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## EDITORIAL

Why is my mouth oopened



What are you thinking about Cynthia with your hands placed like that?



The Manoir's Charlie's Angels twins are here ! Do you recognize us? Coffee? Tea? Television not working? Air conditioner? We can help ☺

At Manoir Gouin, we love to add a touch of humor in our every day routine, which is your every day routine too. Someone told me this week : The smile of the morning contributes to the health of the day, and it is so true. Studies show that laughter has multiples benefits on our health. It liberates stress, reduces blood pressure, reinforce the immune system, improves digestion and sleep, acts as an antidepressor and pain relief, improves self confidence, gives energy and helps to BE GLOBALLY HAPPY.



Stressed spelled backwards is desserts ! ☺

COCONUUUUUUUUUUUUUT! ☺





## NEWS BOARD

Manoir Gouin wishes a warm welcome to new faces:

### Residents

Mrs. Gavaris Kostadino

Mrs. Surihi Gurnagul

Mrs. Gilberte Badeau

Mme Lucille Labrecque

Wish them welcome into the Manoir Gouin's family  
at the Coffee & Meet activity on August 6<sup>th</sup> or come  
meet the residents. Hope to meet you.

### Employees

Frantz Monterose – Kitchen, plunges

Abdel Dabbabi – Kitchen, plunges



## NEWS BOARD

### HEAT STROKE PREVENTION



#### Reminder about the heat stroke

The administration reminds you to be careful in periods of heat stroke. Make sure you drink enough water and stay hydrated, eat enough at mealtime, limit your outings to the coolest times of the day and keep your environment cool: close the curtains and start your air conditioner when you're out. Thank you.



#### Glasses Boutique

In September, we are receiving a boutique selling glasses by Doctor Mona Sara. She also has an optometric mobile clinic, which means she offers eye examination, prescriptions and other services. Please let Gabrielle know if that's something that might interest you.

Thank you.

Gabrielle.

## DID YOU KNOW?

### *Aromatherapy*

*Prelude: this article is of informative and recreative matter. It's also a resume of the aromatherapy workshop presented by Gabrielle on July 25th. Without any pretention, we hope you will learn something new and interesting.*

## What is aromatherapy?



Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

Aromatherapy is thought of as both an art and a science. Recently, aromatherapy has gained more recognition in the fields of science and medicine.

Essential oils are usually distilled from whole plants. They are often very fragrant. It's thought that aromatherapy works through the scent receptors in your nose, which send messages to your brain and can affect your heart rate, blood pressure and breathing.

Essential oils can be used in different ways. They are often rubbed on the skin in weaker strengths using a base or carrier oil. Drops of essential oils can also be put into bath water. They can be inhaled through the air if the oil is put into steaming water, diffusers or a humidifier.

Aromatherapy is often used along with massage. The essential oil is an ingredient of the oil or lotion used by the massage therapist.

There are many different types of essential oils available. Essential oils for aromatherapy should be as pure as possible, without any added chemicals or pollutants. Examples of common essential oils are rose, peppermint, lavender, eucalyptus, chamomile, tea tree and bergamot (which is a combination of different essential oils).

## How long has aromatherapy been around?

Humans have used aromatherapy for thousands of years. Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.

Essential oils distillation is attributed to the Persians in the 10th century, though the practice may have been in use for a long time prior to this. Information about

essential oil distillation was published in the 16th century in Germany. French physicians in the 19th century recognized the potential of essential oils in treating disease.

Medical doctors became more established in the 19th century and focused on using chemical drugs. However, the French and German doctors still recognized the role of natural botanicals in treating illness.

The term “aromatherapy” was coined by a French perfumer and chemist René-Maurice Gattefossé in a book he wrote on the topic that was published in 1937. He had previously discovered the healing potential of lavender in treating burns. The book discusses the use of essential oils in treating medical conditions.

## How does aromatherapy treatment work?

Aromatherapy works through the sense of smell and skin absorption using products such as these:

- diffusers
- aromatic spritzers
- inhalers
- bathing salts
- body oils, creams, or lotions for massage or topical application
- facial steamers
- hot and cold compresses
- clay masks

You can use these alone or in any combination.

There are nearly one hundred types of essential oils available. Generally, people use the most popular oils.

Essential oils are available online, in health food stores, and in some regular supermarkets. It's important to buy from a reputable producer since the oils aren't regulated by the FDA. This ensures you're buying a quality product that is 100 percent natural. It shouldn't contain any additives or synthetic ingredients. I bought my essential oil kit on Amazon, an internet website.

Each essential oil has an array of unique healing properties, uses, and effects. Combining essential oils to create a synergistic blend creates even more benefits.

## Aromatherapy benefits

Aromatherapy has an array of benefits. It's said to:

- manage pain
- improve sleep quality
- reduce stress, agitation, and anxiety
- soothe sore joints

- treat headaches and migraines
- alleviate side effects of chemotherapy
- ease discomforts of labor
- fight bacteria, virus, or fungus
- improve digestion
- improve hospice and palliative care
- boost immunity

## Unproven claims

Scientific evidence for aromatherapy is considered to be limited in some areas. Research to support the use of aromatherapy in treating Alzheimer's disease, Parkinson's disease, and heart disease is lacking.

## Conditions it may treat

Aromatherapy has the potential to treat many conditions, including:

- asthma
- insomnia
- fatigue
- depression Trusted Source
- inflammation
- peripheral neuropathy
- menstrual issues
- alopecia
- cancer
- erectile dysfunction
- arthritis
- menopause

## Most popular aromatherapy oils

According to the National Association for Holistic Aromatherapy, the most popular essential oils are:

- clary sage
- cypress
- eucalyptus
- fennel
- geranium
- ginger
- helichrysum
- lavender
- lemon
- lemongrass
- mandarin
- neroli
- patchouli
- peppermint
- Roman chamomile
- rose
- rosemary
- tea tree
- vetiver
- ylang ylang

You can use essential oils in any number of ways. For example, add them to body lotions or carrier oils, and then apply them topically. Try enhancing a facial toner, shampoo, or conditioner with essential oils. Or incorporate them into liquid soap, toothpaste, or mouthwash. You can also diffuse or spritz the oils throughout a room or pour them into a bath.



Since aromatherapy is a complementary therapy, you should talk to your doctor before starting your sessions. That way your essential oil therapy can be tailored to work together with any medical care or treatment you're receiving.

## Side effects

Most essential oils are safe to use. But there are some precautions you should take when using them, as well as side effects you should be aware of, especially if you take any prescription medications.

Don't apply essential oils directly to your skin. Always use a carrier oil to dilute the oils. Remember to do a skin patch test before using essential oils. Since citrus essential oils may make your skin more sensitive to the sun, these oils should be avoided if you'll be exposed to sunlight. Children and women who are pregnant or breastfeeding should use essential oils with caution and under the supervision of a doctor. You should avoid some oils and never swallow essential oils.



Side effects of using essential oils include:

- rashes
- asthma attacks
- headaches
- allergic reactions
- skin irritation
- nausea

Use essential oils with caution if you have:

- hay fever
- asthma
- epilepsy
- high blood pressure
- eczema
- psoriasis
- Takeaway

As you explore the uses of essential oils, pay attention to how the different oils and methods of use affect you.

*Always talk to your doctor before starting any aromatherapy treatment. Remember that aromatherapy is meant to be a complementary therapy. It's not meant to replace any doctor-approved treatment plan.*

Source : <https://www.healthline.com/health/what-is-aromatherapy>



## CULTURE

### DISCOVER... ITALIA

*Home to many of the world's greatest works of art, architecture and gastronomy, Italy elates, inspires and moves like no other.*

- **Surface:** 302 000 km<sup>2</sup> with 2 independent landlocked States, Vatican and Saint-Marin.
- **Population :** 60 905 976 habitants.
- **Capital :** Roma.
- **Money :** Euro
- **Official language:** Italian
- **Politic regime:** parliamentary democracy.
- **Presidency:** Sergio Mattarella (elected in February 2015).



### Italian culture: Facts, customs and traditions

Italy is home to more than 62 million individuals as of 2017 and is ranked 23rd in population size when compared with other countries throughout the world. Italian culture is steeped in the arts, family, architecture, music and food. Home of the Roman Empire and a major center of the Renaissance, culture on the Italian peninsula has flourished for centuries. Here is a brief overview of Italian customs and traditions.

### Population of Italy

About 96 percent of the population of Italy is Italian, though there are many other ethnicities that live in this country. North African Arab, Italo-Albanian, Albanian, German, Austrian and some other European groups fill out the remainder of the population. Bordering countries of France, Switzerland, Austria, and Slovenia to

the north have influenced Italian culture, as have the Mediterranean islands of Sardinia and Sicily and Sardinia.

## **Languages of Italy**



The official language of the country is Italian. About 93 percent of the Italian population speaks Italian as native language, according to the BBC. There are a number of dialects of the language spoken in the country, including Sardinian, Friulian, Neapolitan, Sicilian, Ligurian, Piedmontese, Venetian and Calabrian. Milanese is also spoken in Milan. Other languages spoken by native Italians include Albanian, Bavarian, Catalan, Cimbrian, Corsican, Croatian, French, German, Greek, Slovenian and Walser.

## **Family life in Italy**

"Family is an extremely important value within the Italian culture," Talia Wagner, a Los Angeles-based marriage and family therapist, told Live Science. Their family solidarity is focused on extended family rather than the West's idea of "the nuclear family" of just a mom, dad and kids, Wagner explained.

Italians have frequent family gatherings and enjoy spending time with those in their family. "Children are reared to remain close to the family upon adulthood and incorporate their future family into the larger network," said Wagner.

## **Religion in Italy**



The major religion in Italy is Roman Catholicism. This is not surprising, as Vatican City, located in the heart of Rome, is the hub of Roman Catholicism and where the Pope resides. Roman Catholics and other Christians make up 80 percent of the population, though only one-third of those are practicing Catholics. The country also has a growing Muslim immigrant community, according to the University of Michigan.

Muslim, agnostic and atheist make up the other 20 percent of the population, according to the Central Intelligence Agency.

## Art and architecture in Italy



Italy has given rise to a number of architectural styles, including classical Roman, Renaissance, Baroque and Neoclassical. Italy is home to some of the most famous structures in the world, including the Colosseum and the Leaning Tower of Pisa. The concept of a basilica — which was originally used to

describe an open public court building and evolved to mean a Catholic pilgrimage site — was born in Italy. The word, according to the Oxford Dictionary, is derived from Latin and meant "royal palace." The word is also from the Greek *basilikē*, which is the feminine of *basilikos* which means "royal" or *basileus*, which means "king."

Italy also is home to many castles, such as the Valle d'Aosta Fort Bard, the Verrès Castle and the Ussel Castle.

Florence, Venice and Rome are home to many museums, but art can be viewed in churches and public buildings. Most notable is the ceiling of the Sistine Chapel of the Vatican, painted by Michelangelo sometime between 1508 and 1512.



Figure 1 - Vittorio De Sica (1901-1974)

Opera has its roots in Italy and many famous operas — including "Aida" and "La Traviata," both by Giuseppe Verdi, and "Pagliacci" by Ruggero Leoncavallo — were written in Italian and are still performed in the native language. More recently, Italian tenor Luciano Pavarotti made opera more accessible to the masses as a soloist and as part of the Three Tenors.

Italy is home to a number of world-renowned fashion houses, including Armani, Gucci, Benetton, Versace and Prada.

## Italian cuisine



Italian cuisine has influenced food culture around the world and is viewed as a form of art by many. Wine, cheese and pasta are important part of Italian meals. Pasta comes in a wide range of shapes, widths and lengths, including penne, spaghetti, linguine, fusilli and lasagna.

For Italians, food isn't just nourishment, it is life. "Family gatherings are frequent and often centered around food and the extended networks of families," said Wagner.

No one area of Italy eats the same things as the next. Each region has its own spin on "Italian food," according to CNN. For example, most of the foods that Americans view as Italian, such as spaghetti and pizza, come from central Italy. In the North of Italy, fish, potatoes, rice, sausages, pork and different types of cheeses are the most common ingredients. Pasta dishes with tomatoes are popular, as are many kinds of stuffed pasta, polenta and risotto. In the South, tomatoes dominate dishes, and they are either served fresh or cooked into sauce. Southern cuisine also includes capers, peppers, olives and olive oil, garlic, artichokes, eggplant and ricotta cheese.



Wine is also a big part of Italian culture, and the country is home to some of the world's most famous vineyards. The oldest traces of Italian wine were recently discovered in a cave near Sicily's southwest coast. "The archaeological implications of this new data are enormous, especially considering that the identification of wine [is] the first and earliest-attested presence of such product in an archaeological context in Sicily," researchers wrote in the study, published online August 2017 in the Microchemical Journal.



## Doing business in Italy



Italy's official currency is the euro. Italians are known for their family-centric culture, and there are a number of small and mid-sized businesses. Even many of the larger companies such as Fiat and Benetton are still primarily controlled by single families. "Many families that immigrated from Italy are traditionalists by nature, with the parents holding traditional gender roles. This has become challenging for the younger generations, as gender roles have morphed in the American culture and today stand at odds with the father being the primary breadwinner and the undisputed head of the household and the mother being the primary caretaker of the home and children," said Wagner.

Meetings are typically less formal than in countries such as Germany and Russia, and the familial structure can give way to a bit of chaos and animated exchanges. Italian business people tend to view information from outsiders with a bit of wariness, and prefer verbal exchanges with people that they know well.

## Italian holidays



Italians celebrate most Christian holidays. The celebration of the Epiphany, celebrated on January 6, is much like Christmas. Belfana, an old lady who flies on her broomstick, delivers presents and goodies to good children, according to legend.

Pasquetta, on the Monday after Easter, typically involves family picnics to mark the beginning of springtime.

November 1 commemorates Saints Day, a religious holiday during which Italians typically decorate the graves of deceased relatives with flowers.

Many Italian towns and villages celebrate the feast day of their patron saint. September 19, for example, is the feast of San Gennaro, the patron saint of Napoli.

April 25 is the Liberation Day, marking the 1945 liberation ending World War II in Italy in 1945.

Source :

*This article has a link to a special activity taking place at Manoir Gouin called Italia Day on August 22<sup>nd</sup>. P.S. Do you know our chef; Anthony Gallo is Italian? And our general director Cynthia is half Italian?*

<https://www.livescience.com/44376-italian-culture.html>

## ACTIVITIES BOARD: AUGUST

Here are more details about the activities we have this month.

### POTLUCK – Thursday August 8th

We tried this activity style last month and it was a success. The principle of a potluck is that each person brings one thing to share, either something to eat, a decoration or something to drink and we make it an occasion to get together, chat and take it easy.

This month, we have a sweet twist to the potluck. In company of traditional Greek music, we'll be dancing our sweets away!

Hope to see you. Gabriella.



### Plan B – for Rainy Day

In case of rain, we are saving a movie to watch on that rainy day. We will announce the movie last minute depending on the weather. Thank you.

### ARTS AND COLORING – Tuesday August 13<sup>th</sup>

A coloring workshop where everyone can let their paintbrushes and pencils flow on the paper. Let your creative, artistic side of you express itself and learn about the benefits and techniques of adult coloring. Open to all.



### CORN ON THE COB AND RESIDENTS' PARTY – Thursday August 15<sup>th</sup>

The tradition continues. The month of August is also synonym of fresh sweet corn from Quebec. A decision will be made on the day of the activity on where it will take place – indoor or outdoor – depending on the weather. The corn on the cob event will be followed by the Residents Party with “Ainés dansent...Adieu la démence”. Two professional salsa dancers will be with us to perform dances and make us dance as well. Olé!

## ACTIVITIES BOARD

### TAI CHI – Tuesday August 20<sup>th</sup>

For a second time, Gabrielle will be animation a Tai Chi exercise sequence. Slow movements, deep breathing and relaxing environment. This workshop is adapted to all levels. You can exercise standing up, sitting down or with the hold of a chair. A good way to get stronger and flexible at the same time. This is the beauty of Ying and Yang beliefs, which Tai Chi is based on.

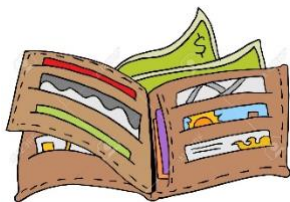


### COOKING – Wednesday August 21st

A small group activity taking place in the community room. In preparation of Italia Day the day after, we will be preparing and cooking Italian food. Yum and fun!

### Italia Day – Thursday August 22nd

Our cultural passport activity is back this month with ITALY! To start, we will watch a beautiful movie on the country, followed by a tasting of Italian bouchées topped up with an Italian quiz. It will be special and fun. Bring your passport document. Buongiorno.



### LAST CLASS OF LINE DANCING – Mardi le 27 août

For the last time, you are invited to come dance for the last time with the teacher Sun Kheang Chung. The class is open to all levels, beginner, intermediate, advanced, with or without walker. Come move to the rhythm of the music! Cha cha!

### Thursday August 28th – Surprise!

Well, it's a surprise! 😊

### BOUTIQUES :

**Boutique Rosa : August 8<sup>th</sup>**

Clothes for women and jewelry

**Boutique Normandin : Thursday August 29<sup>th</sup>**

Clothing for women



## SOUVENIRS BOARD

### Souvlaki take out dinner – June 27<sup>th</sup>



### Summer BBQ – July 3<sup>rd</sup>



### Coffee & chat – July 4<sup>th</sup>





## LES SOUVENIRS

Sundae bar – Friday July 19<sup>th</sup>



Residents' Party with Mario Lento, singer and keyboard specialist – July 23<sup>rd</sup>



## BIRTHDAYS



**August has seen these people born:**

August 4<sup>th</sup> - Angeliki Voutsinas Spiliotopoulos

August 5<sup>th</sup> - Dorothée Dubé Marchildon

August 8<sup>th</sup> - Fleurette Thibodeau Desrosiers

August 10<sup>th</sup> - Rémi Volckaert

August 10<sup>th</sup> - Maria Koufos Chrysovitsiot

August 10<sup>th</sup> - Trifo Loukeris

August 11<sup>th</sup> - Margaret Smythe Bordeleau

August 14<sup>th</sup> - Ramesh Vohra

August 15<sup>th</sup> - Constantina Ntolou Papakosta

August 15<sup>th</sup> - Yolande Larocque

August 15<sup>th</sup> - Peter Chagias

August 19<sup>th</sup> - Jean-Pierre Lavoie

August 22<sup>nd</sup> - Roland Piché

August 24<sup>th</sup> - Gilles Deschênes

August 30<sup>th</sup> - Stephen Chorney



## RECIPE OF THE MONTH

### FROZEN CHOCOLATE BANANA BITES



#### PARTICULARITIES

- SERVES *Serves 6*
- PREP TIME *5 min*
- COOK TIME *5 min*
- TIMEOUT *2 hours*
- FREEZING *Freezes well*

### INGREDIENTS

- 2 bananas
- 1 cup half-sweet chocolate chips

### STEPS

1. Cut each banana into thirds. Insert a wooden popsicle stick into the end of each banana piece. Freeze for 2 hours.
2. Melt the chocolate in the microwave or a double boiler.
3. Dip 2/3 of each banana in the chocolate. The chocolate will harden.
4. Immediately roll in the nuts or your chosen topping(s) and enjoy.

### TIPS & TRICKS

Topping ideas

Pistachios, roughly chopped

Peanuts, roughly chopped

or

Cookies, crumbled

Chocolate, grated or chopped

Small candies

<https://www.troisfoisparjour.com/en/recipes/desserts/fruits/frozen-chocolate-banana-bites/>

## ASTROLOGY

**LEO (July 23<sup>rd</sup> to August 22<sup>nd</sup>)**

**Element: Fire**

**Color: Fixed**

**Day: Sunday**

**Ruler: Sun**

**Greatest Overall Compatibility: Aquarius, Gemini**

**Lucky Numbers: 1, 3, 10, 19**

**Strengths: Creative, passionate, courageous, warm-hearted, cheerful, humorous**

**Weaknesses: Arrogant, stubborn, self-centered, lazy, inflexible**

**Leos likes: Theater, taking holidays, being admired, expensive things, bright color, fun with friends**

**Leos dislikes: Being ignored, facing difficult reality, not being treated like a king or a queen**



People born under the sign of Leo are natural born leaders. They are dramatic, creative, self-confident, dominant and extremely difficult to resist, able to achieve anything they want to in any area of life they commit to. There is a specific strength to a Leo and their "king of the jungle" status. Leo often has many friends for they are generous and loyal. Self-confident and attractive, this is a Sun sign capable of uniting different groups of people and leading them as one towards a shared cause, and their healthy sense of humor makes collaboration with other people even easier.

Leo belongs to the element of Fire, just like Aries and Sagittarius. This makes them warmhearted, in love with life, trying to laugh and have a good time. Able to use their mind to solve even the most difficult problems, they will easily take initiative in resolving various complicated situations. Ruled by the Sun, Leo worships this fiery entity in the sky, quite literally as well as metaphorically. They are in search for self-awareness and in constant growth of ego. Aware of their desires and personality, they can easily ask for everything they need, but could just as easily unconsciously neglect the needs of other people in their chase for personal gain or status. When a Leo representative becomes too fond and attached to their achievements and the way other people see them, they become an easy target, ready to be taken down.

Leo - the Lion in the Cave The story of the Lion always speaks of bravery. This is an animal fearless and impossible to challenge, hurt or destroy, their only weaknesses being fear and aggression towards those they confront. Living in a cave, a Lion always needs to have one, nesting and finding comfort in hard times. However, they should never stay there for long. With their head high, they have to face others with dignity and respect, never raising a voice, a hand, or a weapon, bravely walking through the forest they rule.

<https://www.astrology-zodiac-signs.com/zodiac-signs/leo/>



## CINEMA BOARD

### Movies schedule :

AUGUST 3 : When Harry met Sally – Billy Crystal, Meg Ryan

AUGUST 4 : Pride and prejudices

AUGUST 10 : North by northwest

AUGUST 11 : Richard Abel *Elegancia live*

AUGUST 17 : Monsieur lazhar

AUGUST 18 : the Round Up

AUGUST 24 : Forrest Gump - Tom Hanks

AUGUST 25 : Last tango in Paris

AUGUST 26 : Cat on a hot tin roof

### Movies prelude:

#### **When**



#### **Harry**

#### **met**

#### **Sally**

In 1977, Harry Burns and Sally Albright graduate from the University of Chicago and share the drive to New York City, where Sally is beginning journalism school and Harry is starting a career. Harry is dating Sally's friend Amanda. During the drive, Harry and Sally discuss their differing ideas about relationships; Sally disagrees with Harry's assertion that men and women cannot be friends as "the sex part gets in the way".

#### **Pride and prejudice**



During the 19th century, the Bennet family, consisting of Mr. Bennet and Mrs. Bennet and their five daughters—Jane, Elizabeth, Mary, Kitty, and Lydia—live on a working farm in rural England. As the Bennets have no sons, their farm is destined to be inherited by Mr. Bennet's cousin, Mr. Collins, so Mrs. Bennet is anxious to marry off her five daughters for their financial security. Wealthy bachelor Charles Bingley has recently moved into a nearby estate. He is introduced to local society at an assembly ball, along with his haughty sister Caroline and reserved friend, the handsome and very rich

#### **North by northwest**



At a New York City hotel bar in 1958, two thugs looking for "George Kaplan" see a waiter calling his name; advertising executive Roger Thornhill summons the waiter. Thornhill is mistaken for Kaplan, kidnapped, brought to the Long Island estate of Lester Townsend and interrogated by spy Phillip Vandamm. Despite Thornhill

denying he is Kaplan, Vandamm thinks he is lying and has henchman Leonard arrange Thornhill's death in a staged drunken driving accident.



## Richard Abel

Elegancia live

## Monsieur lazhar



In Montreal, an elementary school teacher hangs herself. Bachir Lazhar, a recent Algerian immigrant, then offers his services to replace her, claiming to have taught in his home country. Desperate to fill the position, the principal, Mme Vaillancourt, takes him at his word and gives him the job.

## The round up



Jo Weisman, a young Jewish Parisian, and his family are taken by the Germans and Vichy collaborators in the rafle du Vel' d'Hiv. Anna Traube, a 20-year-old woman, walks out of the velodrome with forged papers; her mother and sister are captured. Annette Monod, a Protestant nurse, volunteers for the velodrome, and assists Jewish doctor David Sheinbaum.

## Forest Gump



In 1981 at a bus stop in Savannah, Georgia, Forrest Gump recounts his life story to strangers who sit next to him on a bench.

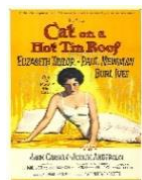
In 1951 in Greenbow, Alabama, young Forrest is fitted with leg braces to correct a curved spine, and is not able to walk.

## Last tango in paris



Paul (Marlon Brando), a middle-aged American hotel owner mourning the suicide of his wife Rosa, meets a young, engaged Parisian woman named Jeanne (Maria Schneider) at an apartment that both are interested in renting. Paul takes the apartment after they begin an anonymous sexual relationship there. He insists that neither of them must share any personal information, even given names.

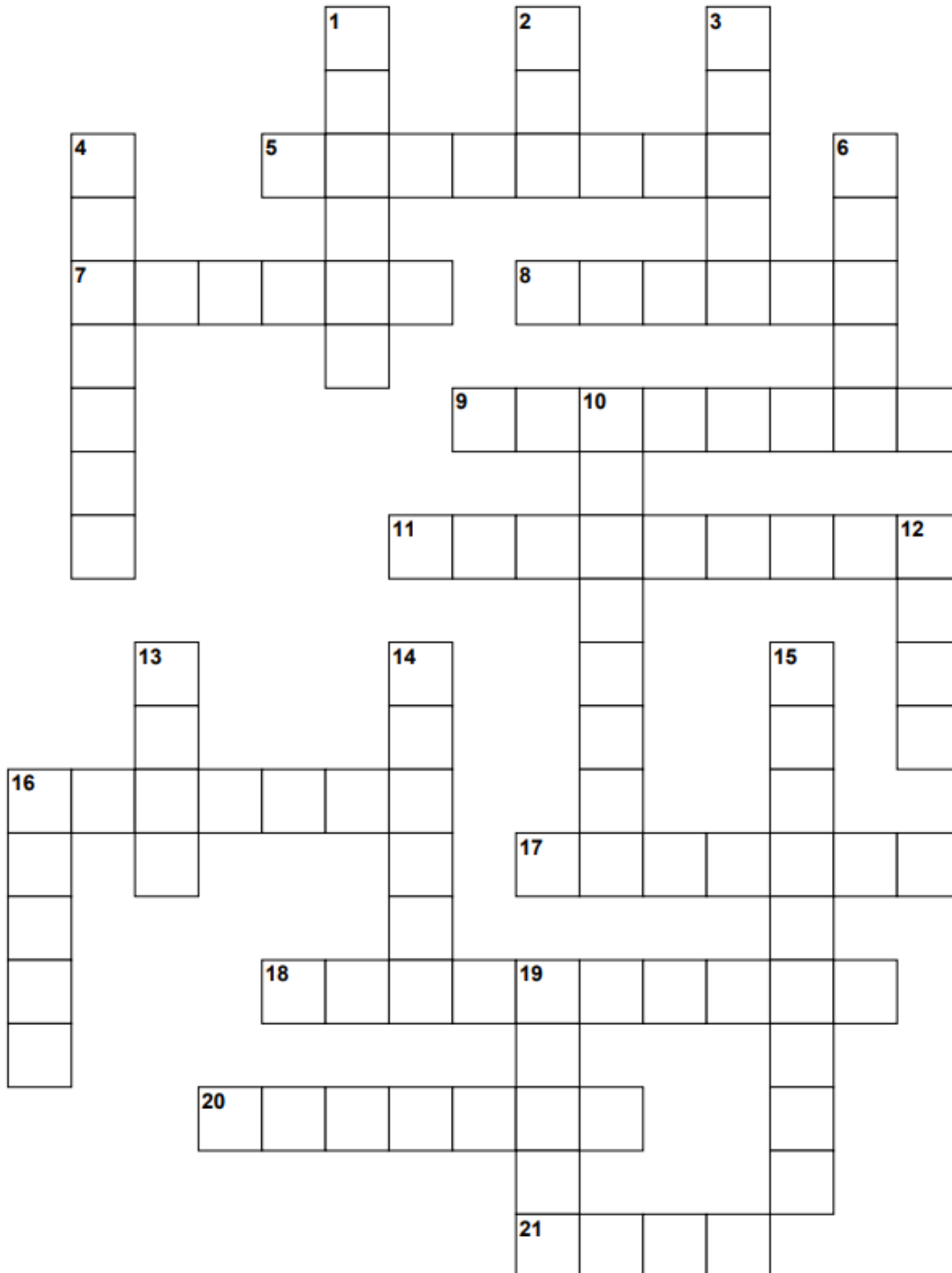
## Cat on a hot tin roof



Late one night, a drunken Brick Pollitt (Paul Newman) is out trying to recapture his glory days of high school sports by leaping hurdles on a track field, dreaming about his moments as a youthful athlete. Unexpectedly, he falls and breaks his leg, leaving him dependent on a crutch. Brick, along with his wife, Maggie "the Cat" (Elizabeth Taylor), are seen the next day visiting his family's estate in eastern Mississippi

## GAMES

### AUGUST



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

## GAMES

### AUGUST

#### ACROSS

- 5** Period of rest from school or work
- 7** Person who rides the waves on a board
- 8** Dry sandy area with few plants
- 9** Game played with bat and ball
- 11** Land mass higher than a hill
- 16** Using a boat for pleasure
- 17** August birth stone
- 18** Large round fruit with green rind and sweet red pulp
- 20** Outdoor activity using tents
- 21** Take a long walk in the country for fun

#### DOWN

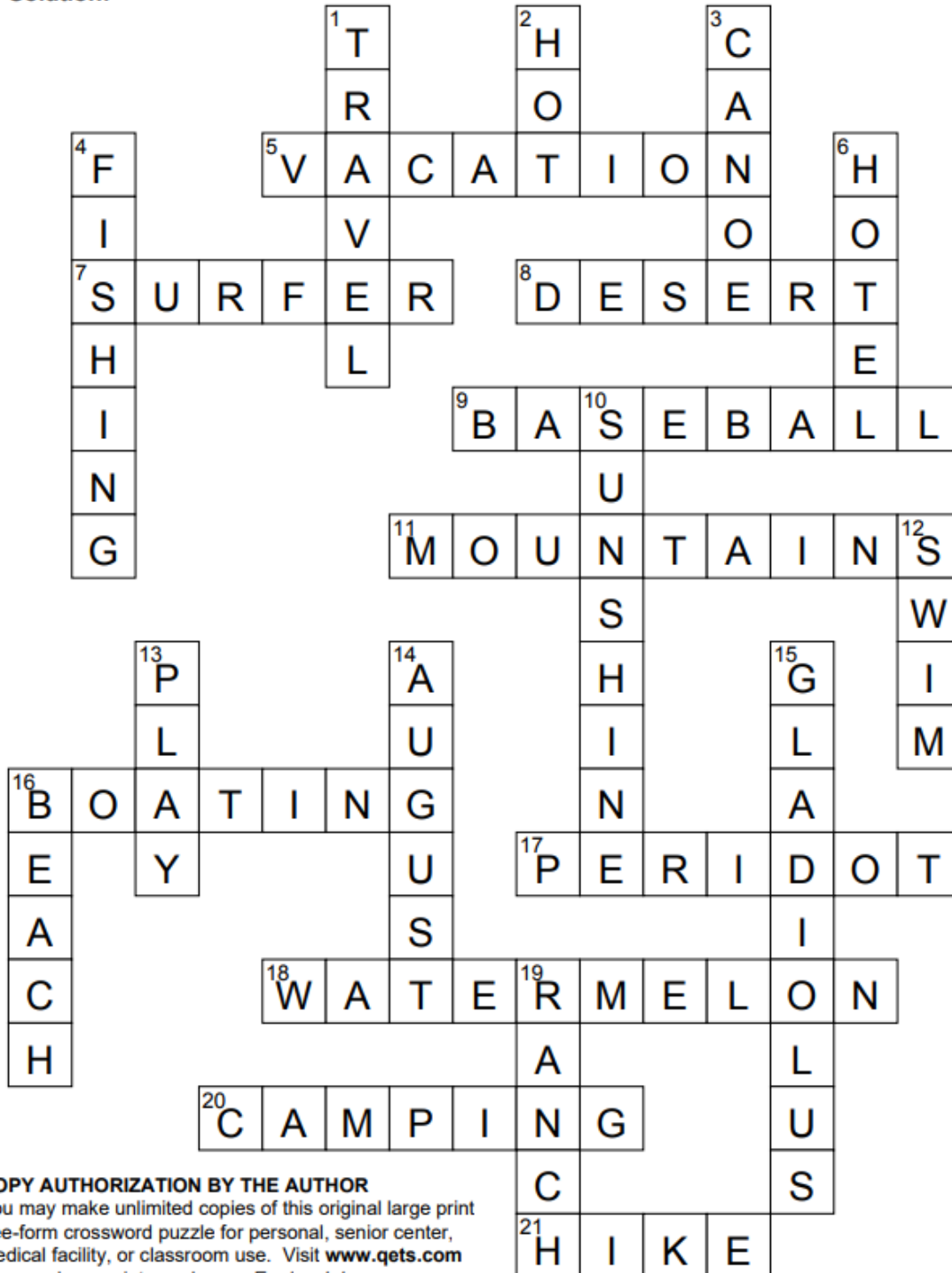
- 1** Journey from place to place
- 2** Holding or giving off great heat
- 3** Small boat with pointed ends that is moved by using a paddle
- 4** Pastime of catching or trying to catch a fish
- 6** Place with many rooms and beds where people pay to stay
- 10** Bright light of the sun
- 12** Move through the water by using parts of the body
- 13** Activity meant to relax or amuse
- 14** Eighth month of the year
- 15** August birth flower
- 16** Sandy area at the edge of the ocean
- 19** Place where cattle, horses, or sheep are raised



## SOLUTION

### AUGUST

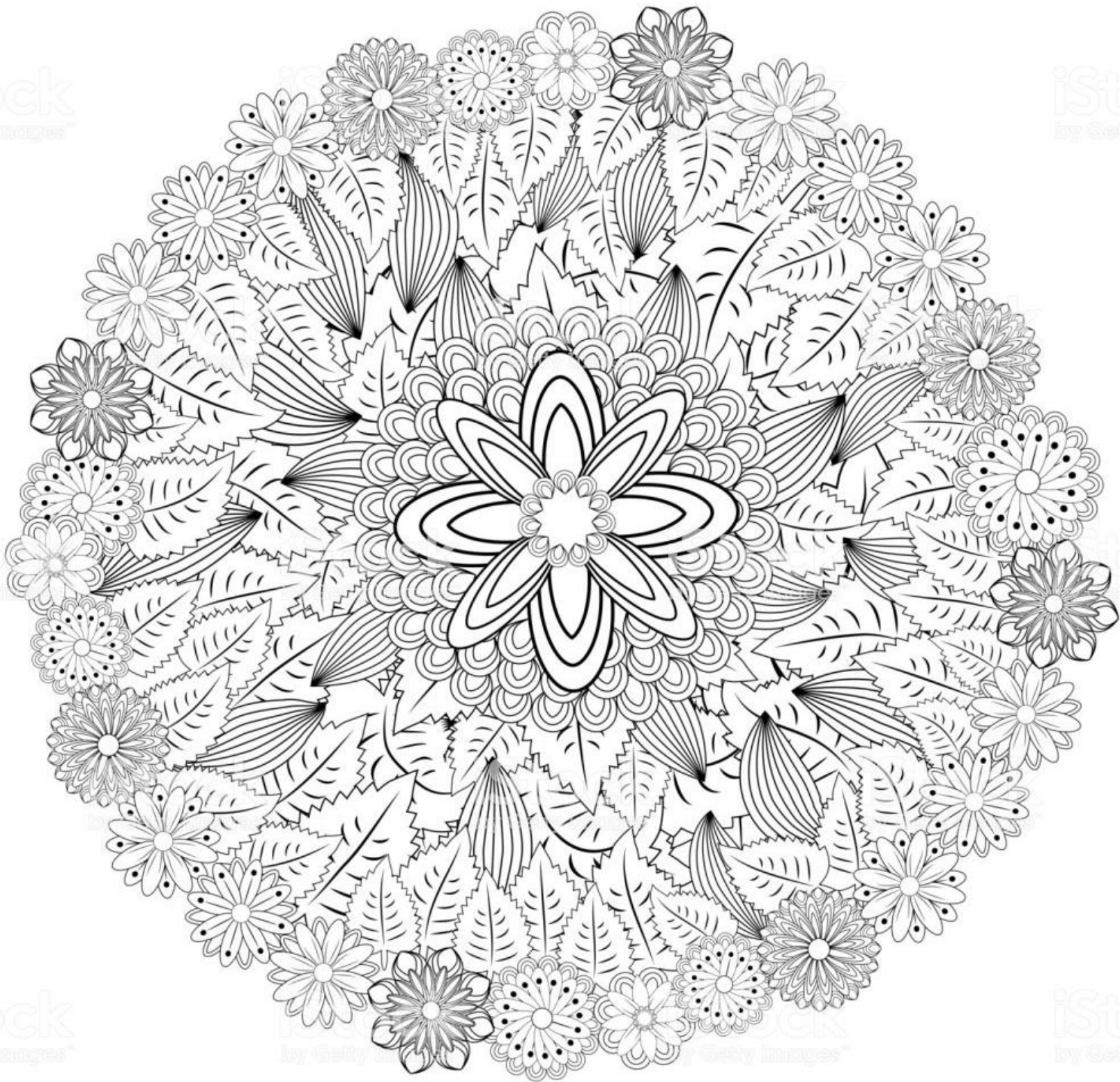
Solution:



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## ADULT COLORING







[www.coloriage.info](http://www.coloriage.info)

## ACTIVITIES CALENDAR: AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Jeunesse au soleil</b> sera avec nous jusqu'au vendredi 9 août. Merci pour leur aide et implication.</p> <p><b>Fête des résidents - formule spéciale.</b> Nous accueillerons deux danseurs qui danseront la salsa avec nous. Oyé!</p>	<p><b>Club de jeux de cartes 500:</b> Tous les mardis et jeudis soirs à 19h00 dans la salle communautaire.</p> <p><b>Animator off</b></p>	<p>10h00 Tai chi</p> <p>14h00 Billard tournament</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>14h00 Intergenerational activity with La Maison des Parents de B-C, Children, parents and residents welcome.</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>18h30 When Harry met Sally</p>
<p>13h00 BINGO</p> <p>18h30 <i>Pride and prejudices</i></p>	<p>13h00 Animator off</p> <p>13h00 BINGO</p>	<p>10h00 Coffee &amp; Meet</p> <p>13h00 Mass in French</p>	<p>10h30 Adapted exercises</p> <p>14h00 Boardgames and iced coffee</p>	<p><b>Rosa Boutique</b> 11h30-16h30 14h00 Greek picnic - potluck Bring a sweet treat Greek music</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>18h30 North by northwest</p>
<p>13h00 BINGO</p> <p>18h30 <i>Richard Abel</i></p>	<p>9h-13h: Vos Oreilles Clinique d'audiologie</p> <p>13h00 BINGO</p>	<p>14h00 Arts &amp; Coloring</p> <p>14h00 Mass in Armenian</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>11h30 Corn on the cob</p> <p>13h00 Residents Party with Salsa dancing show</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>18h30 Monsieur Lazhar</p>
<p>13h00 BINGO</p> <p>18h30 <i>The Round Up</i></p>	<p>13h00 BINGO</p> <p>13h00 BINGO</p>	<p>10h30 Tai chi</p>	<p>10h30 Adapted exercises</p> <p>13h00 Cooking</p>	<p>14h00 Italia Day</p>	<p>10h30 Adapted exercises</p> <p>13h00 BINGO</p>	<p>18h30 Forrest Gump</p>
<p>13h00 BINGO</p> <p>18h30 <i>Last tango in Paris</i></p>	<p>10h30 Gardening</p> <p>13h00 BINGO</p>	<p>14h30 Line dancing class Last class</p>	<p>10h30 Adapted exercises</p> <p>14h00 Surprise</p>	<p><b>Normandin Boutique</b> 10h-14h 14h30-15h30 Mobile Library</p>	<p>13h00 BINGO</p>	<p>18h30 Cat on a hot tin roof</p>