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| **August Purposeful Programming** | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| **August 9th**  **Book Lovers Day** | * Share these [Colorable Bookmarks](https://mymasterpieceliving.com/resource/colorable-bookmarks/) with residents and team members. * Explore <https://www.goodreads.com/>and meet your next favorite book. * Start a **book club** with a book from the BBC’s *100* [*Novels that Shaped Our World*](https://mymasterpieceliving.com/resource/list-of-novels-that-shaped-our-world/)*.*      * Host a community **book exchange** with proper Covid-19 protocol. * Invite residents to post an image or write the title of their favorite books on a paper or white board outside their apartments for others to see. |
| **August 15th**  **National**  **Relaxation Day** | * **Mindful Exercises** (print out or listen to the audio):   + [Mindful Relaxation Activity](https://mymasterpieceliving.com/resource/mindful-relaxation-activity/) by Danielle Palli   + [3-Part Meditation](https://mymasterpieceliving.com/resource/three-part-breathing-meditation/) by Danielle Palli     - Audio: <https://www.spreaker.com/e/YpAuTjynvHs> (7 minutes)   + [Whole Body Breathing](https://mindfulnessexercises.acemlnb.com/lt.php?s=fc36e9e805c8e55a3bc56d0231206f66&i=703A989A2A12029). This popular practice invites us to connect with our breath and our body in a sustained, nonjudgmental way, helping us to integrate embodied **mindfulness** throughout more aspects of our day.     - Source: <https://mindfulnessexercises.com/> * **Informative articles and videos**:   + [Tips for Calming an Anxious Brain](https://www.facebook.com/brightsideoflongevity/videos/3721515767923171) (7min.) by Dr. Roger and Friends on Facebook   + Article by Dr. Roger: [Own Your Stress](https://mymasterpieceliving.com/resource/own-your-stress/)   + Article by Dr. Rob Winningham: [Don’t Stress About It](https://mymasterpieceliving.com/resource/dont-stress-about-it/)      * **Host DIY classes:**   + [Make Your Own Herbal Tea Bath](https://www.youbeauty.com/beauty/relaxation-is-brewing-how-to-make-your-own-herbal-bath-tea/)   + [Make Your Own Chamomile Tea](https://www.cupandleaf.com/blog/how-to-make-chamomile-tea) * **Play classical music**: The Best of Classical Music: Mozart, Beethoven, Bach, Chopin, Vivaldi Most Famous Classic Pieces**:** <https://www.youtube.com/watch?v=jgpJVI3tDbY> |
| **August 20th National**  **Radio Day** | * Why do we love National Radio Day? Share these [Radio Facts](https://mymasterpieceliving.com/resource/radio-facts/)! * The Infamous **“War of the Worlds” Radio** Broadcast story of 1938   + Play the recording on the internal TV (57 mins.): <https://youtu.be/Xs0K4ApWl4g>   + Share the article: [The Infamous War of the Worlds Radio Broadcast Was a Magnificent Fluke](https://mymasterpieceliving.com/resource/the-infamous-war-worlds-radio-broadcast-was-a-magnificent-fluke/) * Article from Dr. Roger: [Never Act Your Age](https://mymasterpieceliving.com/resource/never-act-your-age-2/) highlighting the famous study from Ellen Langer conducted in the seventies that immersed men in everything that was twenties years earlier old including recorded radio programs. * Quotes for the August Newsletter:   + ***In radio you have two tools. Sound and silence. –*** Ira Glass   + ***On the TV the people can see it. On radio you’ve got to create it.*** – Bob Uecker   + ***I watch a lot of baseball on the radio. –*** Gerald R. Ford   + ***More than eighty years after the world’s first station was founded, radio is still the most pervasive, accessible, affordable, and flexible mass medium available, especially in the developing world.*** – Bruce Girard   + ***There is a feeling when you listen to radio, that it’s one person, and they’re talking to you, and you really feel their presence as on person. –*** Ira Glass |
| **August 26th**  **Dog Appreciation Day** | * **14 Books** No Dog Lover Will Be Able to Put Down   + <https://barkpost.com/life/dog-books/> * Invite pet owners to a **Zoom Meeting** to share their pet faces, pictures, and stories. * **Cognitive Challenge**: [Verb Generation Worksheet- Dogs](https://mymasterpieceliving.com/resource/verb-generation-worksheet-dogs/)      * **Articles and Videos to share with residents**:   + Dr. Roger’s Blog: [Puppy Power](https://mymasterpieceliving.com/resource/puppy-power/)   + Recorded interview (38 min) and brief article: [The New Science of Understanding Dog Behavior](https://www.npr.org/2011/05/26/136497064/the-new-science-of-understanding-dog-behavior) with John Bradshaw     - Source: NPR Fresh Air   + National Geographic Video (47 min) - [Science of Dogs](https://www.dailymotion.com/video/xlym9n)   + Brief Article: [Here’s What Dogs See When They Watch Television](https://mymasterpieceliving.com/resource/heres-what-dogs-see-when-they-watch-television/)     - Source: The Conversation, an independent and not-for-profit global network newsroom.      * + Article: [8 Genius Ways to Keep Your Dogs Active, Because They Are Going Stir-Crazy, Too](https://mymasterpieceliving.com/resource/8-genius-ways-to-keep-your-dogs-active-because-they-are-going-stir-crazy-too/)     - Source: Better Homes and Gardens, March 2020 * Interested in reviewing the research on the **health benefits** pets can bring?   + - <https://petsfortheelderly.org/our-work/research.php> * Connect with a **local pet shelter**:   + Adoptions and fostering opportunities   + Volunteer opportunities   + Donation needs like bedding, toys, food, **dog treats**, etc.     - [Dog Treat Recipe](https://mymasterpieceliving.com/resource/recipe-for-dog-treats/) |