

The Fountains

Springwood Retirement Community

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information



The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art.

For centuries, people have asked, "What is art?" Early critics believed that art was simply imitation—a painting

of a flower or sculpture of a dancer—but art is much more than that. It is the application of human skill and imagination to create something wholly new, a work of beauty and harmony, a revelation of truth, a connection of feeling and self-expression. Truly, art is as diverse as its makers. So what is art? You'll know it when you see it—and may surprise yourself when you make it.

While not everyone may be a famous artist, anyone can create art. And August 8 is the Date to Create. We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or build a makeshift centerpiece out of tissue paper and empty bottles, your creation will take on a life of its own as a form of creative self-expression.

Celebrating August

August 3

Kachina Southwestern Grill

August 7

Birthday Party

August 10

Table Mountain Restaurant

August 14

Black Hawk/Central City

August 17

Rockies Game

August 22

Trader Joe's and Lunch
At Snooze

August 24

Lazy B Chuck Wagon Dinner and
Show

August 31

Red Hats Lunch at
Ruby Tuesday

Springwood Van Transportation

Van transportation is available by appointment only. Please turn in transportation request forms to the front desk at least 24 hours prior to your scheduled appointment time.

The van schedule is as follows:

Monday, Tuesday & Thursday

9:00 A.M. to 12:00 P.M.

and

1:00 P.M. to 4:00 P.M.

Outing Reminders

Please sign up for all outings at the front desk. Please pay for outings with fees other than bus fees, at the time of sign up.

West Cottage residents will be picked up at their driveway. East Cottage residents will be picked up streetside of the cul-de-sac or at the Fountains.

The Big Fish Employee of the Month



Congratulations to Ariel Watt!
She is the "Big Fish"
of the month, Ariel is part of our
dining department
Thank you Ariel for your outstanding
service.

And, thank you to our residents for
your ongoing support. Your votes
do make a difference.



August Birthdays

Residents

Bethene Whyman	12
Sally Haywood	18
Mary Hayden	30

Anniversaries

Setsup & Torie Ito	6
Bud & Liz Skulski	26

Employee Birthdays

Todd Benton	7
Beth Smith	7
Devin Coombe	21
Jacob Knott	21
Lilly Subotic	25
Rita Kelly	31

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779
 Louis Armstrong (musician) – August 4, 1901
 Neil Armstrong (astronaut) – August 5, 1930
 Allegra Kent (ballerina) – August 11, 1937
 Mae West (actress) – August 17, 1893
 Robert De Niro (actor) – August 17, 1943
 Connie Chung (journalist) – August 20, 1946
 Dorothy Parker (writer) – August 22, 1893
 Leo Tolstoy (writer) – August 28, 1828
 Van Morrison (musician) – August 31, 1945



Let's Go Colorado Rockies

Join us on August 17th when the Rockies take on the Pittsburgh Pirates!

August Movies

1-*Intouchables*: An unlikely friendship develops between a wealthy quadriplegic (François Cluzet) and his caretaker (Omar Sy), just released from prison.

12-*The Lunchbox*: Lonely housewife Ila (Nimrat Kaur) decides to try adding some spice to her stale marriage by preparing a special lunch for her neglectful husband. Unfortunately, the delivery goes astray and winds up in the hands of Saajan (Irrfan Khan), an irritable widower.

19-*A Streetcar Named Bob*: A stray ginger cat changes the life of James Bowen (Luke Treadaway), a homeless London street musician and recovering drug addict.

26-*Sweet Bean*: A baker's (Masatoshi Nagase) business takes off when he hires an eccentric 76-year-old woman (Kirin Kiki) who specializes in making dorayaki pancakes.

Please note that all times showing on the calendar and newsletter are the right times for all activities and outings. There will no longer be a need to be 15 minutes before times shown. Please follow scheduled times and if you are uncertain, call the Fountains Manager to verify times.

Dog Days Traditionally the hottest month in the northern hemisphere, August is called the "Dog Days." The phrase refers to Sirius, or the Dog Star. The "Dog Days" are when the Dog Star rises and sets at about the same time as the sun, which is roughly between July 3 and August 11.

August Classic Movies

1-*Multiplicity*-(2002) Doug Kinney (Michael Keaton) is a busy construction worker struggling to make time for his family and his demanding job. When a scientist offers to clone him, Doug accepts and spawns a slightly more macho version of himself.

8-*The Case of Benjamin Button*-(2008) Born under unusual circumstances, Benjamin Button (Brad Pitt) springs into being as an elderly man in a New Orleans nursing home and ages in reverse.

15-*Joe Versus the Volcano*-(1990) Joe Banks (Tom Hanks) is dying, apparently. This is good news, since his life was not much worth living anyway. On the upside, a strange millionaire (Lloyd Bridges) offers Joe a way to die with meaning and dignity: by hurling himself into a volcano.

22-*Once Upon a Time in the West*-(1968) There's a single piece of land around Flagstone with water on it, and rail baron Morton (Gabriele Ferzetti) aims to have it, knowing the new railroad will have to stop there. He sends his henchman Frank (Henry Fonda) to scare the land's owner, McBain (Frank Wolff), but Frank kills him instead and pins it on a known bandit, Cheyenne (Jason Robards).

29- *America's Sweethearts*-(2002) For an awkward, self-conscious girl like Kiki (Julia Roberts), being the personal assistant to a beautiful megastar like Gwen (Catherine Zeta-Jones) isn't easy.