





A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!™

ACTIVITY CALENDAR FOR AUGUST

WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p>Friendship Day, Aug 1</p>	<ul style="list-style-type: none"> • History of Friendship Day • Watch this old-time fav "Friendship Song" from I LOVE LUCY • Listen to the Beatles' "With a Little Help From My Friends" • "You've Got a Friend in Me!" Word Search • Write a note to a dear friend telling them what qualities you admire about them or a fond memory you share together. • Discussion Questions: Who was your best friend at different stages in your life: elementary school? middle school? high school? college? work? retirement? What qualities do you look for in a friend? What's the most important quality to you? What do you feel you offer in a friendship? Are you still in touch with your friends in your life? How do you stay in touch: letters? phone? email? Facebook?
2	 <p>National Lighthouse Day, Aug 7</p>  <p>Dog Days of Summer, Ends Aug 11</p>	<ul style="list-style-type: none"> • Read together Connecticut's Legendary Lighthouses • Crossword Puzzle About Lighthouses (you need to read the link above to complete) • "This Little Light of Mine, I'm Gonna Let It Shine!" Word Search • How to Easily Draw a Lighthouse • Read the History of the Dog Days of Summer • Make the perfect lemonade • Listen to Nat King Cole's "Those Lazy Hazy Crazy Days of Summer" • Discussion Questions: What outdoor activities or games did you play as a kid in the summer: Hide and Seek? Red Light, Green Light, 123? Hopscotch? Jump Rope or Double Dutch? Kick the Can? Tag? Freeze Tag? Mother, May I? Simon Says? Stickball? catch lightning bugs? hang out on the stoop? run under the water from the fire hydrant? Tell me more!
3	 <p>Harvest Month</p>	<ul style="list-style-type: none"> • Farm Fresh Word Unscramble • Visit your local farm market – purchase some veggies for your arts and crafts project below • Vegetable Printing – cut vegetables you have in the house in half, paint, and stamp on paper • How to Paint with Fruits and Vegetables • How many vegetables can you name from A-Z; Visit our own Mind, Name Vegetables from A-Z • Enjoy this old music video "Shine On Harvest Moon" – 1949 Cartoon • Discussion Questions: Did you grow up on a farm or ever visit a farm when you were young? How did you grow your garden: in the ground? raised beds? containers? What did you grow: fruits or vegetables? from seeds or plants? Do you have a favorite plant? What was the hardest plant to grow? Any planting tricks or tips?
4	 <p>National Secondhand Wardrobe Day Aug 25</p>	<ul style="list-style-type: none"> • Learn More About Secondhand Wardrobe Week • Name That Popular Article of Clothing from Past Decades • Go through your closet and donate one or two articles of clothing that you no longer wear to your local Goodwill, Salvation Army or charity.

HELPFUL HINTS FOR THE CAREGIVER

Get the most out of each week's activities with helpful hints and tips below.

TIP 1

The clickable dark bullets are links for learning, story time, music, recipes, crafts, and activities. If you aren't clicking these links, you are missing out!

- 1) Go to our website at www.alwaysanangelhomecare.com
- 2) Click **A MOMENT IN TIME** and scroll down to Activity Calendars to select the current month.
- 3) From there, click the links under each week's activities.
- 4) Learn, read, sing, cook, make, do!



TIP 4

FOR THE VISUALLY IMPAIRED – difficulty seeing

If your client can't see the reading material, read it to them.

Word Searches: Forget about the word search and lead a discussion about the words in the box:

- What does that word mean? Can you define it?
- Is it a noun, verb, adjective or adverb?
- How does that word relate to the topic?
- What other thoughts come to mind when you hear that word?

Crossword Puzzles, Birthdays Trivia, and Other Word Games: You ask the questions and write in your client's answers.

It's easier for your client to see the clickable links on an iPad rather than a cell phone. If your client doesn't have an iPad, talk with the office or family directly about getting one. A desktop or laptop computer works well too.



TIP 3

Visit the clickable links yourself first. Determine what is appropriate for your client.

TIP 2

FOR THE HEARING IMPAIRED
– difficulty hearing

Many of the clickable links can be read. Encourage your client to read the material. Other links are very visual with few words. If needed, pause the video to allow your client to finish reading the text.

TIP 5

TIP 6

Check out the other 24 activities online:

Mind, Body, Soul, 100 Questions, All About Me, Art 101, Bible Stories, Coloring, Count Your Blessings, For Men Only, Games Galore, Household Chores, It's Your Party, Just Breathe, Knit Happens, Let It Snow, Memory Lane – 1950s, Car Games, Reading, Sensory Therapy, Sing-Alongs, The Great Outdoors, Virtual Visits, Wanna Be A Wise Guy

