



# AUGUST 2019

1503 Fourth Street NW, Albuquerque NM 87102

Call 1-844-366-2472

Hours of operation: Monday thru Friday 8:30am -3:30pm

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School



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h2 style="color: purple; text-decoration: underline;">NM Tax Free Weekend is August 3-5</h2>				1	2	3 National Watermelon Day 
4 National Chocolate Chip Cookie Day 	5	6	7 11am-1pm Retrain Your Brain 12p-1p Gentle Chair Yoga	8	9 Book lovers Day! 	10
11	12 APS Back to School 	13	14 11am-1pm Retrain Your Brain 12p-1p Veterans Integration Services Presentation	15	16	17
18	19 11:00a-12:30p Alternative Behavior Strategies 12:30-3:00 Paint & Coffee Hour	20	21 11am-1pm Retrain Your Brain 12p-1p Legal shield Presentation	22	23	24
25	26 Dog Appreciation Day! 	27	28 11am-1pm Retrain Your Brain	29	30	31

# National Watermelon Day

**Date When Celebrated:** Always on August 3

This big fruit deserves its own big day. So, we give pause to celebrate watermelons on National Watermelon Day. Sweet and tasty, watermelons, are one of summer's favorite fruit. It's standard fare at picnics. While watermelon is over 90% water, it sure tastes good. And, what picnic would be complete without a seed spitting contest?

Our research was unable to establish this day a true national day (which requires an act of congress). We also have not uncovered the origin of this day. We suspect it originated by an agricultural organization, or perhaps a wild and crazy watermelon fan.

Please don't limit your consumption of watermelon to just this month. Stores carry watermelon twelve months of the year.

# National Chocolate Chip Cookie Day

**Date When Celebrated :** August 4<sup>th</sup>

*National Chocolate Chip Cookie Day* is today. It may be blisteringly hot outdoors. But, put on your apron and fire up the oven, for this is a day to bake dozens and dozens of chocolate chip cookies. And, then eat them, of course!

**Did You Know?** Americans eat on average 18,928 cookies (all kinds) in their lifetimes.

The chocolate chip cookie was invented by Ruth Graves Wakefield from Massachusetts, in 1938. Her husband ran the Toll House Inn, resulting in her cookies being called "Toll House" cookies. Nestle's bought the rights to the name, and the rest is history!

# BOOK LOVERS DAY

**Date When Celebrated :** August 9<sup>th</sup> and/or first Saturday in November.

*Book Lovers Day* encourages you to find a place in the shade to relax with a good book.

Book reading is a great hobby. It's an important one, too. Employers look for it on resumes. Reading is educational, informative, and relaxing. It makes us both smarter, and happier people.

*Book Lovers Day* is a great day to celebrate. Just grab an interesting book, find a quiet, cozy place, and crack open the cover. Celebrating *Book Lovers Day* in August is pleasurable on the deck, under a shady tree, poolside, or in a cozy hammock. If you fall asleep while reading, that's okay. It's all part of the relaxing benefits of being a book lover.

# Dog Appreciation Day

**Date When Celebrated:** August 26<sup>th</sup>

Founded in 2004 by pet and family lifestyle expert and animal behaviorist Colleen Paige, the day honors dogs for all that they do to enrich our lives and communities. The holiday also aims to raise awareness about dog adoption and the importance of providing rescue dogs with a safe and loving environment.