



The name “Cassia” was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

### A Slice Of Heaven

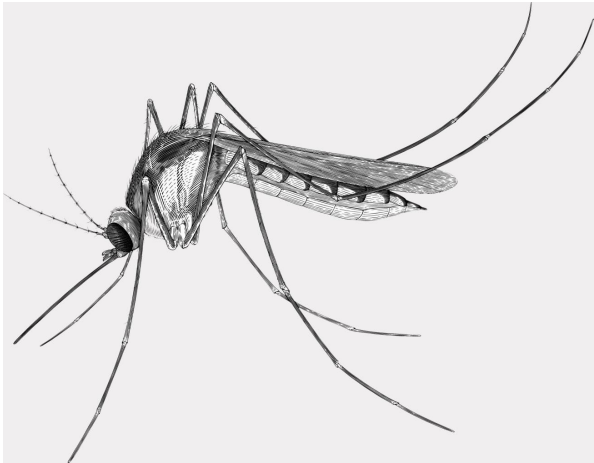
Braham, Minnesota, is the Homemade Pie Capital of Minnesota, and they aim to earn that reputation on the first Friday of August. There are plenty of pies to eat, either at your leisure or competitively during the pie-eating contest. There are pies for sale and pies to bid on in the pie auction. There are pie-baking lessons and contests. There is even a Pie Art Show with art in two categories: 2D (drawings or paintings of pies) and 3D (pie sculptures).

While Braham was declared the Pie Capital in 1990, the city first became famous for its pie in the 1930s and 1940s, when travelers would take a “shortcut” through Braham on the way to Duluth and stop at the Park Cafe for its famous pie. You’ll still find a huge variety of pies on the menu today. Dutch apple, banana cream, blueberry cream, strawberry, and coconut cream are local favorites. Which one is the best? There’s only one way to find out—visit Braham on an empty stomach!



### To Buzz Or Not To Buzz

World Mosquito Day may fall on August 20, but what reason do we have to celebrate this annoying pest of an insect? Researchers are beginning to ask that very question. What would a world without mosquitoes look like? Would anyone miss them? Would ecosystems suffer? Mosquitoes, after all, have lived on Earth for hundreds of millions of years. Many animals rely on mosquitoes as a source of food. However, many scientists believe that any ecological disaster produced by their eradication would be worthwhile. The world would learn to live without the mosquito, and humans would suffer fewer diseases... although we’d have one less holiday to celebrate.



### Car Show Memories



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The Golden Age

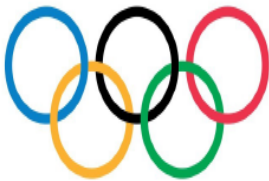
August 21 is Senior Citizens Day, a day to recognize the importance of seniors and support them in their endeavors as they age. August 14 marks another significant day for older generations—Social Security Day, a day honoring FDR’s signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of them—over 62 million in America, or about 18 percent of the population. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. It may be that seniors finally have time to focus on enjoying the present rather than worry about the future. This might be the most valuable lesson we can learn from our senior friends!



2024 VILLAGE OLYMPIC BATTLE

August  
Fridays: 9, 23, 30  
Thursday: 15th



HOCKEY

BOXING

ROWING

GOLF

BATON PASS

FENCING

TARGET PRACTICE

VOLLEYBALL

Famous August Birthdays

Word Search Puzzle

Can you find their last names?

K	C	O	C	H	C	T	I	H	T	R	F
W	Q	E	L	U	O	R	U	T	Q	E	O
M	W	L	E	E	T	F	E	S	S	K	Y
K	H	L	B	D	N	F	F	N	D	O	C
Q	O	I	F	A	F	A	E	M	H	R	K
D	U	V	L	U	S	M	H	O	A	G	B
L	S	L	B	Z	E	I	G	C	M	N	J
Y	T	E	F	L	Y	A	E	E	B	D	L
G	O	M	C	A	N	D	E	R	S	O	N
H	N	Z	Y	Q	I	V	N	Z	L	R	A
C	H	A	M	B	E	R	L	A	I	N	W
Z	C	B	M	H	T	B	B	X	U	B	R

- A. Loni **ANDERSON**
- B. Count **BASIE**
- C. Warren **BUFFETT**
- D. Wilt **CHAMBERLAIN**
- E. Coco **CHANEL**
- F. Roger **CLEMENS**
- G. Alfred **HITCHCOCK**
- H. Dustin **HOFFMAN**
- I. Hulk **HOGAN**
- J. Whitney **HOUSTON**
- K. Herman **MELVILLE**
- L. Al **ROKER**

Spirit of Care

Back-to-School Supply Drive

Together we are a community here at the AV campus. That means as we work together, we may need support from each other at times. School shopping can be very stressful when finances are tight. *That is why we will be providing donated school supplies for the children of our staff who need a bit of extra support.*

How you can be involved:

- Pray – Ask God to bless this effort to be a blessing for us all.
- Give – Purchase and donate supplies as you are able. Recommended donation lists will be at both front desks and collection bins in the front lobbies of the Villa and the Care Center. Our goal this year is to help 25 students!
- Receive – If these school supplies could help ease some stress in your life, they are meant for you. Contact Chaplains Julie or Nirmala at Ext. 2627 to set up a time to pick up what you need. This is confidential. The Spiritual Care Office is located in the Villa Lower Level.



Donations accepted  
now through  
August 23rd!  
School Supplies and  
Cash Donations Welcomed

## Remembering The Departed...

### *Our Deepest Sympathy to the Family & Friends of Those Who Have Departed...*

Dorothy Grigg ..... June 27  
Adelea Moe ..... July 10  
Hallan Shattuck..... July 11  
Robert Hoover..... July 18  
Betty Reitan ..... July 30



### Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Worship & Communion with Chaplain Nirmala the first Sunday (August 4th) at 3 pm.
- Wednesday services include Praise & Prayer, Bible Study & Hymns, Worship/Communion, and Sensory Devotions. These services are at 3pm in the second floor dining room. Check the activity calendar on pages 4 & 5 for specific dates.
- Catholic Mass is shown weekly on channel six, Thursdays at 10:30 am. Live Communion services on the first and third Thursdays of the Month at 10:30 in the second floor dining room. This is subject to change, so please check the daily posted schedule on Channel 6.

## Angel For A Day

The clouds may part and a radiant light shine down on someone you know on August 22, Be an Angel Day. The word *angel* comes from the Greek word *anglos*, which means “messenger.” Many people believe that angels do exist, acting as messengers of God, and the Catholic Church has documented over 490,000 specific angels of nine different types: seraphim, cherubim, thrones, dominions, virtues, powers, principalities, archangels, and angels. Angels also figure prominently in Judaism and Islam.

How can we emulate angels here on terra firma? Perhaps we, too, can be messengers of truth, justice, and love. Another way is to be a guardian angel, a selfless defender of those who cannot defend themselves, a guide and protector of those who have lost their way. A more modern twist is to become an angel investor. These investors offer money or capital for a promising business venture. While it may be impossible to embody the characteristics of a heavenly angel, Be an Angel Day can still inspire us to be better people.





## August Birthdays

Residents	Staff
Sandra B ..... August 1	Thu N..... August 1
Elaine S..... August 3	Tim S..... August 5
Judith B..... August 4	Randalyn O..... August 7
David H ..... August 5	Lealem K..... August 8
Roberta N ..... August 5	Bontu D ..... August 11
Richard P ..... August 7	Cierra K..... August 12
Panya P ..... August 10	Lorraine G ..... August 13
Deloris R..... August 14	Heather M..... August 16
Dee W ..... August 15	Cynthia R..... August 17
Almarie H ..... August 17	Jaime G..... August 18
Carolyn H ..... August 21	Zainab G ..... August 18
Marilyn R ..... August 22	Joanna G..... August 19
Bao N..... August 25	Ellen P ..... August 20
Linda A..... August 26	Telile O..... August 20
Jim D ..... August 29	Peri M..... August 23
Virginia L ..... August 31	Dereje J..... August 23
	Rosine K..... August 31





## Meaningful Pursuits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>apple valley village health care center a ministry of CASSIA</p>	<p>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</p> <p><b>DR=Dining Room</b> <b>SR=Sun Room</b> <b>LL=Lower Level</b></p>	 <p>PARIS 2024</p>	<p><b>*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</b></p>	<p><b>1</b></p> <p>9:30 Music &amp; Motion.....3SR 10:30 Catholic Service.....2DR 10:30 Catholic Mass.....TV6 11:00 Indoor Bocce Ball...2SR 12:30 Lunch Music.....1DR 2:00 Word Games.....2SR 3:00 Chime Practice.....2DR</p>	<p><b>2</b></p> <p>9:30 Music &amp; Motion.....2SR 9:30 Personal Training .....3RD 9:45 News &amp; Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Pictionary.....2SR 3:00 Ice Cream Social.....2DR</p>	<p><b>3</b></p> <p>10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....1DR 3:00 Bingo With River Valley Church.....2DR</p>
<p><b>4</b></p> <p>10:00 Stories &amp; Memories...3SR 3:00 Worship/Communion..2DR  3:00 Worship Broadcast.....TV6</p>	<p><b>5</b></p> <p>9:45 Mind/Body Exercise.....3SR 10:30 Mission Music.....2SR 11:15 Songs &amp; Discussion...2SR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 BoomWhacked!.....2SR 7:15 Mini Golf.....2SR</p>	<p><b>6</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Mini Golf.....2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....3DR</p>	<p><b>7</b></p> <p>9:30 Personal Training...2nd 9:45 Clever Endeavor.....2SR 9:45 Mind/Body Exercise...3SR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 1:45 Outdoor Walks for 3rd floor 2:00 Games in Motion.....2SR 3:00 Praise &amp; Prayer.....2DR</p>	<p><b>8</b></p> <p>9:30 Sit Fit.....2SR <b>10:30 Red Lobster Outing</b> 10:30 Catholic Mass.....TV6 10:30 Trivia with Christine..3SR 11:30 Active Rounds.....3rd 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR</p>	<p><b>9</b></p> <p>9:30 Personal Training .....3RD 9:45 News &amp; Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Trivial Pursuit.....2SR 3:00 Olympic Challenge-Field Hockey &amp; Boxing</p>	<p><b>10</b></p> <p>2:00 Movie Matinee RIDE-with Helen Hunt &amp; Luke Wilson.....TV 6</p>
<p><b>11</b></p> <p>3:00 Worship Broadcast.....TV6</p>	<p><b>12</b></p> <p>9:45 Mind/Body Exercise.3SR 10:30 Music Exploration.....2SR 11:15 Songs &amp; Discussion...2SR 11:45 Spanish Class.....3DR 12:30 Lunch Music.....2DR 1:45 Outside Time for 3rd floor 3:00 Jug Band.....3SR 6:00 Takeout Night...Lower Lvl</p>	<p><b>13</b></p> <p>9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Basketball Skills.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....2DR</p>	<p><b>14</b></p> <p>9:30 Personal Training....2nd 9:45 Guess Who?.....2SR 9:45 Mind/Body Exercise....3SR 10:00 Eyeglass Tune-up.....2SR 11:00 Active Rounds.....3rd 1:45 Stories &amp; Memories....3SR 2:00 Games in Motion.....2SR 3:00 Bible Study.....2DR</p>	<p><b>15</b></p> <p>9:30 Sit Fit.....2SR 10:30 Catholic Service.....2DR 10:30 Catholic Mass.....TV6 11:30 Active Rounds.....3rd Fl 3:00 Olympic Challenge-Rowing &amp; Golf</p>	<p><b>16</b></p> <p>9:30 Personal Training.....3rd 9:45 News &amp; Stretch.....3SR 10:00 Village Ambassadors..LL 3:00 Birthday Party.....2DR</p>	<p><b>17</b></p> <p>10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....2DR 2:00 Games.....2SR</p>
<p><b>18</b></p> <p>10:00 Stories &amp; Memories...2SR  3:00 Hymns and Spiritual Songs with Mark.....2DR 3:00 Worship Broadcast.....TV6</p>	<p><b>19</b></p> <p>9:45 Mind/Body Exercise.....3SR 10:30 Music Games.....2SR 11:15 Songs &amp; Discussion...2SR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Drum Circle.....2SR 7:15 Card Club.....2SR</p>	<p><b>20</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Outdoor Walks...Outside 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....3DR</p>	<p><b>21</b></p> <p>9:30 Personal Training..2nd 9:45 Jeopardy.....2SR 9:45 Mind/Body Exercise...3SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Outdoor Walks for 3rd floor 2:00 Games in Motion.....2SR 3:00 Worship/Communion..2DR</p>	<p><b>22</b></p> <p>9:30 Sit Fit.....2SR 9:30 Music &amp; Motion.....3SR <b>9:30 Shopping at Target</b> 10:30 Catholic Mass.....TV6 11:30 Active Rounds.....3rd Fl 12:30 Lunch Music.....1DR 1:45 Craft Project.....3SR 3:00 Chime Practice.....2DR</p>	<p><b>23</b></p> <p>9:30 Music &amp; Motion.....2SR 9:30 Personal Training.....3rd 10:00 Village Ambassadors..LL 1:30 Pictionary.....2SR 3:00 Olympic Challenge-Baton Pass &amp; Fencing</p>	<p><b>24</b></p> <p>2:00 Movie Matinee 5 Golden Hours.....TV 6 (from 1961)</p>
<p><b>25</b></p> <p>3:00 Worship Broadcast....TV6</p>	<p><b>26</b></p> <p>9:45 Mind/Body Exercise.....3SR 10:30 Music &amp; Memories.....2SR 11:15 Songs &amp; Discussion....2SR 11:45 Spanish Class.....3DR 1:45 Patio Time.....1 Patio 7:15 Horseshoe Toss.....Patio</p>	<p><b>27</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tabletop Mini Golf....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....2DR</p>	<p><b>28</b></p> <p>9:30 Personal Training..2nd 9:45 National Day Trivia....2SR 9:45 Mind/Body Exercise...3SR 10:30 RESIDENT Council..2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Table Games.....3SR 2:00 Games in Motion.....2SR 3:00 Sensory Devotions....2DR</p>	<p><b>29</b></p> <p>9:30 Sit Fit.....2SR 9:30 Music &amp; Motion.....3SR 10:30 Catholic Mass.....TV6 12:30 Lunch Music.....1DR 2:00 Word Games.....2SR 3:00 Chime Practice.....2DR</p>	<p><b>30</b></p> <p>9:30 Music &amp; Motion.....2SR 9:30 Personal Training.....3rd 10:00 Village Ambassadors..LL 1:30 Pictionary.....2SR 3:00 Olympic Challenge-Target Practice &amp; Volleyball</p>	<p><b>31</b></p> <p>10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....3DR 2:00 Games.....2SR</p>