



# *Arbor Terrace Newsletter*

*August 2026*



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## *~ A Message from a friend ~*

**Happy August!**

It's hard to believe summer is already beginning to wind down. August always seems to go by quickly, but there's still plenty of time to enjoy the warm weather and everything this season has to offer.

It's been wonderful seeing everyone spending time outdoors, visiting with friends and family, and making the most of these sunny days.

July was filled with great memories, and August is shaping up to be another enjoyable month. Whether it's relaxing on the patio, attending one of our activities, or simply enjoying the fresh air, we hope everyone continues to take advantage of these special summer moments.

We're also excited to welcome Rachael back! We know many of you have missed seeing her around, and we're happy to have her back with us at Arbor Terrace.

We are going to be ramping up the fun with our Annual Family Picnic on August 13<sup>th</sup> and the Garage Sale Sept 4<sup>th</sup> & 5<sup>th</sup>. If you want to volunteer to help at the Garage Sale let Rachael know!

**Stay cool and hydrated out there!**



# August 2026

## ACTIVITY HIGHLIGHTS

SUN

MON

TUES

WED

THURS

FRI

SAT

|    |                                                   |                                                            |                                                  |                                                                                          |                                                |    |
|----|---------------------------------------------------|------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------|----|
|    |                                                   |                                                            |                                                  |                                                                                          |                                                | 1  |
| 2  | 3                                                 | 4<br>LEMONADE<br>AND<br>LAUGHTER<br>10:30AM<br>(COURTYARD) | 5<br><i>RESIDENT<br/>FORUM</i><br>2:30PM (IL)    | 6<br>MIXING BOWL:<br>KEY LIME PIE<br>CHEESECAKE<br>CUPS<br>10:00AM (AL)                  | 7                                              | 8  |
| 9  | 10                                                | 11<br>LUNCH BUNCH:<br>OLLIN COCINA &<br>TEQUILA<br>11:00AM | 12<br>WOMEN'S<br>BREAKFAST<br>9:00AM<br>(CHAPEL) | 13<br>SUNSHINE &<br>CITRUS<br>FAMILY & FRIENDS<br>PICNIC<br>4:30-6:00PM<br>(PARKING LOT) | 14                                             | 15 |
| 16 | 17<br>SODA &<br>SUNSHINE<br>2:30PM<br>(COURTYARD) | 18                                                         | 19                                               | 20<br>MIXING BOWL<br>CREATE & GRAZE<br>CHARCUTERIE<br>CUPS<br>10:00AM (AL)               | 21<br>MEN'S<br>BREAKFAST<br>9:00AM<br>(CHAPEL) | 22 |
| 23 | 24                                                | 25                                                         | 26                                               | 27                                                                                       | 28                                             | 29 |

Note:

**BINGO IS EVERY TUESDAY AND FRIDAY!**  
**TRISHAW BIKE RIDES 1-2PM EVERY FRIDAY DURING AUGUST!**



# FAMILY & FRIENDS PICNIC

**ARBOR TERRACE INVITES YOU  
TO JOIN US FOR AN EVENING OF FUN!**

THURSDAY, AUGUST 13<sup>TH</sup>  
4PM-6:30PM  
ARBOR TERRACE PARKING LOT

**FOOD • MUSIC • GOOD COMPANY**

**NO RSVP NECESSARY**

TO HELP REDUCE DUPLICATE MAILINGS,  
ONE INVITATION HAS BEEN SENT TO THE FIRST POINT OF CONTACT  
LISTED FOR EACH RESIDENT.

PLEASE SHARE THE INVITATION WITH YOUR FAMILY AND INVITE  
ANY ADDITIONAL FAMILY MEMBERS WHO WOULD LIKE TO JOIN US.  
WE HOPE TO SEE EVERYONE AT THE PICNIC!



# THE BRIDGE OF AUGUST

August is like a bridge. We're still enjoying the warmth and beauty of Summer, yet we can already see Autumn peaking around the corner. The days are a little shorter, gardens are reaching their prime, school buses start to appear, and nature quietly reminds us that another season is on its way. Life often feels like August.

We all experience times of transition—moving from one chapter to another, saying goodbye to familiar routines while looking ahead to what God has prepared. Though we don't always know what lies ahead, we can trust the One who walks with us every step of the way.

The Bible reminds us: "There is a time for everything, and a season for every activity under heaven." (Ecclesiastes 3:1)

Those words assure us that every season of life has meaning. God has been faithful through the Springs of new beginnings, the Summers of busy days, the Autumns of harvest, and the Winters of challenge. His love never changes, even when our circumstances do.

As we cross the bridge of August, may we give thanks for today's blessings and look toward tomorrow with hope. Whatever season lies ahead, we can walk into it with confidence, knowing that God is already there.

Blessings,

*Chaplain Darin*





*Samaritan*  *Bethany*

ARBOR TERRACE

# GARAGE SALE

**ALL PROCEEDS GO  
TOWARDS THE  
RESIDENT FUN  
FUND!**

- CLOTHES
- BOOKS
- FURNITURE
- KITCHEN ITEMS
- HOME DECOR
- AND MORE!



IF YOU WANT TO  
VOLUNTEER TO LEND  
A HAND AT THE SALE  
LET RACHAEL KNOW!

FRIDAY

SEPTEMBER 4<sup>TH</sup> 9 AM - 3 PM

SATURDAY

SEPTEMBER 5<sup>TH</sup> 9 AM - 1 PM

700 2ND AVE NW, ROCHESTER MN 55901

GREAT DEALS FOR A GREAT CAUSE!



Samaritan  Bethany

ARBOR TERRACE  
**GARAGE SALE**

**ACCEPTING DONATIONS**  
**JULY 27<sup>TH</sup> - AUGUST 28<sup>TH</sup>**

**WE ACCEPT**

- BOOKS
- PUZZLES & GAMES
- FURNITURE
- SMALL KITCHEN APPLIANCES
- KITCHEN ITEMS (DISHES, UTENSILS, POTS & PANS)
- HOME DECOR
- LAMPS
- ART/PICTURES
- CLOTHES (NOT STAINED OR TORN)
- SHOES (GENTLY USED)
- BAGS & PURSES
- LINENS (TOWELS, SHEETS, BEDDING)
- DECORATIVE PILLOWS
- OFFICE SUPPLIES
- HOLIDAY STUFF
- JEWELRY
- CRAFTING
- KIDS TOYS, FURNITURE & CLOTHING
- ELECTRONICS (HUMIDIFIER, FANS, GAMING)

**DO NOT ACCEPT!**

- UNDERGARMENTS (BRAS/UNDIES)
- SOCKS
- MATTRESSES
- OPENED TOILETRIES
- STROLLERS & CAR SEATS
- FOOD
- MEDICAL SUPPLIES

**WE ALSO ARE  
LOOKING FOR  
EXTRA:**

- BAGS (PAPER/PLASTIC)
- GARAGE SALE SIGNS
- GARAGE SALE STICKERS

**ALL DONATIONS ARE GIVEN AT THE ARBOR TERRACE FRONT  
DESK AND MUST BE HANDED TO RECEPTIONIST!**

**DO NOT DROP DONATIONS **WITHOUT** STAFF TO ACCEPT.**



# ~Menu Changes~

**Until further notice:**

**NO tossed salad  
NO tomato  
NO celery  
NO coleslaw  
NO berries  
NO grapes**

**Only cooked veggies - no raw**

*This is due to the recent discovery of  
Cyclospora in produce.*









# AUGUST

## Word Search

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

August  
Back to School  
Corn on the Cob  
State Fair  
Summer  
Sunflowers  
Campfire  
Sunshine  
Ice Cream  
Grilling  
Hot  
Beach  
Watermelon  
Bike Rides  
Swimming





Name: \_\_\_\_\_ Date: \_\_\_\_\_

# ACROSS

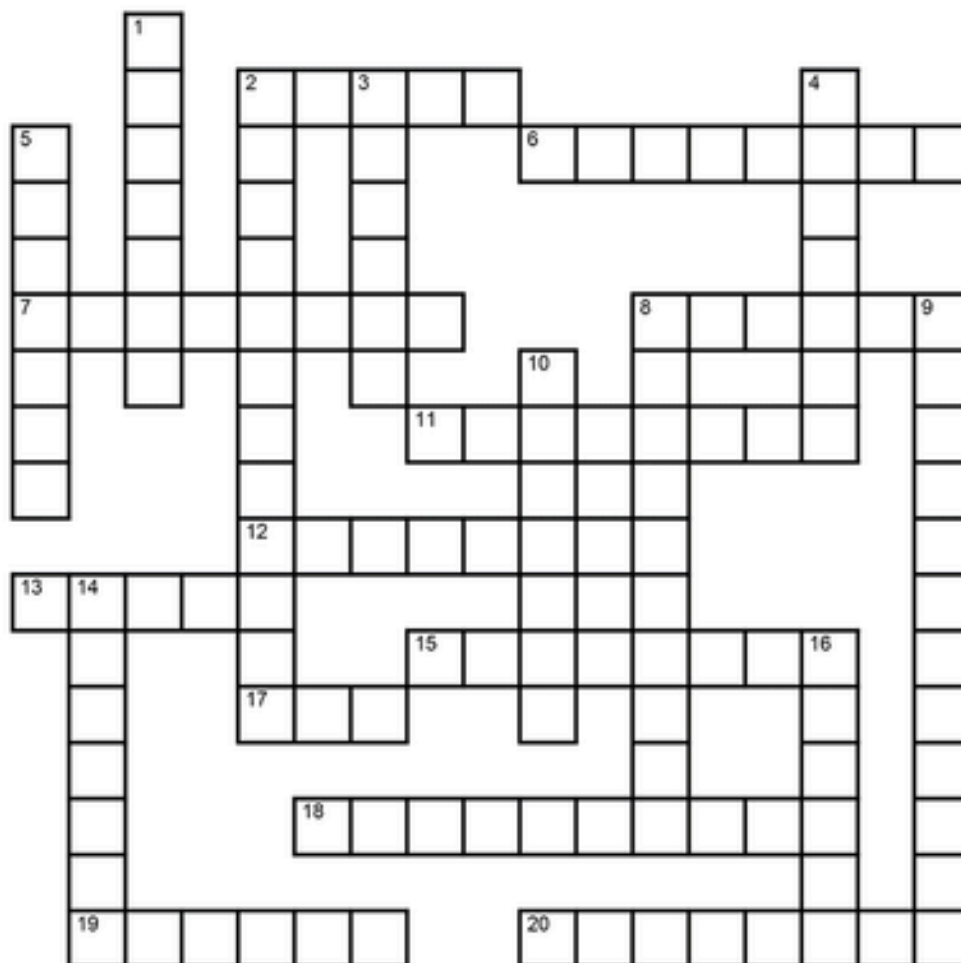
2. Sandy shore for sunbathing and playing
6. Tart and sweet citrus drink
7. Time off from school or work
8. Brightest star in the night sky
11. Cooling off in the pool or ocean
12. Period of very hot weather
13. Zodiac sign for late August birthdays
15. Long car journey for fun
17. Zodiac sign for early August birthdays
18. Large green fruit with pink insides
19. Eighth month of the year
20. Outdoor cooking on a grill



# Crossword

# DOWN

1. Swinging bed hung between trees
2. Preparing for a new academic year
3. Cooling system for indoor spaces (abbr.)
4. Sleeping outdoors in a tent
5. Gathering ripe crops from fields
8. Warmest season of the year
9. When the moon blocks the sun
10. Noisy insects that buzz in trees
14. Cold brewed beverage
16. Outdoor meal on a blanket



|                |               |
|----------------|---------------|
| Air-con        | Lemonade      |
| August         | Leo           |
| Back-to-school | Picnic        |
| Barbecue       | Road trip     |
| Beach          | Sirius        |
| Camping        | Solar eclipse |
| Cicadas        | Summertime    |
| Hammock        | Swimming      |
| Harvest        | Vacation      |
| Heatwave       | Virgo         |
| Iced tea       | Watermelon    |



## Summer Fun Word Scramble

Can you unscramble the following summer-related words?

1. Anactivo \_\_\_\_\_
2. Habec Llab \_\_\_\_\_
3. Adro Pirt \_\_\_\_\_
4. Mumser Gardeni \_\_\_\_\_
5. Droba Smage \_\_\_\_\_
6. Boko Bluc \_\_\_\_\_
7. Lemontrawe \_\_\_\_\_
8. Sluribebbee \_\_\_\_\_
9. Cie Trawe \_\_\_\_\_
10. Wons Scone \_\_\_\_\_
11. Mismatchw Loop \_\_\_\_\_
12. Yazl Sayd \_\_\_\_\_
13. Vindig Broda \_\_\_\_\_
14. Krabe form Holcos \_\_\_\_\_
15. Museteman Karp \_\_\_\_\_
16. Malyif Unioner \_\_\_\_\_
17. Kingakay \_\_\_\_\_
18. Nuf thiw Sirfend \_\_\_\_\_
19. Netsin \_\_\_\_\_
20. Droutoo Visome \_\_\_\_\_