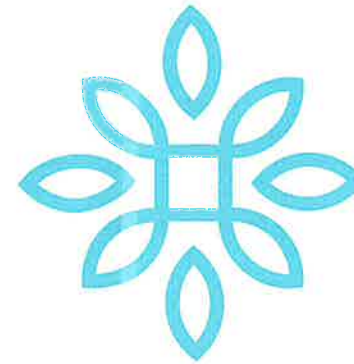




Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.



SWEETBRIAR

— ASSISTED LIVING —

505 Caldwell Lane • Dunbar, WV 25064 • (304) 744-7400

August 2022

Staff Directory

Jennifer Smith Executive Director
 Melissa Bryant Director of Personal Care
 Jamie Fultz Sales and Marketing Rep
 Anthony Thaxton Maintenance Director
 Connie Hager Business Office Manager
 Shawna Cook Culinary Manager
 April Stevens Recreation Director

Sounds of Summer

When you step outside during the summer, you’re likely to hear the buzzing, chirping and humming of insects. It’s their way of communicating. Get the buzz on some sounds of the season:

Cicadas. One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

Crickets. When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

Katydid. Named after their repetitive calls of “Katy did, she did,” these green, leaf-shaped insects are most active at night.

Bees. Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Lightweight Lit

What makes a book a “beach read”? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that’s generally easy to consume, whether it’s a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.

“This Month In History”

AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 2:00 ■ Bingo	2 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Bible Study 1:00 ■ Pretty Nails	3 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Arts & Crafts 2:00 ■ Bingo	4 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:30 ■ Lunch with April	5 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Music with Anthony 2:00 ■ Bingo	6 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk
7 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Church / Fellowship Service	8 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 2:00 ■ Bingo	9 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Bible Study 1:00 ■ Pretty Nails	10 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Arts & Crafts 2:00 ■ Bingo	11 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:30 ■ Lunch with April	12 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Music with Anthony 2:00 ■ Bingo	13 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk
14 1:00 ■ Church / Fellowship Service	15 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 2:00 ■ Bingo	16 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Bible Study 1:00 ■ Pretty Nails	17 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Arts & Crafts 2:00 ■ Bingo	18 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:30 ■ Lunch with April	19 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Music with Anthony 2:00 ■ Bingo	20 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk
21 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Church / Fellowship Service	22 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 2:00 ■ Bingo	23 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Bible Study 1:00 ■ Pretty Nails	24 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Arts & Crafts 2:00 ■ Bingo	25 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:30 ■ Lunch with April	26 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 1:00 ■ Music with Anthony 2:00 ■ Bingo	27 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk
28 1:00 ■ Church / Fellowship Service	29 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 2:00 ■ Bingo	30 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Bible Study 1:00 ■ Pretty Nails	31 9:00 ■ Current Events / Fitness Class 9:30 ■ Morning Walk 10:00 ■ Arts & Crafts 2:00 ■ Bingo			