

Squeeze the Day

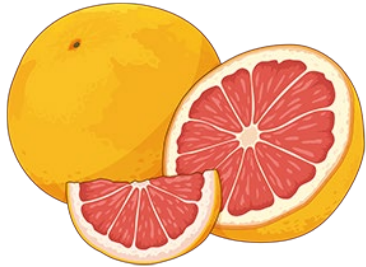
August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts, while oranges and grapefruit bring a mix of sweetness and bite that works well chilled. There’s also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August’s food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping—a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate.

Citrus has become a quiet trend driver in beverages. Sparkling lemonades, lime-forward mocktails, and grapefruit-infused sodas have all gained ground as alternatives to heavier drinks. Even classic lemonade—arguably the season’s signature citrus drink—has seen variations with herbs, berries, and reduced sugar.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it’s a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer’s most reliable flavors.



Jack Lloyd

Pat Martin



Pat Martin

Resident of the Month August 2026

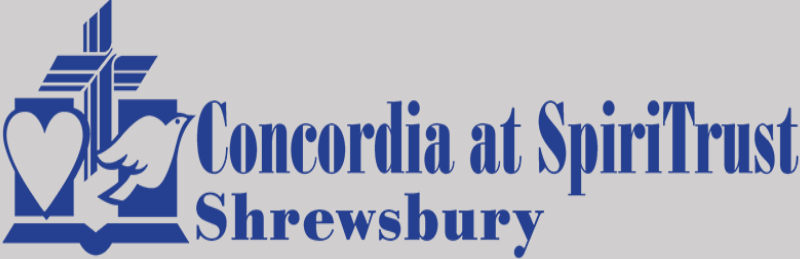


Pat Martin was born August 29th in Baltimore, MD. She lived most of her life in Bel Air, and graduated from Mount St. Agnes High School in 1956. She later attended the University of Notre Dame, where she studied French. Afterwards, she spent about a year doing social work in Baltimore. She later worked for Printing Industries of Maryland for about 25 years, and travelled throughout the state representing the association.

Pat met her husband, Norman, at a horse show, and they were married in 1957. Together they had three children, Beth, Jay, and Drew. Today she has six grandchildren, and five great-grandchildren as well!

Pat has always been an animal lover. She loves dogs, and enjoyed riding horses. She also bought, re-trained and sold racehorses for a number of years! She enjoyed sailing on the Chesapeake Bay as well, and she and her husband owned both a sailboat and a power boat at different times.

Pat just moved to Zimmerman Place in June, and we couldn’t be happier to have her! You may see her around playing BINGO, or attending Bible study or our live music. When you see Pat around, be sure to say, “Hello!”, you will be glad you did!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GR—Gathering Room OV—Orchard View FW—Freedom Way FL—Front Lobby L—Library DR—Dining Room CR—Conference Room ** — Sign-up Required						9:30 Morning Start-Up (GR) 1 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Reading Circle: “Who was Elvis Presley?” (GR) 2:00 Movie Matinee: “Young at Heart” (GR)
2 <i>Sunday Devotions & Word Puzzle</i> <i>Booklet Available in Lobby</i> 2:00 Movie Matinee: “A League of Their Own” (GR)	9:30 Morning Start-Up (GR) 3 9:45 Chair Exercise (GR) 10:30 “Where Am I?” Presentation with Ray Leiphart (GR) 1:00 Singalong w/ Lona & Trudy (GR) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 4 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) 11:00 Lunch Out to Hopewell Station (FL)(**) 1:00 Virtual Voyager: “Florida Everglades” (GR) 3:00 Documentary: “My Octopus Teacher” (GR)	9:30 Morning Start-Up (GR) 5 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Baseball Game (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 6 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Piano w/ Joan (L) 2:00 Resident Council (GR) 3:00 Reminiscing Circle: “Summer Vacations” (GR)	9:30 Morning Start-Up (GR) 7 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	9:30 Morning Start-Up (GR) 8 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hangman Word Game (GR) 2:00 Movie Matinee: “Giant” Pt. 1 (GR)
1:00 Worship Service (GR) 9 2:00 Movie Matinee: “Giant” Pt. 2 (GR)	9:30 Morning Start-Up (GR) 10 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 11 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) 1:00 Shopping at Walmart (FL)(**) 1:00 Movie Matinee: “The Wizard of Oz” (GR)	9:30 Morning Start-Up (GR) 12 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Catholic Mass (GR) 1:30 Chair Dancing with Kim (OV) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 13 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Good News (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) 14 9:45 Chair Exercise (GR) 10:30 Tea & Brain Ticklers (GR) 1:00 Bingo (GR) 3:00 “History of Lexington and Concord” Presentation with Bud Beal (GR)	9:30 Morning Start-Up (GR) 15 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (L) 2:00 “Gone with the Wind” Pt. 1 (GR)
16 <i>Sunday Devotions & Word Puzzle</i> <i>Booklet Available in Lobby</i> 2:00 Movie Matinee: “Gone with the Wind” Pt. 2 (GR)	9:30 Morning Start-Up (GR) 17 9:45 Chair Exercise (GR) 10:30 Men’s Sit & Chat (GR) 1:00 Craft: Painting Sunflower Sunsets (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 18 9:45 “Forever Fit” Exercise (GR) 10:30 Live Music with Adelynn (GR) 1:00 Shake Loose a Memory (GR) 3:00 Documentary: “The Dick Van Dyke Show Remembered” (GR) 5:30 Semiquincentennial Carnival (Café)	9:30 Morning Start-Up (GR) 19 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 20 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Piano w/ Joan (L) 3:00 Open House with Friends: Pat Watts 4:15 Crab Feast at the American Legion (FL)(**)	9:30 Morning Start-Up (GR) 21 9:45 Chair Exercise (GR) 10:30 Tea & Brain Ticklers (GR) 1:00 Bingo (GR) 3:00 Magic Show with David Dellman (GR)	9:30 Morning Start-Up (GR) 22 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hangman Word Game (GR) 2:00 Movie Matinee: “On Golden Pond” (GR)
1:00 Worship Service (GR) 23 2:00 Movie Matinee: “The Help” (GR)	9:30 Morning Start-Up (GR) 24 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 25 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) 1:00 Country Drive & Handel’s Ice Cream (FL)(**) 1:00 Movie Matinee: “Driving Miss Daisy” (GR)	9:30 Morning Start-Up (GR) 26 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 27 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Good News (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Reading Circle: “When School Bells Call” (GR)	9:30 Morning Start-Up (GR) 28 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: “Nice Work If You Can Get It” (GR)	9:30 Morning Start-Up (GR) 29 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Jeopardy with Julie (GR) 2:00 Movie Matinee: “Charade” (GR)
1:00 Worship Service (GR) 30 2:00 Movie Matinee: “Whales of August” (GR)	9:30 Morning Start-Up (GR) 31 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Craft: “Citrus Stamping” (GR) 3:30 Bingo (GR) 6:00 Color & Chat (GR)					

August 2026 Personal Care Community Programs & Events