



## Westminster Village Kentuckiana

### Many Ways To Hydrate

In addition to plain water, other beverages and foods help you stay hydrated, too. Mix it up with flavored or sparkling water, smoothies, fresh fruit and vegetables, and savory broths.

### Flex Your Muscles To Benefit Your Brain

A simple routine of strength training can give your brain a lift. Working out with light weights, machines or therapy bands, as well as performing exercises that use the resistance of your own body weight, can improve not only physical fitness, but also cognitive health. Research has shown that seniors who took part in a regular resistance training program showed less brain aging and better memory function.

### Browsing for Bargains

Yard sales as we know them got their start after World War II, when many families moved to suburban homes with garages and yards. Today, bargain hunters can find about 165,000 yard sales each week in the U.S.

### Remember When: Bench Seats

A former fixture in automobiles, sofa-like bench seats provided room for three people in the front seat. That meant many sedans could hold up to six, which made them ideal for large families, carpools and road trips. Eventually car design trends shifted to sportier bucket seats for the driver and front passenger, with a center console in between to hold personal items such as beverages, coins and sunglasses.

## August 2019



### Mini-Sized Summer Classic

Gone are the days when the only option for buying a whole watermelon involved lugging around a 20-pound fruit. Popular now are mini varieties, also called personal watermelons, which weigh about 5 pounds and are round rather than oblong. These green globes have a thinner rind, but inside, still contain the sweet, juicy flesh that provides a cool, refreshing snack.

### 'Oz' Turns 80

It's been 80 years since movie audiences first followed the yellow brick road, but viewers of all ages are still enchanted by "The Wizard of Oz." The film's charming storyline, sentimental songs and groundbreaking special effects have contributed to its widespread status as one of the greatest movies of all time as well as a pop culture icon.

### Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

## Happy Birthday

8/3 Betty Rusk  
 8/4 Mary Ann Lenfert  
 8/5 Nancy Wilson  
 8/7 Carole Goff  
 8/8 Raymond Lin  
 8/9 Mary Lou Stone  
 8/13 Enola Sullivan  
 8/16 Barbara Jackson  
 8/16 Betsy Taylor  
 8/17 Danella Brumleve  
 8/19 Frederick Sanger  
 8/21 Elisabeth Loehrlein  
 8/25 Cynthia Carpenter  
 8/25 Michael Ouzts  
 8/28 Barbara Baker  
 8/31 Nellie Austin

## Happiness Helper: Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

## The Other Woodstock

The music festival Woodstock celebrates its 50th anniversary this month, and the milestone may bring to mind another Woodstock: Snoopy's feathered sidekick in the comic strip "Peanuts." The bright yellow bird debuted in 1967 but was nameless for a couple of years, until creator Charles Schulz was inspired to name him after the historic event.

Sunday	Monday	Tuesday
<i>August</i>		
4 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Communion Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	5 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 11a Library Trip 12:30 Purdue Nutrition Food Samples SC 1p Hospitality Mtg RR 2p Harmonics SC 3:15p Exercise SC 6:30p Forest Ridge Band SC	6 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
11 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	12 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 2p Golden Twist Outing SC 2p Movie Matinee AL 3p Exercise SC 6:30p Al Hilbert SC	13 9a Coffee Social AL 10a Exercise AL 10:30a Games Day AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
18 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 4:30 Super Sunday Supper DR 6:30p Sunday @ The Movies MRLL	19 9a Coffee Social AL 10a Wellness Exercise AL 11p Mathies BP SC 12:30p Purdue Nutrition SC 1p Resident Association SC 3p Exercise SC 6:30p Tsri Martin SC 7p Crit Club MRLL	20 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
25 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	26 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 12:30 Purdue Nutrition SC 1P \$1 Bingo MRLL 2:30p AL Resident Council AL 3p Exercise SC 6:30p Music W/Sue Loy SC	27 8:45a Coffee Social AL 10a Exercise AL 10:30a Games AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL



Wednesday	Thursday	Friday	Saturday
	1	2	3
	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 10:30 Red Cross Dog Visits 1p West Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 1 - 3p Game Day SC 3:15p Exercise SC 6:30p Music W/Rick McDonald SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30p Music W/John King SC
7	8	9	10
9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30p Non Denom Comm SC 1p Brain Study W/Lisa RR 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1p Bldg & Grds Mtg MRLL 1p Soothing Hands AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9a Coffee Social AL 10a Exercise AL 10:30a New Res. Coffee SC 2p Watermelon Eating Contest on the Patio 3p Exercise SC 6:30p Music W/Rick McDonald SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
14	15	16	17
9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Bart Fisher SC	9a Coffee Social AL 10a Exercise AL 10:30 Red Cross Dog Visits 1p Dietary Mtg SC 1p Pretty Nails AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9a Coffee Social AL 10a Music W/Sue Loy AL 1p Root Beer Floats SC 2p Merry Melodies SC 6:30p Music W/Charlie Hornung SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
21	22	23	24
9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 1p Fun Raising Comm. RR 2p Bingo AL 2p Bible Study MRLL 3p Wellness Exercise SC 6:30p Bingo MRLL	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 1p August B-day Party W/Lonnie Bryant SC 3p Exercise SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
28	29	30	31
9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	9a Coffee Social AL 10a Exercise AL 11:30a Tea Party AL & IL DR 1p VA Research MRLL 2p Bingo AL 2p Bible Study MRLL 3p Wellness Exercise SC 6:30p Bingo MRLL	9a Coffee Social AL 10a Exercise AL 10:30 Pretty Nails AL 1 - 3 P Game Day SC 6:30p Music W/Country Sounds SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL



## Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.

## “This Month In History” AUGUST

**1902:** Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer’s School of Cookery.

**1938:** Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

**1948:** As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

**1962:** Little Eva travels to the top of the pop music chart with the hit song “Loco-Motion” and inspires a dance craze.

**1975:** The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

**1990:** The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago’s Field Museum.

**2015:** Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.