30	
<div>T</div> 9:30 Highland Park UMC - online		<div>TH</div> 9:30 Belmont Balance		<div>TH</div> 9:30 Muscle Matters		<div>TH</div> 9:30 Stretch		<div>TH</div> 9:30 Cardio		<div>TH</div> 9:30 Core & Stability		<div>PL</div> 9:00 AquaFit w/ the YMCA	
<div>FL</div> 1:30 Trader Joe's shopping		<div>TH</div> 10:30 Zumba Gold w/Francesca		<div>T</div> 10:00 LifeLong University		<div>FL</div> 10:00 Urban Adventures-Bush Presidential Library		<div>T</div> 11:00 Mindfulness Meditation		<div>TH</div> 10:30 Big Beats Music/Movement		<div>FL</div> 10:00 Kroger/Tom Thumb/CVS	
<div>PL</div> 3:00 Belmont Bridge		<div>TH</div> 2:00 Yoga with Heidi		<div>B</div> 1:00 Bistro Games		<div>TH</div> 10:30 Wordle!		<div>B</div> 1:00 Bistro Games		<div>TH</div> 2:00 Stretch with Heidi		<div>TH</div> 11:00 Intro to Art: Watercolor	
<div>GR</div> 4:00 Worship - First Baptist Dallas		<div>PL</div> 3:00 Monday Bridge		<div>TH</div> 2:00 Boot Camp		<div>TH</div> 2:00 Yoga with Heidi		<div>TH</div> 2:00 Boot Camp		<div>PL</div> 3:00 Belmont Bridge		<div>B</div> 1:00 Bistro Games	
7:15 Daily Movie: "Music and Lyrics" Rom-Com 2007, 1h 44m		<div>B</div> 4:00 Mix and Mingle Social		<div>TH</div> 3:30 New Resident Orientation		<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Belmont Bridge		7:15 Daily Movie:		<div>FL</div> 1:00 Target shopping trip	
		7:15 Daily Movie:		<div>JK</div> 5:00 Dinner Music w/Bill Woods		<div>PL</div> 7:00 Prayer Group Fellowship		<div>GR</div> 4:00 Party En Blanc				<div>TH</div> 2:00 Cardio Drumming Class	
				7:15 Daily Movie:		7:15 Daily Movie:		7:15 Daily Movie:				7:15 Daily Movie:	
31													
<div>T</div> 9:30 Highland Park UMC - online	Martin Luther King Jr. gave his well-known "I have a dream" address on the steps of the Lincoln Monument in Washington, D.C., in front of 250,000 spectators, on August 28, 1963.	August is home to several unusual celebrations. On August 3rd, people across the nation celebrate National Watermelon Day. August 10th is designated as National Lazy Day. Another notable celebration is on August 16th, known as National Roller Coaster Day.	On August 24, 79 AD, Mount Vesuvius erupted, destroying Pompeii and all of its inhabitants. The first atomic bomb was detonated by the United States in the Japanese city of Hiroshima on August 6, 1945, marking a tragic day in world history. The Americans launched a second atomic bomb on Nagasaki three days later, on August 9, 1945.	Barack Obama, the 44th U.S. President was born on August 4, 1961. Alfred Hitchcock was born on August 13, 1899. Madonna, the "Queen of Pop," celebrates her birthday on August 16, 1958. Usain Bolt, the fastest man in the world, was born on August 21, 1986. Mother Teresa was born on August 26, 1910.	August is known as the last full month of summer in the Northern Hemisphere, often associated with warm weather, vacations, and the end of summer break for students	August, the eighth month of the year, often symbolizes transition, harvest, and abundance. It marks the shift from summer to autumn, signifying change, letting go, and new beginnings. Spiritually, it's a time for reflection, releasing what no longer serves, and preparing for the next phase.							