



Independent Living
 800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

Celebrating Elizabeth Case for Employee of the Month!

It is with great pleasure that we nominate Elizabeth Case for Employee of the Month. Her dedication, hard work, and outstanding performance as a housekeeper have significantly contributed to our team's success and overall client satisfaction. Elizabeth consistently brings a positive attitude to work. Her friendly and cheerful demeanor lifts the spirits of everyone around her. The kindness and care Elizabeth gives to our residents are truly remarkable. Keeping the environment spotless isn't the only thing she does; while doing so, she spreads so much love and warmth. She goes above and beyond to ensure residents feel comfortable and valued, often taking the time to engage in friendly conversations and provide personalized attention. Her compassion and empathy have a profoundly positive impact on the well-being of our residents. Thank you for all that you do. We are proud to have you as part of our team and look forward to many more months of working together.



AUGUST 2024



Keep Your Cool

While the weather heats up, find ways to cool down by reviewing these summertime tips.

What to drink. Stay hydrated by drinking liquids throughout the day, and don't wait until you feel thirsty to drink. Water, calorie-free beverages, fruit smoothies and decaffeinated tea and coffee are recommended options. Herbal peppermint and chrysanthemum teas have natural cooling properties.

What to eat. On hot days, stick to light meals with plenty of fruits and vegetables since they have high water content. Opt for salads and low-sodium soups and broths. Cut back on salty foods, which can contribute to dehydration.

What to wear. Choose loose, lightweight clothing to allow air to circulate and flow over your skin. Breathable fabrics such as cotton, linen and chambray are all warm-weather winners. Clothes in light colors will absorb less heat than dark hues.

What to do. During the warmest hours of the day, between 10 a.m. and 4 p.m., stay inside in the air conditioning. Switch to indoor activities and visit a shopping mall, movie theater, library or museum.

Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation

Monday, 10AM (Grocery Stores)
Tuesday & Thursday, 10AM (Walmart)
Wednesday, 10AM (Post Office/Bank)
Thursday, 2:30PM (Misc. Errands)
Friday, 9:30AM

Happy Birthday to You All. Enjoy!

- 8-Odelle Edwards
- 11-Wanda Halcom
- 12-Bob Roach
- 13-Amy Rutherford
- 17-Janice McAfee
- 27-Jane Brazell
- 30-Nadine Grimes

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	5 9:45 Big Lots shopping (O) 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 2:30 Penny Pitching (CR) 3:30 Charade Pick (CR) 6:30 Stay and Play (B)	6 Casino Day! 9:30 Winstar Casino (O) 9:35 No Walmart Today (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 6:30 Stay and Play (B)	7 Batter, Up! 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Whisper Guess (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Singing Performance by Mr. & Mrs. Divine (L) 6:30 Stay and Play (B)	8 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	9 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 2:30 Bingo & Jada (CR) 6:30 Stay and Play (B)	10 2:00 Skip-Bo Crew 6:30 Stay and Play (B)
11 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	12 9:45 Dollar Tree (O) 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 2:30 Peanut Butter landing (CR) 3:00 Craft & Chat (CR) 3:30 Headbanz challenge (B) 6:30 Stay and Play (B)	13 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Town Hall Meeting (CR) 6:30 Stay and Play (B)	14 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Ring toss (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops & Friends (B) 6:30 Stay and Play (B)	15 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Bingo & Jada (CR) 2:00 Euchre (B) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	16 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 6:30 Stay and Play (B)	17 2:00 Skip-Bo Crew 6:30 Stay and Play (B)
18 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	19 9:45 Kroger (O) 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 2:30 Unhinged Game (Must see) (B) 3:00 Name that Tune (B) 6:30 Stay and Play (B)	20 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:40 D'Nonna Italian Cuisine Lunch (O) 2:00 Hand & Foot (FR) 2:30 Red light, green light for prizes (CR) 3:30 Roll a topic (CR) 6:30 Stay and Play (B)	21 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Bingo & Jada (B) 3:00 Dominoes/42/Mexican Train (CR) 6:30 Stay and Play (B)	22 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:30 Misc. Errands (O) 2:30 Penny Pitching (CR) 6:30 Stay and Play (B)	23 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:30 Let's turn it up w/ Krystal Rodriguez! (L) 6:30 Stay and Play (B)	24 2:00 Skip-Bo Crew 6:30 Stay and Play (B)
25 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	26 9:45 Tom Thumb (O) 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 2:30 Buckets and Bags (B) 3:00 Craft & Chat (CR) 6:30 Stay and Play (B)	27 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Show & Tell (CR) 6:30 Stay and Play (B)	28 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:30 Bingo & Jada (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Unhinged Game (Must see) (B) 6:30 Stay and Play (B)	29 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:30 Bingo & Jada (CR) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	30 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 6:30 Stay and Play (B)	31 2:00 Skip-Bo Crew 6:30 Stay and Play (B)

A Fizzy, Frosty Favorite

A snowy mountaintop was the inspiration for a cool creation: the root beer float. National Root Beer Float Day, Aug. 6, celebrates this summertime treat. In 1893, Frank Wisner owned a mine and brewing company in Cripple Creek, Colo. One night, he noticed that the moonlit snow atop the dark slopes of nearby Cow Mountain looked like a scoop of vanilla ice cream. Inspired, Wisner went back to his bar and added ice cream to his customers' favorite soda, root beer. The drink, which Wisner named Black Cow Mountain, was an instant hit, and soon people shortened the name to "black cow." Now, it's known as a root beer float.



Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe. "What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?!"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

