

THE Courtyards *Lifestyle*

ASSISTED LIVING & MEMORY CARE COMMUNITY
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AUGUST WE ARE CELEBRATING HAWAII

As we enter into August be sure to get out those grass skirts and those coconut bras. This month we are celebrating Hawaii! Ending it with a great family Luau!!



Geography 101: Hawaii's Green Sand Beach

You could say that Hawaii's Papakolea Beach has been "going green" for a long time—its sand is green. Nestled in a crescent of ancient volcanic rock, this remote beach on the Big Island's southern tip gets its colored sand from the mineral olivine, a common element found in Hawaiian lava. The green crystals of olivine are dense and build up on the beach rather than washing away with the tide. Papakolea Beach is one of only four green beaches in the world.

AUGUST 2024

A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an article in the Hawaiian Gazette, the immigrants began "delighting the people with nightly street concerts," playing instruments described as a strange cross between a guitar and banjo that produced "very sweet music."

The people of Hawaii, including the royal family, fell in love with the instrument's light, plucky sound. It's said they called the instrument *ukulele*, meaning "jumping flea" in the Hawaiian language, as a reference to the musician's fast-moving fingers across the strings.

Three Portuguese woodworkers—Manuel Nunes, Augusto Dias and Jose do Espirito Santo—are credited with developing the ukulele as a hybrid of the machete and other small guitars from their home country. The first ukuleles were made of koa wood, from a flowering tree native to Hawaii. King David Kalakaua, Hawaii's "Merrie Monarch," embraced the ukulele, learning to play it and performing for guests at palace celebrations.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music. It's also a popular beginning instrument for children, thanks to its small size, affordability and ease of play.

COURTYARDS OF ODESSA

AUGUST 2024

August Birthdays

Miss Mary F. - Aug. 7
Miss Beryl N. - Aug. 16
Miss Rosemary H. - Aug. 29

LUAU

Time to get out your grass skirts and coconut bras! Aug 29 is Luau day. Get ready to do your best hula dance and to vote for best employee's dance. Prizes will be given.

COMING SOON

August will be gone in a blink of an eye. September will be bringing us a new kind of fun. Get out your old clothes because September will find us visiting days gone by. Starting with the '80s and working us down to the '50s. We will celebrate a decade each week, ending in the '50s the last week of the month with a sock hop!!

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Subject to Changes		HAPPY HAWAIIAN MONTH 		1 9:30 Select exercise with Stacie (Bistro) 2:00 Bingo 3:00 Skip- Bo Fun With Friends	2 Water Balloon Day 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Water Balloon Target Fun 3:00 Skip- Bo Fun With Friends	3 Sandcastle Day 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends
4 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends	5 9:30 Hustle for Muscle (exercise) (Bistro) 2:00 Bingo 3:00 Skip- Bo Fun With Friends	6 9:30 Select exercise with Stacie (Bistro) 1:30 Volcanos 3:00 Skip- Bo Fun With Friends	7 Mary F. Birthday 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	8 9:30 Select exercise with Stacie (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	9 9:30 Coffee With Clark Men's Group 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Hula Hoop Contest (Bistro) 3:00 Skip- Bo Fun With Friends	10 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends
11 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Blue Hawaii 1:30 Trash Card Game (Bingo Hall)	12 Be an Angel Day 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Be an Angel write a Kind letter of appreciation to a staff member 1:30 Bingo 3:00 Skip- Bo Fun With Friends	13 9:30 Select exercise with Stacie (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	14 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 1:30 Water balloon fight 3:00 Skip- Bo Fun With Friends	15 9:30 Select exercise with Stacie (Bistro) 1:30 Bingo 2:30 Aug Birthday Celebration 3:00 Skip- Bo Fun With Friends	16 Beryl N. Birthday 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Sand Castles 3:00 Skip- Bo Fun With Friends	17 National Thrift Shop Day 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trip to Goodwill 3:00 Skip- Bo Fun With Friends
18 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends	19 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	20 9:30 Select exercise with Stacie (Bistro) 1:30 Pina Colada Day 2:00 Corn Hole 3:00 Skip- Bo Fun With Friends	21 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	22 9:30 Select exercise with Stacie (Bistro) 1:30 Wheelchair Deco and Hawaiian Parade with Interim 3:00 Skip- Bo Fun With Friends	23 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	24 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends
25 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends	26 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	27 9:30 Select exercise with Stacie (Bistro) 1:30 Bingo 3:00 Skip- Bo Fun With Friends	28 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 1:30 make Leis 3:00 Skip- Bo Fun With Friends	29 Rosemary H. Birthday 9:30 Select exercise with Stacie (Bistro) 1:30 Luau with Home Care Plus 3:00 Skip- Bo Fun With Friends	30 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 99 year Birthday Celebration with Home Care Plus 2:00 Bingo 3:00 Skip- Bo Fun With Friends	31 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 3:00 Skip- Bo Fun With Friends

Armchair Travels: Hawaii

If paradise had an address, it might well be in Hawaii. From its tropical climate to beautiful beaches and active volcanoes, Hawaii offers visitors many unforgettable sights and experiences. Visitors can lounge on the beach or pursue sporting activities such as surfing, fishing and boating. The islands' scenery includes mountains, waterfalls, tropical birds and lush vegetation. Hawaii is made up of eight main islands in the mid-Pacific Ocean. This location has resulted in a unique culture with a blend of North American and Asian influences. Among the 50th state's best-known customs is the luau, an outdoor party with traditional Hawaiian foods, music and dancing.



The 50th State

Hawaii, an island chain in the Pacific Ocean, joined the Union as the 50th state on Aug. 21, 1959. Famous for beautiful beaches, surfing and luaus, the Aloha State has many other features that make it unique. Transport yourself to this tropical paradise with the following facts:

- The state has eight main islands: Hawaii (called the Big Island), Oahu, Maui, Kauai, Lanai, Molokai, Niihau and Kahoolawe.
- Known for its natural beauty, Hawaii is home to two national parks and more than 50 state parks.
- Kilauea, a highlight of Hawaii Volcanoes National Park, is one of the world's most active volcanoes. It has been erupting since 1983.
- Waikiki Beach and the Pearl Harbor Historic Sites are among Hawaii's well-known attractions.
- Honolulu, the state capital, is the home of Iolani Palace, the only royal palace in the U.S.
- The Hawaiian monk seal and the humpback whale are the official state mammals, and the state bird is the Hawaiian goose, or nene (pronounced "nay-nay").
- Hawaii is the only U.S. state that commercially grows coffee, cacao, vanilla beans and pineapple.
- The state flower is the yellow hibiscus.
- Residents of Hawaii have the highest life expectancy of all the states.
- The state's two official languages are English and Hawaiian. The Hawaiian alphabet has 12 letters—seven consonants and five vowels.



AUGUST TRAVELS

As we spend the month of August armchair traveling Hawaii, let us try to soak in the peace and tranquility of Hawaii's Beauty and the fun and excitement of a Hawaiian Luau. Most of all let's show all of our volunteers how much we appreciate all they do for us to make it possible.

