

This Month Is?

Special events, people, and things to celebrate this month.



AUGUST 2009



THIS IS THE MONTH WE CELEBRATE ...

American Adventures Month - [American Adventures Month](#) celebrates vacationing in the Americas. Visit [Front Porch Travels](#) and take an adventurous trip to Hawaii with Nell and Truman this month.

Beat the Heat Month - Keep your cool this month by celebrating Fan Friday ([Aug. 14](#)).

Clown Month (International) - We also celebrate International Clown Week (Aug. 1-7), Clowning Around Day ([Aug. 1](#)), and Lucille Ball's birthday ([Aug. 6](#)) this month. Pick up a set of [C-L-O-W-N Bingo Cards](#) and have fun with bingo this month.

Fair Days Month - August is the month for state fairs. More state fairs are held in August than in any other month of the year. Plan "A Fair to Remember" this month, complete with cotton candy, elephant ears, and carousel music. Ask everyone to "play fair" with some carnival games and watch the 1945 movie [State Fair](#). Plan a "fair minded" discussion and reminisce about going to the fair. Share the [History of Fairs](#) and some [American Fair Trivia](#). Plan a [State Fair Recipe Contest](#) and [learn more about the 4-H](#). Try to find all of the words in [A Day at the Fair](#) word search puzzle (here is an [easier version](#)). Everything is "fair game" this month.

Family Fun Month - Check out [FamilyFun.com](#) for wonderful ideas for family fun this month.

Gemstone Month - We also celebrate Wear Your Birthstone Day ([Aug. 24](#)) and A Gem of a Day ([Aug. 30](#)) this month. See this month's [Making Sense](#) page for a "jewel" of an activity.

Happiness Happens Month - We also celebrate Happiness Happens Day ([Aug. 8](#)) this month.

Home Business Month - Invite someone in your area who has a home business to speak this month. If you could start a home business, what would it be?

Inventors' Month - To educate the American public about the value of creativity and inventiveness and the importance of inventions and inventors to the quality of our lives. We also celebrate Date to Create ([Aug. 8](#)), Trademark Tuesday ([Aug. 18](#)), and Patently Fun Friday ([Aug. 28](#)) this month.

May Your Reading Be a Haven Month - Sponsored by [Haven Books](#). Celebrate this month from the comfort of your favorite reading chair. See our [Readings & Writings](#)

page for a short story reading and discussion activity.

Parks Month - Visit your local park and celebrate Paint a Picture in the Park Day ([Aug. 14](#)) this month. FYI: Parks *and Recreation* Month is celebrated in July. Go figure!

Pastimes of Colonial Virginia Month - A month to discover the music, games, storytelling, and [other pastimes](#) of 17th- and 18th-century Virginia. See our [Bridging the Gap](#) page and play some "Colonial Days Games" with visiting children this month.

Sunflower Month - Make [Sunflower Hats](#) and display plenty of sunflowers this month. Visit the [Sunflower Lady](#) and learn more [about sunflowers](#) this month. Try to solve the [Spelling Sunflower](#) puzzle this month.

Win with Civility Month - Ask everyone to be civil to one another this month. (We know they always are, but this is a good excuse to emphasize being kind and courteous.)

MUSIC, GAMES, HOBBIES, ARTS & CRAFTS

American Artist Appreciation Month - We also celebrate American Artists' Day on Andy Warhol's birthday ([Aug. 6](#)) this month.

Kitchen Crafts Month - A gift from the kitchen can be a great way to say "thank you." Make [Gifts in a Jar](#) to give as special gifts this month.

Golf Month - The PGA Championship is held this month (begins [Aug. 10](#)), and we also celebrate Puttering Around Day ([Aug. 23](#)).

Horseshoe Pitching Month - See Ringer Day ([Aug. 28](#)) for more.

Merry-Go-Round Music Month - Also known as carousel or calliope music. Play some carousel music and watch the 1957 movie [Carouse!](#) this month.

Model Sail Boat Month - See Set Sail Day ([Aug. 3](#)) for more.

Popsicle Stick Crafts Month - See our [Crafter's Cove](#) page and make "Flameless Craft Stick Lanterns." Or, try some other [Crafts Made with Craft Sticks](#) this month.

Rock Collectors Month - See if anyone has a collection they would like to share. Adopt some [Pet Rocks](#) and discuss the idea that [made a man a multi-millionaire](#).

Round Dancing Month - How much do you know [about round dancing](#)?

Sing a Round Month - You have heard of "sing-along" - but what about "sing a round"? See Rounds Resounding Day ([Aug. 1](#)) for more.

TP Roll Crafts Month - We also celebrate Toilet Paper Day ([Aug. 26](#)) this month.

CLOTHES & FASHIONS

Flip-Flops Month - Plan a "Flip-Flop Friday." [Decorate Flip-Flops](#) with visiting children. Watch the [Designer Flip-Flops How-to Video](#). (Click on the link on the page.) Share the [History of Flip-Flops](#) and plan a "[Flip-Flop Party](#)" with all of these great party supplies.

Sunglasses Month - Plan a "Shades Fashion Show" this month.

FEATURED FOODS

Canning Month - Of course, you "can" reminisce about canning foods from the garden. Also, learn about [canning](#) and the [history of home canning](#) this month.

Catfish Month - Sponsored by the [Catfish Institute](#). See "Catch of the Day" Day ([Aug. 9](#)) for more.

Corn Dog & Cotton Candy Month - Serve corn dogs and cotton candy or make a [Cotton Candy Cake](#) this month. Share the [History of Corn Dogs](#) and the [History of Cotton Candy](#). Also, read [How Cotton Candy is Made](#).

Family Meal Month - Dedicated to bringing dinner back to the table. Families are encouraged to eat dinner together.

Kool-Aid Month - We also celebrate Kool-Aid Days ([Aug. 14-16](#)) this month.

Lemon Month - It is also Lemonade's Birthday ([Aug. 20](#)) and Lemonade Lucy Day ([Aug. 28](#)) this month. Besides making lemonade, make these [Easy Lemon Cookies](#) and check out these [10 Eco-Friendly Things to Do with Lemons](#).

Macadamia Nut Month - Hawaii's commercial plantations, first planted in 1921, remain the principle producers of macadamia nuts. Since August is the month Hawaii was admitted to the union ([Aug. 21](#)), it just makes sense that this would be Macadamia Nut Month. See our [Morsels & More](#) page for a recipe for [Hawaiian Macadamia Nut Bread](#). Also, try one of these [Macadamia Nut Recipes](#) this month. FYI: It's also Pineapple Month.

Melon Month - Play games of [M-E-L-O-N Bingo](#) during the month. See Watermelon Wednesday ([Aug. 5](#)) and Melon Monday ([Aug. 17](#)) for more.

Mustard Month - We also celebrate Cutting the Mustard Day ([Aug. 1](#)) this month.

Panini Month - See Make a Panini Day ([Aug. 11](#)) for more.

Pineapple Month - Make [Mini Pineapple Upside Down Cupcakes](#) or [Easy Pineapple/Orange Fruit Salad](#) this month.

Popsicle Month - Make your own [popsicles](#) this month.

Trail Mix Month - See our [Morsels & More](#) page for a recipe for [Sugar-Frosted Trail Mix](#).

PEOPLE / PROFESSIONAL PRIDE

Friends Forever Month - We also celebrate Girlfriend's Day ([Aug. 1](#)), International Friendship Day ([Aug. 2](#)), and Best Friends Day ([Aug. 15](#)) this month. FYI: International Friendship Week is celebrated in February.

Health Unit Coordinators Month - See Health Unit Coordinators Day ([Aug. 23](#)) for more.

Kids Month - Celebrate with National Kids Day ([Aug. 2](#)). See our [Bridging the Gap](#) page for a great intergenerational program this month.

FOCUS ON HEALTH

Cataract Awareness Month - Plan a "Keep Your Sight" program with the information from the [American Academy of Ophthalmology](#).

Foot Health Month - Not to be confused with Foot Health Awareness Month celebrated in April. See Wiggle Your Toes Day ([Aug. 5](#)) for more. Put your "best foot forward" and ask a podiatrist to talk about taking care of your feet. Schedule pedicures and toenail paintings this month.

Medical Alert Awareness Month - Are your residents protected with medical alerts?

Psoriasis Awareness Month - Sponsored by the [Psoriasis Foundation](#). Learn more [about Psoriasis](#) this month.

Relaxation Month and **Napping Month** - We also celebrate Pamper Yourself Day ([Aug. 6](#)) and National Relaxation Day ([Aug. 15](#)) this month.

Simplify Your Life Month - Encourage residents to simplify their lives, reduce the clutter, and streamline. Discuss ways to do it - such as buying socks that are all the same color so you don't have to sort for the mates. Read *Life is Too Short* by Helen Bland and Bo Niles. Remind residents that many people become happier or more content when they [simplify their lives](#).



[August Health Holidays](#) from Health Canada.



[International Health Observances](#) (by month, week, and day)

There's More!

Do you need MORE reasons to celebrate?

Visit our [Holidays & Crazy Daze](#) page for ideas for every day of the month. In addition, see the [Monthly Gazette](#) for the birthstone of the month, flower of the month, and other fun facts about August. You might also find the information in the [Daily Chronicles](#) (historical events and famous birthdays) useful when planning your monthly programs.