

NEWSLETTER August 2025

As summer gently fades, we find ourselves leaning into the rhythms of reconnection and reflection. This time of year invites us to slow down, share stories, and spend meaningful moments with the people who matter most.

We're especially excited to announce the return of a cherished tradition. **Friday Afternoon Club** is back for the fall! Join us for the first gathering on **Friday, September 5**, where we'll enjoy light refreshments, warm conversation, and the simple joy of being together.

And before we turn the page to fall, we invite you to revisit some of August's most memorable highlights—from heartfelt celebrations to lakeside traditions. It's a beautiful reminder of the connections that carry us through every season.

Honoring the Heart of Family



August 1st marked Respect for Parents Day, a gentle reminder to reflect on the values passed down by those who raised us. Whether through guidance, support, or quiet strength, their influence shapes how we treat others and lead by example.

We encouraged families to celebrate with small, meaningful gestures: sharing stories, revisiting old photos, or simply saying thank you. These everyday acts of respect help build a legacy of kindness for generations to come.

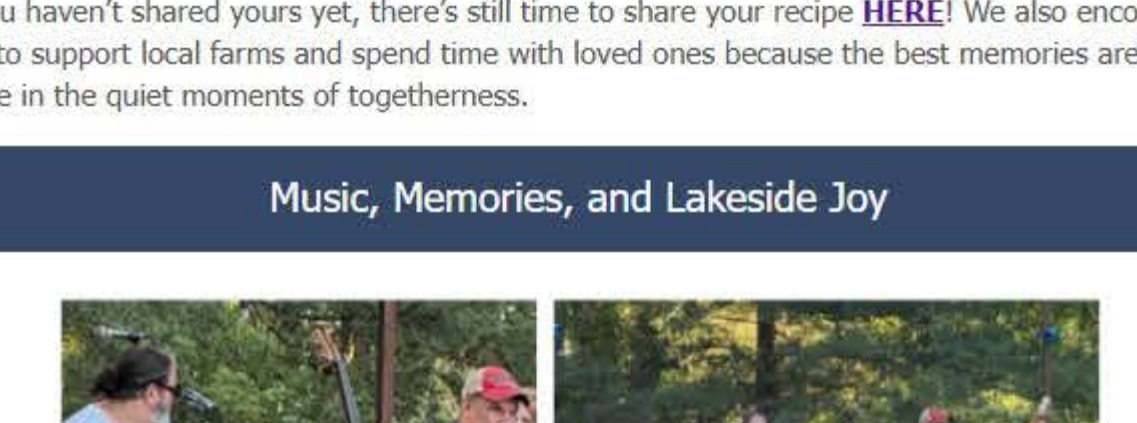
Celebrating the Little Joys



August 8 marked **National Happiness Happens Day**, and we took a moment to reflect on the small joys that make life feel full. Whether it's a favorite song, a shared laugh, or the warmth of sunshine on your face, happiness often lives quietly in the everyday.

We celebrated by honoring those simple moments—memories, connections, and the kind of joy that doesn't need a reason. Just a moment. We hope you found a reason to smile, too.

Savoring Peach Season



August is National Peach Month, and we've been embracing more than just the fruit. From porch conversations to cherished family recipes, peaches remind us of the warmth, resilience, and simple joys that shape our lives and relationships. We invited clients to share their favorite peach-inspired recipes, and we'll be featuring one special submission in an upcoming newsletter. It's a sweet way to honor the traditions that connect us.

If you haven't shared yours yet, there's still time to share your recipe [HERE!](#) We also encourage you to support local farms and spend time with loved ones because the best memories are often made in the quiet moments of togetherness.

Music, Memories, and Lakeside Joy



Jo and Royce hosted a joyful birthday bash with live music from the Chris O'Leary Band, reviving a beloved tradition in their new home. After the party, they joined RB and Jan Lau at Pelican Lake for their annual retreat—where the real fun belonged to Scout, Murphy, and Tag, who spent the week playing lakeside and soaking up summer joy.

Friday Afternoon Club Returns on September 5th!

Lau
SINCE 1976

FRIDAY AFTERNOON CLUB

Visit us on the first Friday of every month between 11 AM and 1 PM.

SEPTEMBER 5, 2025

We would be thrilled to have you come and meet with us! Come enjoy some light appetizers, beverages, and conversation!

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We're excited to welcome back one of our favorite traditions—Friday Afternoon Club! Starting Friday, September 5, join us for a relaxed and meaningful way to reconnect, share stories, and celebrate the moments that matter most. Whether you're stopping by for a quick hello or staying to catch up, we'd love to see you there.

Healthy Living

STAYING PHYSICALLY (AND FISCALLY) FIT AS YOU AGE

[Read More](#)

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Aging well isn't just about staying active, it's about nurturing your mind, body, and relationships. Experts remind us that good sleep hygiene, strong social connections, and mental fitness are just as important as physical exercise. Whether it's walking with a friend, learning something new, or simply getting a good night's rest, small daily habits can make a big difference.

[Read More Blog Posts](#)

Health-Conscious Corner: Peach Salad



This peach salad, a creamy avocado favorite! It's light, flavorful, and ready in just 10 minutes. With juicy peaches, creamy avocado, sliced tomatoes, and fresh basil, it's a beautiful blend of sweet and savory. Tossed with a honey-red wine vinaigrette and topped with fresh basil, it's the kind of dish that brings people together. Try it at your next family gathering or enjoy it as a refreshing lunch on a warm afternoon.

[Get the Recipe](#)

We couldn't close out August without celebrating one of its most beloved moments—**National Dog Day**. Whether your pup is a loyal companion or a playful spirit, they remind us of the comfort and connection that make life truly special.

As we look ahead to fall and gather for Friday Afternoon Club, we also hope you enjoy a restful and meaningful Labor Day weekend. May it be filled with laughter, loved ones, and a chance to recharge before the season ahead.

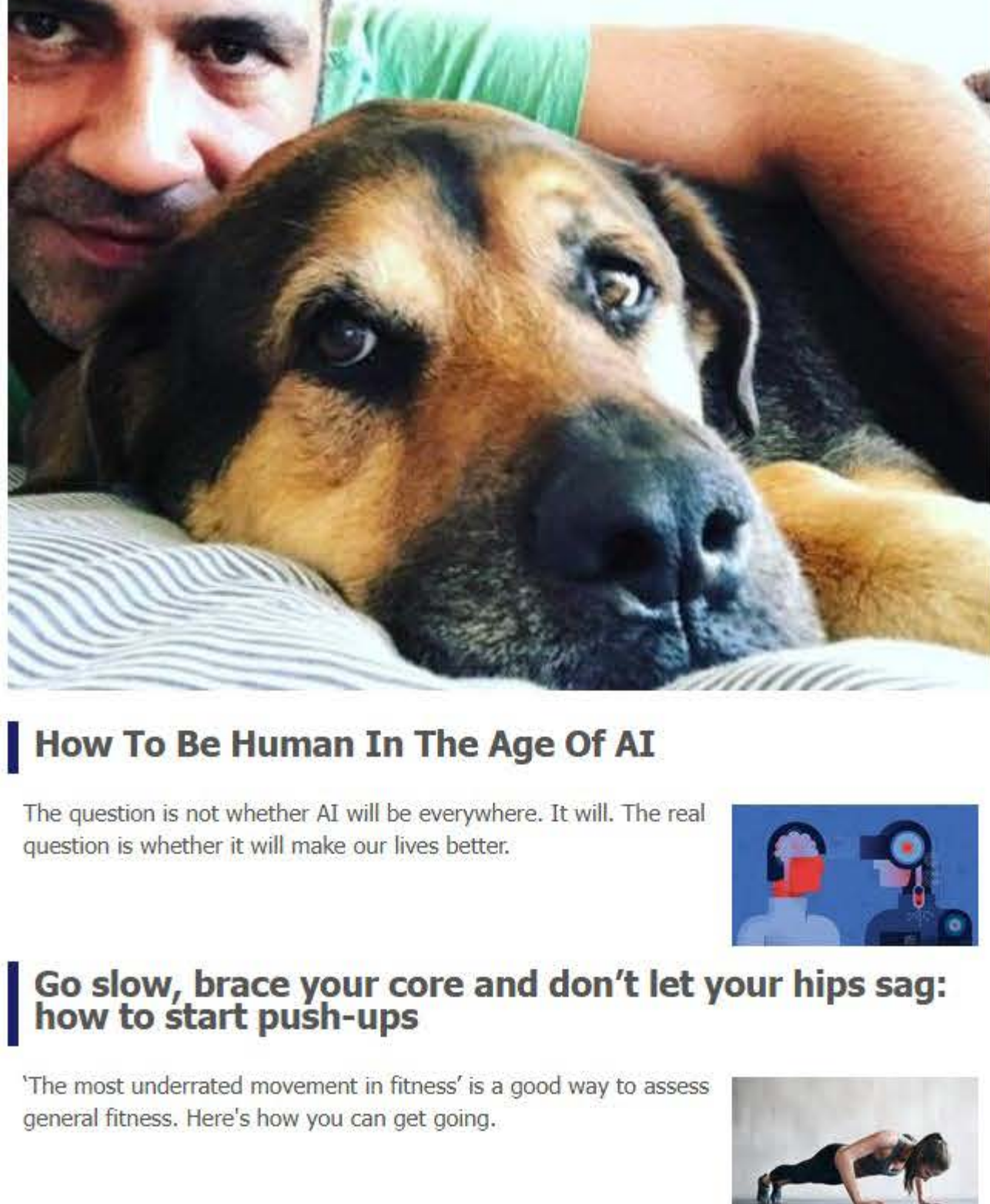
Warm regards,

Hugh & Jo

Additional Insights

The Life-Giving Power of a Dog Named Zinc

As my husband and I built a life together in New York, our 85-pound shepherd-lab mix was our anchor.



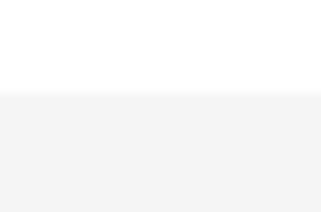
How To Be Human In The Age Of AI

The question is not whether AI will be everywhere. It will. The real question is whether it will make our lives better.



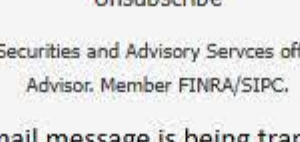
Go slow, brace your core and don't let your hips sag: how to start push-ups

'The most underrated movement in fitness' is a good way to assess general fitness. Here's how you can get going.

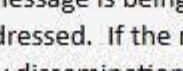


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