



The PORCHLIGHT

OFFICE HOURS

MONDAY-THURSDAY: 8:00 A.M. - 4:00 P.M.

FRIDAY: 8:00 A.M.-12:00 P.M.

SATURDAY-SUNDAY: CLOSED

EMERGENCY MAINTENANCE:

(660)373-1801

2602 Crossan Street
Bethany, MO 64424





STAY INFORMED. STAY CONNECTED. STAY IN THE KNOW!



Happy Birthday!



AUGUST BIRTHDAYS



DATE	NAME
★ August 9	Rebecca
★ August 10	Michelle
★ August 11	Amelia
★ August 11	Nikolas Jr.
★ August 12	Dena
★ August 21	Glayne
★ August 26	Austin
★ August 26	Linda
★ August 30	Riley



Wishing you a wonderful year!



Important Dates



DATE	EVENT
	BINGO (RSVP) Every last Wednesday of the month 09:00 a.m. - 10:00 a.m. Community Room
	OFFICE CLOSED FOR END OF MONTH OFFICE WILL BE CLOSED MONDAY, AUGUST 31 ST , 2026
	August 4 U.S. Coast Guard Birthday (1790)
	August 7 Purple Heart Day
	Perseid Meteor Shower (peaks around August 11-13)
	Back-to-school shopping season

Notes from the Office



August is named after Emperor Augustus Caesar of Rome. It was originally called Sextilis because it was the sixth month in the old Roman calendar.



Upcoming Reminders



- National Farmers Market Week
(First full week of August)
- ☐
 - ☐
 - ☐
 - ☐
 - ☐
 - ☐



Be Kind. Be Positive.
Be Our Community!



Quick,
Healthy,
and Perfect
for Busy
Days! ☆

≡ August Recipe ≡

Summer Chicken & Corn Taco Salad

Fresh.
Easy.
Delicious.



INGREDIENTS



- 2 cups cooked chicken, shredded
- 1 (15 oz) can corn, drained
- 1 (15 oz) can black beans, rinsed
- 1 cup cherry tomatoes, halved
- 1 cup shredded lettuce
- 1/2 cup shredded cheese
- 1/4 cup salsa
- 1/4 cup ranch dressing
- Tortilla strips (optional)
- Avocado or jalapeños (optional)

DIRECTIONS



- ① In a large bowl, combine chicken, corn, black beans, and tomatoes.
- ② Add shredded lettuce and cheese.
- ③ Top with salsa and ranch dressing.
- ④ Sprinkle tortilla strips on top for crunch.
- ⑤ Toss and enjoy!

→ Add avocado or jalapeños for extra flavor!

A fresh twist on taco night! ♥

GREAT FOR:

- ✓ Lunch
- ✓ Dinner
- ✓ Potlucks
- ✓ Leftovers



SERVES

4



CAFETERIA TIP:

Choose whole foods,
drink water, and
stay active!



Let's eat
healthy and
stay strong
this school
year!



≡ GOOD FOOD FUELS GREAT DAYS! ≡



A LITTLE
MOVEMENT
GOES A
LONG WAY!



P.E. CLASS

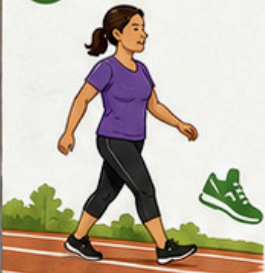
Stay Active!

Easy Exercises for Every Day

Move today,
feel better
tomorrow!



1 WALK IT OUT



Take a brisk walk around your building or outside for 10–20 minutes.

2 SHOULDER ROLLS



Roll shoulders forward 10 times, then backward 10 times.

3 SIT TO STAND



Sit in a sturdy chair. Stand up, then sit down slowly. Repeat 10 times.

4 ARM REACH



Reach arms up high, then out to the sides. Repeat 10 times.

5 MARCH IN PLACE



March in place for 1–3 minutes. Lift knees as high as comfortable.

6 SIDE STEPS



Step side to side for 1–2 minutes. Keep a steady pace.

7 CALF RAISES



Hold a chair for balance. Rise up on your toes, then lower slowly. Repeat 10 times.

8 SEATED LEG LIFTS



Sit tall and lift one leg straight out. Hold for 2–3 seconds. Do 10 reps each leg.

9 WALL PUSH UPS



Place hands on wall, step back, and gently push. Repeat 10 times.

10 TUMMY TWIST



Sit tall and twist gently side to side. Repeat 10 times each side.

11 ANKLE CIRCLES



Lift one foot and make circles with your ankle. Do 10 each direction. Repeat with other foot.

12 STRETCH IT OUT



Stretch your arms, neck, and back. Hold each.

13 BALANCE PRACTICE



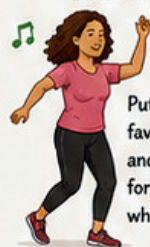
Hold onto a chair. Lift one foot and hold for 10–20 seconds. Switch legs.

14 DEEP BREATHS



Take 5 slow deep breaths. Inhale through your nose, exhale through your mouth.

15 DANCE BREAK!



Put on your favorite song and dance for one whole song!

WEEKLY GOAL

- ✓ Move Every Day
- ✓ Drink Water
- ✓ Eat Healthy
- ✓ Get Rest
- ✓ Have Fun!



BE PROUD OF
EVERY STEP YOU TAKE!

Small steps today lead to a stronger, healthier you tomorrow.



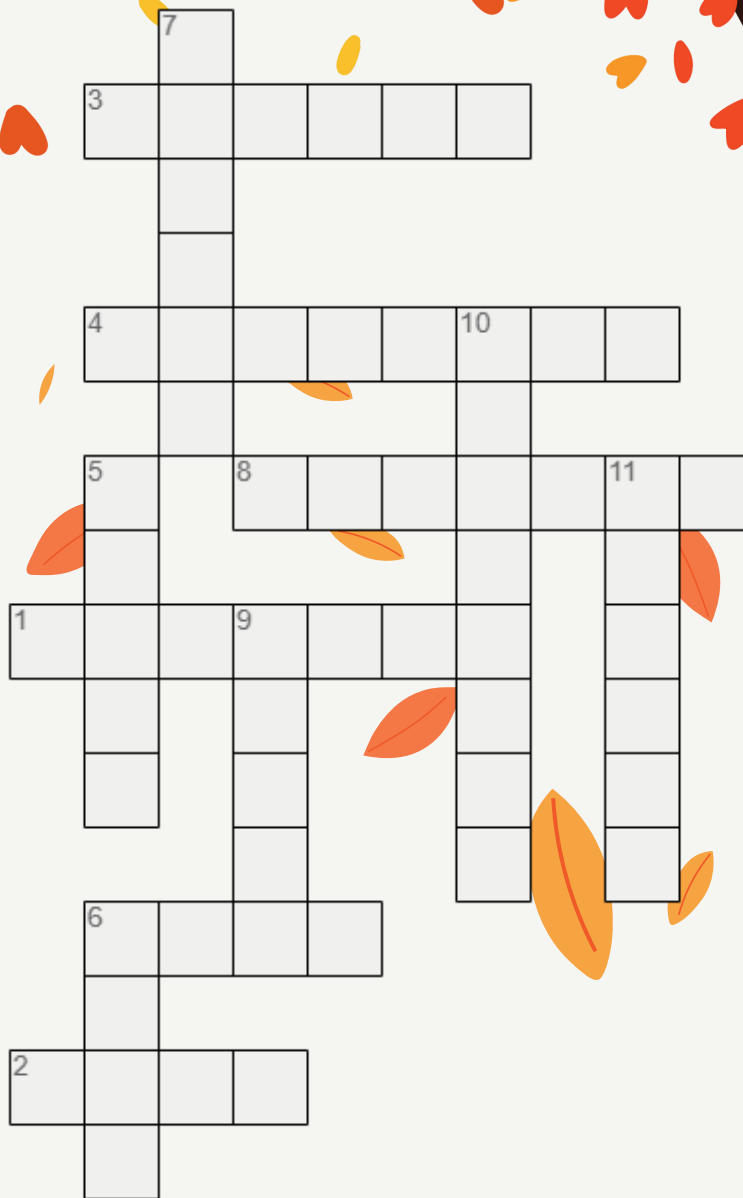
DON'T FORGET!

- Stay Hydrated
- Move Your Body
- Eat Well
- Rest & Recharge



YOUR HEALTH IS YOUR SUPERPOWER!

AUGUST CROSSWORD



ACROSS

1. Agricultural activity beginning in August
2. Students go ___ to school in August
3. Month after July
4. Many summer ___ occur in August
6. Zodiac sign for most of August
8. Summer insect sound in August

DOWN

5. Popular August destination
6. Colorful thing that falls in autumn
7. Season when August occurs
9. Zodiac sign for late August
10. Common August activity
11. August's position in the calendar



FALL INTO A WORD-SEARCH

F	A	L	L	A	S	E	D	B	F
Y	Q	U	D	D	Y	S	L	O	E
S	V	A	A	F	U	S	P	N	D
C	B	P	U	R	I	A	O	F	H
H	H	P	T	O	T	Y	N	I	F
O	J	L	U	P	G	Q	G	R	R
O	K	E	M	K	H	W	H	E	S
L	T	G	N	H	J	E	R	R	U
F	H	H	L	E	A	V	E	S	I
F	O	O	T	B	A	L	L	F	K

FALL

ESSAY

BONFIRE

LEAVES

SCHOOL

APPLE

FOOTBALL

AUTUMN

F	A	L	L	A	S	E	D	B	F
Y	Q	U	D	D	Y	S	L	O	E
S	V	A	A	F	U	S	P	N	D
C	B	P	U	R	I	A	O	F	H
H	H	P	T	O	T	Y	N	I	F
O	J	L	U	P	G	Q	G	R	R
O	K	E	M	K	H	W	H	E	S
L	T	G	N	H	J	E	R	R	U
F	H	H	L	E	A	V	E	S	I
F	O	O	T	B	A	L	L	F	K