

Happy Birthday to You!

Olga C.	8/1
Maureen F.	8/2
Elizabeth O.	8/13
Patricia H.	8/13
Ronald C.	8/13
Sandra F.	8/19
Veralea L.	8/22
Shirley V.	8/31

Nature's Nightlight

Fireflies, also known as lightning bugs, are a magical nighttime phenomenon. While fireflies are widely recognized as insects, a little-known fact about fireflies is that they are actually beetles. A part of the Lampyridae family, they are nocturnal and winged. Their wings help to distinguish them from the glowworm which is also part of the Lampyridae family.

With more than 2,000 firefly species, fireflies are a signal of summer around the world. Lighting up the late-night summer sky with bioluminescence, these fascinating beetles have a dedicated light organ under their abdomen. To create that captivating light, they take in oxygen and combine it in special cells with luciferin, a substance that helps produce their light.

Firefly light is usually intermittent and flashing. Scientists believe the light serves two major purposes. The first is to attract a mate. The second is for defense. The light may signal predators that the firefly won't taste very good, thereby warding them off. While the real purpose of this light is fascinating, it may pale in comparison to the childlike feeling the sight of a firefly evokes in almost everyone who sees it. The sight takes one back to campouts, nights around the fire, and endless summer nights filling people with joy and wonder alike.



Answers to Summer Trivia

1. 1816 (due to a 1815 eruption of Mount Tambora that caused a volcanic winter)
2. Hottest days of Summer July 3- August 11
3. Fruit
4. As a pie plate
5. Blueberries

August
2022

Sabal Palms



SABAL PALMS
ASSISTED LIVING & MEMORY CARE
A Protea Senior Living Community

Monthly Highlights

- Catholic Communion every Monday @ 1030am
- Resident Activity meeting 8/3
- Dog Days of Summer outdoor activities 8/4
- Sweet Melissa Entertainment @ 3pm 8/9
- Chef Chat 8/10
- Johnathan Brady Entertainment 8/12
- DJ Debbie & Tony entertainment 8/16
- Resident Council meeting 8/17
- 1st of August 8/21



Summer Trivia

1. What year is known as "the year without summer"?
2. The dog days of summer refer to what?
3. According to botanists, is Watermelon a fruit or vegetable?
4. The frisbee was originally invented for what purpose?
5. July is the national month of what fruit?



Dog days of summer