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| **August Purposeful Programming** | |
| **Explorations in Mindfulness** is a multi-session mindfulness and meditation program powered by Masterpiece that discusses the science-backed benefits of developing a mindfulness practice. New practitioners will learn the foundations for meditation, and seasoned meditators will leave with tools for deepening their existing practice. | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **August 6th: International Beer Day** | * Discover and have discussions about the [History of Beer in America](https://52brews.com/history-of-beer-in-america/). * Have a beer tasting event and watch one of these movies/documentaries:   + [Full Movie: The Irish Pub](https://www.youtube.com/watch?v=fNg4fin5GQw) (1 hour 14 minutes)   + [Pabst Blue Ribbon Presents: The Greatest Beer Run Ever](https://www.youtube.com/watch?v=D4WAUmyKDq0&t=285s) (12:55 minutes)   + [Craft Beer- A Hopumentary](https://www.youtube.com/watch?v=x1bGPqBjtHM) (14 minutes)   + [Beer Culture the Movie](https://www.youtube.com/watch?v=x1bGPqBjtHM) (55 minutes)   + [Craft: The California Beer Documentary](http://www.craftbeerdoc.com/) (1 hour 28 min) **rent for $3.99** * [Find a Brewery](https://www.craftbeer.com/breweries/find-a-us-brewery) near your community and organize a tour and tasting. * Sign-up for a [Beer & Brewing Course](https://learn.beerandbrewing.com/collections) or start your own course using [Beer 101](https://www.beeradvocate.com/beer/101/) educational articles and general information. * Have residents join or start a **Men’s Shed** at <https://usmenssheds.org/>. *Men’s Shed is an international phenomenon with thousands of clubs worldwide. We answer men’s innate need for activity. Men’s Shed is a club, mainly for older guys. We have tools, and materials for pursuing our interests and passions, for learning something new and sharing skills.* |
| **August 9th:**  **Book Lover’s Day** | * **TED Talks**:   + [How Books Can Open Your Mind](https://youtu.be/6ibCtsHgz3Y)  (5 minutes)     - Discussion Questions:       * What book has stayed with you, in your mind, the longest?       * How do you evaluate/critique a book?   + [The Healing Power of Reading](https://www.youtube.com/watch?v=UCKfvxnljYY)  (18 minutes)     - Discussion Questions:       * Have you read any life-changing books?       * Have you ever connected with someone through literature? * 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[*Novels that Shaped Our World*](https://mymasterpieceliving.com/resource/list-of-novels-that-shaped-our-world/)*.* * 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** | * Learn about the power of walking barefoot on the Earth from this documentary on YouTube**:** [The Earthing Movie: The Remarkable Science of Grounding](https://www.youtube.com/watch?v=44ddtR0XDVU)  (1 hour). * **TED Talk**:   + [The Whispered Revolution of Relaxation](https://youtu.be/JTW1kSxeFy0)      - Discussion Questions:       * What is your favorite form of relaxation?       * What is the strangest form of relaxation you have heard of? * Listen to the 20 minutes podcast by Greater Good: [How Music Soothes Us](https://greatergood.berkeley.edu/podcasts/item/how_music_soothes_us_lullabies?utm_source=Greater+Good+Science+Center&utm_campaign=9e4e15c031-EMAIL_CAMPAIGN_GG_Newsletter_April_1_2021&utm_medium=email&utm_term=0_5ae73e326e-9e4e15c031-74040827). This episode is part of their new series *The Science of Music and Happiness.* * [Mindful Relaxation Activity](https://mymasterpieceliving.com/resource/mindful-relaxation-activity/) by Danielle Palli * **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/) * **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) |
| **August 26th:**  **Dog Appreciation Day** | * Create a **Pet Lovers Club** (everyone is invited)   + Meet monthly to share their pet faces, pictures, and stories.   + Use these [14 Books No Dog Lover Will Ever Put Down](https://barkpost.com/life/dog-books/)  to turn it into a book club. * **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   + National Geographic Video (47 min) - [Science of Dogs](https://www.dailymotion.com/video/xlym9n) * 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**:   + Adopting, fostering and volunteer opportunities   + Donation needs like bedding, toys, food, **dog treats**, etc.     - [Dog Treat Recipe](https://mymasterpieceliving.com/resource/recipe-for-dog-treats/) |