



Somerset Oak

SENIOR LIVING COMMUNITY

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'Oz' Turns 85

It's been 85 years since movie audiences first followed the yellow brick road, but viewers of all ages are still enchanted by "The Wizard of Oz." The film's charming storyline, sentimental songs and groundbreaking special effects have contributed to its widespread status as one of the greatest movies of all time as well as a pop culture icon.



Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.

August 2024



Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think "You're a peach!" or "Things are just peachy." The 1950s brought the fun phrase "peachy keen," and an idyllic existence is sometimes called "peaches and cream"—as in "Life is not always peaches and cream." Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.

Hard To Resist

Resistance bands are a smart addition to your fitness routine. They are inexpensive, are great for all fitness levels, add variety to your workout and are easy to bring along when you travel.



Flower of [August]

Botanical name | Gladiolus

Other names | Sword lily, glad

Description | Large, thick stems with multiple, tightly packed blossoms on one side only. Blossoms' shape and texture vary from fringed to ruffled, trumpet-shaped and rosebuds.

Colors | Pink, red, white, orange, yellow, purple and bicolor

Facts | Very fragrant. Often used in sympathy bouquets.

[Gladiola]

Meaning | Gladiolus is Latin for "sword." It also is said to represent gracefulness and a strong sense of character.

