

August Schedule

What's happening in August

Monday, Tuesday & Thursday

Short Stories / Quiz / 1:1 / Spa / Baking / Wake Up & Shake Up!

 Live entertainment on the first Saturday of every month 

- Friday 1st - Arts & Craft with Busy Lizzy 11am  
- Saturday 2nd - Smokey Joe 2pm  
- Friday 6th - Brain & Body Gym Class with Sara 11.30am  ♀
- Wednesday 13th - Hairdressing in conservatory 
- Thursday 14th - Pub Trip to the Maypole 11/11.15
- Friday 15th - Jewellery Making with Andrea Jones 11am 
- Monday 18th – Holy Communion with Rev. Nicholas 11am 
- Tuesday 19th - “The Sundays” Rock ‘n’ Roll Show 2pm  
- Friday 22nd – Mill Farm Cottage 10am – 12pm   
- Wednesday 27th - Nigel Dawson Creative Talks at 2pm 
- Thursday 28th - Kingston Library visit 11am 



Malcolm – Monday 18th

Geoff – Wednesday 20th

Beth D – Monday 25th

Other Notable dates for your diary

Friday 1st- International Beer Day

Celebrated the first Friday of August, International Beer Day is a time to enjoy, responsibly, that most ancient of beverages.

Archaeologists have found beer recipes on tablets dated to 4300 B.C., and beer has been found in ceramics dated to 3400 B.C.

From 2007 through 2012, International Beer Day was celebrated on August 5th. After International Beer Day 2012, the founders took a poll of fans and chose to move the holiday to the first Friday in August.

Its promoters recommend three aims in celebrating the day:

To gather with friends and enjoy the deliciousness that is beer.

To celebrate the dedicated men and women who brew and serve our beer.

To bring the world together by celebrating the beers of all nations and cultures on this one remarkable day. 🍺

Tuesday 26th- National Dog Day

Dogs are Good for your Health!

You might be wondering why dogs should even have their own national holiday, so let's allow the facts to speak for themselves. The American Heart Association reports that dogs can help a person healing from a cardiac event.

So, while dogs figuratively melt our hearts, they can also literally save them.

A study out of the University of Warwick's Psychology Department found that dogs can also improve mood and help ease anxiety. Frontiers in Psychology published a study showing that even small interactions with dog's releases oxytocin, the magical hormone that fights pain and relieves stress.

So, on this day spoil your dog even more than usual and consider volunteering or donating to your local dog rescue who need all the support they can get. 🐶

