

# August Lifestyle Calendar

| SUNDAY                                                                                                                                                                                                                                                                                                                 | MONDAY                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                                                   | SATURDAY                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>2</div> <div><div> 9:00 Sunday School (R)</div><div> 10:30 Worship Service (R)</div><div> 2:00 Open Art Studio (R)</div><div> 2:00 Mahjong (R)</div><div> 3:00 Puzzle Club (R)</div><div> 4:00 Pepper Pong (R)</div><div> 6:00 Movie: Pelican Brief (R)</div><div> 7:00 Sunset Walking Club (R)</div></div>       | <div>3</div> <div><div> 9:00 Yoga w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 11:30 Calendar Talk</div><div> 1:00 Sit, Stand, Repeat!</div><div> 1:00 Mahjong (R)</div><div> 3:00 Book Club (R)</div><div> 5:00 Movie: Fireproof</div><div> 6:00 Line Dancing (R)</div></div>      | <div>4</div> <div><div> 9:00-10:00 Sip and Socialize</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Mexican Train (R)</div><div> 1:00 Move &amp; Shout: Core</div><div> 1:00 Mahjong Play &amp; Prizes</div><div> 4:00 Ted Talk Tuesday (R)</div><div> 5:00 Sit Fit w/Beth (R)</div><div> 6:00 Wii Resort (R)</div></div>     | <div>5</div> <div><div> 9:30 Barefoot and Breath</div><div> 10:00 Stretch and Balance</div><div> 10:30 Sit, Stand, Repeat!</div><div> 1:30 Lemonade Bar</div><div> 2:00 Front Porch Stories (R)</div><div> 3:00 Wii Bowling (R)</div><div> 4:00 Veterans Club (R)</div><div> 5:00 Strength and Stability</div><div> 6:00 Wine Down Wednesday</div></div>                | <div>6</div> <div><div> 9:15 Coffee w/ Candace</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 2:00 Art Class w/Holly (R)</div><div> 4:00-5:00 Happy Hour</div><div> 5:30 Bingo Club (R)</div><div> 7:00 Gen X planning mtg (R)</div><div> 7:30 Evening Swim (R)</div></div>                                      | <div>7</div> <div><div> 9:00 Power Flow w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 11:30 Ladies Who Lunch (R)</div><div> 1:00 Sit Fit w/ Beth (R)</div><div> 1:00 Hand and Foot (R)</div><div> 2:00 Poker (R)</div><div> 4:00 S Singles @ Grimaldi's (R)</div><div> 7:00 Firepit Social (R)</div></div> | <div>8</div> <div><div> 8:00 Good Morning Walking Club (R)</div><div> 3:00 Cards and Game Time (R)</div><div> 4:00 Wii Bowling or Resort (R)</div><div> 7:00 Bocce Ball (R)</div></div>                                      |
| <div>9</div> <div><div> 9:00 Sunday School (R)</div><div> 10:30 Worship Service (R)</div><div> 2:00 Open Art Studio (R)</div><div> 2:00 Mahjong (R)</div><div> 3:00 Puzzle Club (R)</div><div> 5:00 Hiking Club Mtg (R)</div><div> 6:00 Movie: Rain Man (R)</div><div> 7:00 Sunset Walking Club (R)</div></div>        | <div>10</div> <div><div> 9:00 Yoga w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 1:00 Sit, Stand, Repeat!</div><div> 1:00 Mahjong (R)</div><div> 5:00 Movie: Footloose</div><div> 6:00 Margarita Monday Walkover-Brock's Gap Brewing (R)</div></div>                                 | <div>11</div> <div><div> 9:30 August B'day Breakfast</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Mexican Train (R)</div><div> 2:00 Beginner Mahjong (R)</div><div> 4:00 Ted Talk Tuesday (R)</div><div> 4:30 Gospel Sing Along (R)</div><div> 5:00 Sit Fit w/Beth (R)</div><div> 6:00 Whole Scoop Walkover</div></div>     | <div>12</div> <div><div> 9:30 Barefoot and Breath</div><div> 10:00 Stretch and Balance</div><div> 10:30 Sit, Stand, Repeat!</div><div> 11:30 PLN Taste and Learn: The Truth about Protein</div><div> 1:00 Left, Right, Center (R)</div><div> 3:00 Wii Bowling (R)</div><div> 4:00 Documentary Club (R)</div><div> 5:00 Strength and Stability</div></div>               | <div>13</div> <div><div> 9:15 Coffee w/ Candace</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Logic and Word Puzzles</div><div> 2:00 Wii Resort (R)</div><div> 3:30 Signature Sips w/Ashley</div><div> 4:00-5:00 Happy Hour</div><div> 5:30 Bingo Club (R)</div><div> 7:30 Evening Swim (R)</div></div>    | <div>14</div> <div><div> 9:00 Power Flow w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 1:00 Sit Fit w/ Beth (R)</div><div> 1:00 Hand and Foot (R)</div><div> 2:00 Poker (R)</div><div> 3:00 Cards with Candace</div><div> 5:00 Resident Cookout (R)</div><div> 7:00 Firepit Social (R)</div></div>         | <div>15</div> <div><div> 8:00 Good Morning Walking Club (R)</div><div> 2:00 Cards and Game Time (R)</div><div> 4:00 Garden Club Mtg (R)</div><div> 4:00 Wii Bowling or Resort (R)</div><div> 7:00 Bocce Ball (R)</div></div> |
| <div>16</div> <div><div> 9:00 Sunday School (R)</div><div> 10:30 Worship Service (R)</div><div> 2:00 Open Art Studio (R)</div><div> 2:00 Mahjong (R)</div><div> 3:00 Puzzle Club (R)</div><div> 4:00 Pepper Pong (R)</div><div> 6:00 Movie: And So It Goes (R)</div><div> 7:00 Sunset Walking Club (R)</div></div>     | <div>17</div> <div><div> 9:00 Yoga w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 1:00 Sit, Stand, Repeat!</div><div> 1:00 Mahjong (R)</div><div> 2:00 Make &amp; Take: Lip Scrub</div><div> 5:00 Movie: Gifted Hands: The Ben Carson Story</div><div> 6:00 Wii Games (R)</div></div> | <div>18</div> <div><div> 9:00-10:00 Sip and Socialize</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45n)</div><div> 12:00 Lunch/Learn: Medicare 101 &amp; Retirement Info</div><div> 1:00 Mexican Train (R)</div><div> 2:00 Beginner Mahjong (R)</div><div> 4:00 Ted Talk Tuesday (R)</div><div> 5:00 Sit Fit w/Beth (R)</div></div>              | <div>19</div> <div><div> 9:30 Barefoot and Breath</div><div> 10:00 Stretch and Balance</div><div> 10:30 Sit, Stand, Repeat!</div><div> 1:30 Loaded Popcorn Bar</div><div> 2:00 Neighbor Show &amp; Tell (R)</div><div> 3:00 Wii Bowling (R)</div><div> 4:00 Writing Club (R)</div><div> 5:00 Strength and Stability</div><div> 7:30 BYOB Garden Hangout (R)</div></div> | <div>20</div> <div><div> 9:15 Coffee w/ Candace</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Resident Jam Session (R)</div><div> 2:00 Art Class w/Holly (R)</div><div> 4:00-5:00 Happy Hour</div><div> 5:30 Bingo Club (R)</div><div> 7:30 Evening Swim (R)</div></div>                                   | <div>21</div> <div><div> 9:00 Power Flow w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 11:30 ROMEO Club (R)</div><div> 1:00 Sit Fit w/ Beth (R)</div><div> 1:00 Hand and Foot (R)</div><div> 2:00 Poker (R)</div><div> 4:00 Sociable Singles (R)</div><div> 7:00 Firepit Social (R)</div></div>            | <div>22</div> <div><div> 8:00 Good Morning Walking Club (R)</div><div> 2:00 Cards and Game Time (R)</div><div> 4:00 Wii Bowling or Resort (R)</div><div> 7:00 Bocce Ball (R)</div></div>                                     |
| <div>23</div> <div><div> 9:00 Sunday School (R)</div><div> 10:30 Worship Service (R)</div><div> 2:00 Open Art Studio (R)</div><div> 2:00 Mahjong (R)</div><div> 3:00 Puzzle Club (R)</div><div> 6:00 Movie: Ordinary Angels (R)</div><div> 7:00 Sunset Walking Club (R)</div></div>                                    | <div>24</div> <div><div> 9:00 Yoga w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 1:00 Sit, Stand, Repeat!</div><div> 1:00 Mahjong (R)</div><div> 5:00 Movie: Forces of Nature</div><div> 5:00 Grab &amp; Go: for 9-5 Crew</div><div> 6:00 Just Dance (R)</div></div>                 | <div>25</div> <div><div> 9:00-10:00 Sip and Socialize</div><div> 10:30 Pilates(level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Mexican Train (R)</div><div> 1:00 Brain &amp; Body Class</div><div> 2:00 Beginner Mahjong (R)</div><div> 4:00 Ted Talk Tuesday (R)</div><div> 4:30 Requests Sing Along (R)</div><div> 5:00 Sit Fit w/Beth (R)</div></div> | <div>26</div> <div><div> 9:30 Barefoot and Breath</div><div> 10:00 Stretch and Balance</div><div> 10:30 Sit, Stand, Repeat!</div><div> 1:00 Maker's Space Studio</div><div> 3:00 Wii Bowling (R)</div><div> 5:00 Strength and Stability</div><div> 6:00 Dinner &amp; Discussion w/ BG Pharmacy: Immunizations and Wellness</div></div>                                  | <div>27</div> <div><div> 9:15 Coffee w/ Candace</div><div> 10:30 Pilates (level 2)</div><div> 11:00 Water Aerobics (45m)</div><div> 1:00 Trivia: Music &amp; Movies</div><div> 1:00 Party Decorating (R)</div><div> 2:00 Photo Share (R)</div><div> 5:00-6:00 Gen X party</div><div> 6:30 Bingo Club (R)</div><div> 7:30 Evening Swim (R)</div></div> | <div>28</div> <div><div> 9:00 Power Flow w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 11:30 Lunch Bunch (R)</div><div> 1:00 Sit Fit w/ Beth (R)</div><div> 1:00 Hand and Foot (R)</div><div> 2:00 Poker (R)</div><div> 3:00 Adventure Club Mtg (R)</div><div> 7:00 Firepit Social (R)</div></div>         | <div>29</div> <div><div> 8:00 Good Morning Walking Club (R)</div><div> 2:00 Cards and Game Time (R)</div><div> 4:00 Wii Bowling or Resort (R)</div><div> 7:00 Bocce Ball (R)</div></div>                                     |
| <div>30</div> <div><div> 9:00 Sunday School (R)</div><div> 10:30 Worship Service (R)</div><div> 2:00 Open Art Studio (R)</div><div> 2:00 Mahjong (R)</div><div> 3:00 Puzzle Club (R)</div><div> 4:30 Sound Bath w/ Maiké</div><div> 6:00 Movie: On Golden Pond (R)</div><div> 7:00 Sunset Walking Club (R)</div></div> | <div>31</div> <div><div> 9:00 Yoga w/ Michelle</div><div> 10:00 Forever Strong</div><div> 10:30 Stretch and Balance</div><div> 1:00 Sit, Stand, Repeat!</div><div> 1:00 Mahjong (R)</div><div> 5:00 Movie: Heart and Souls</div><div> 5:00 Resident Potluck (R)</div></div>                                                        |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                       | <div>We are proud of everyone who participated in the Poker Walk last month. We hope you found a new excitement for getting in your daily walking. Keep it going!</div>                                                                                                                                                                                  | <div>Stop by the desk on August 2<sup>nd</sup> to check out the bingo card we have for this month to win prizes and have fun in August.</div>                                                                                |

## LEGEND

The Gentry

The Club Room

Wellness Center

Fitness Studio

Studio 205

The Press

Community Garden

Dog Park

Bocce Ball Court

The Preserve

Saltwater Pool

The View

Grill Area

- Please note a level 2 exercise class would include floor work
- (R) means resident run
- Daily Devotional Group (R) 11:00 every weekday in the Gentry

# Being a Good Neighbor: Knowing Who to Call

One of the best things about living at Arise Knox Square is knowing that neighbors look out for one another. We truly appreciate residents who care enough to speak up when something doesn't seem right. Looking out for each other helps keep our community safe and welcoming. That said, it's important to know who is best equipped to help in different situations.

## Call 911 Immediately If:

- Someone appears to be having a medical emergency.
- You witness a fire or smell heavy smoke.
- You see a crime in progress.
- Someone's life or safety is in immediate danger.

In an emergency, every second counts. Calling the leasing office first can delay the help that is needed. Emergency responders are trained and equipped to respond quickly.

## If You're Concerned About Someone's Well-Being

If you suspect an adult is experiencing abuse, neglect, or exploitation, contact Adult Protective Services (APS). APS investigates concerns and helps connect vulnerable adults with the support and resources they need.

# Happy Birthday

- August 2- Annette C
- August 3 - Sharon G
- August 5 - Dorothy S
- August 9 - Becky B
- August 21 - Ronnie D
- August 25 - Sharon T
- August 26 - Cynthia M and Dena P
- August 27 - Bob H

# Maintenance Update

Our Maintenance Director will be away for a few weeks, and we want to reassure everyone that maintenance services will continue as usual.

Please continue submitting maintenance requests through the Resident Portal or by calling or stopping by the front desk. Our on-site team will handle any requests they are able to address, and when needed, we'll call on our trusted backup vendors to complete repairs.

We've successfully used this process in the past and have been able to resolve maintenance issues in a timely manner. Thank you for your patience and understanding while our Maintenance Director is away.

# Check Your Thermostat

With the summer heat and humidity, please take a moment to check your thermostat and make sure the fan setting is on AUTO rather than ON. Keeping the fan on AUTO helps your air conditioning remove humidity more effectively.

AUGUST 2026



COMMUNITY NEWSLETTER

# August is packed with fun!

We've got an exciting month ahead with something for everyone! Join us for a **Taste & Learn** with Project Lean Nation (12th), where you'll get to sample their delicious, healthy meals. Learn about staying healthy at our **Dinner & Discussion** with Brock's Gap Pharmacy (26th), featuring information on immunizations and wellness. Get ready to party at our **Gen X '80s Party** (27th), complete with music, nostalgia, and plenty of fun! Also, come and check out **Wii Resort** games and try things like wakeboarding, archery and frisbee. If you are interested in **hiking or adventures**, we have interest meetings for both this month. Don't miss our **Resident Cookout** (14th), a **Loaded Popcorn Bar** (19<sup>th</sup>), and so much more! There are several new games, clubs, outings, and activities waiting for you to discover.

There's so much happening this month —be sure to join us for **Calendar Talk on Monday** to hear all the details and find your next favorite event!

# Olivia's Bow Tie

# Chicken Pasta Salad

## Ingredients

- 1 (16 oz) box bow tie pasta
- 2–3 cups shredded chicken
- 1 cup mayonnaise
- ¼ cup honey mustard
- 1 tsp salt (or to taste)
- 2 cups seedless grapes, halved

## Instructions

- 1.Cook pasta. Drain and rinse with cold water.
- 2.Whisk together mayonnaise, honey mustard, and salt.
- 3.Add pasta, chicken, and grapes; toss until evenly coated.
- 4.Refrigerate for at least 1 hour before serving.

Tip: Tastes even better after chilling overnight, making it perfect for meal prep or potlucks.

