

Pick Pickleball for Exercise

It's the sport with a silly-sounding name, but pickleball is a win-win game, offering fun and physical fitness for ages 8 to 80.

You've probably heard more about the multigenerational sport in recent years, as it's one of the fastest-growing games in the country and the world.

With elements of tennis, badminton and table tennis, pickleball was invented in 1965 by three Washington dads, who created it as a summer diversion for their bored kids. Older adults have popularized the game, due to its moderate level of activity.

The small court makes play easier on joints. Games are quick, about 15 minutes, so players, called picklers, can take frequent breaks. But the variety of aerobic movements during play can benefit overall health and fitness. Major muscle groups get a workout, building strength, balance and bone density, and hitting the ball exercises hand-eye coordination.

Picklers also enjoy the social aspect of the game. Most tend to play doubles, which offers opportunities to talk and connect on and off the court.



History's Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history's most impactful vaccines:

Smallpox: In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

Rabies: Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it's typically given to a person after exposure to the disease, not before.

Influenza: First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and the new COVID-19 vaccines.



Employee of The Month!

Our Lewisville Estates Community would like to recognize Carmen Mari Sanchez, our Housekeeper, as our August Employee of the Month. Carmen is always helping our residents with a smile on her face. Carmen, we are so lucky to have you as part of our team!



Dear Residents, Families and Friends

We have been granted full visitation in both Independent and Assisted Living. This month, we are going to continue talking about hydration during the summer heat. Getting enough water every day is important in keeping your body functioning correctly. Your body needs more water when you're in warmer climates and physically active. It's easy to go about your day without thinking about how much water you've had to drink or forget to take those sips until you start to feel bad. Water is vital to helping your body stay healthy and hydrated, especially in the summer heat. Please check your monthly calendar for more activities and events.

Sincerely,
Jennifer True
Executive Director



A Fruit Classic

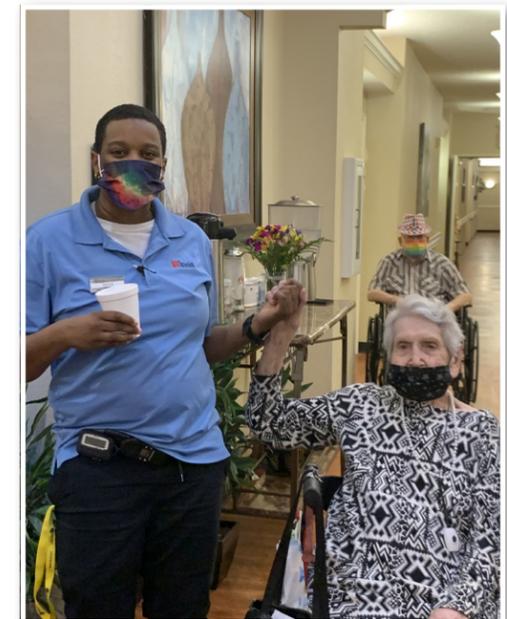
A mix of diced fruit, fruit cocktail is a staple that was created as a sweet solution to satisfy both consumers and canned food companies.

Recipes for salads made of cut fruits were common since the mid-1800s. Then at the turn of the 20th century, commercial canning revolutionized the food industry and made preparing such time-consuming dishes easier for home cooks.

With its many orchards, California is where canned fruit cocktail originated, but one inventor can't be determined.

By the '50s, people had embraced the convenience of ready-made canned foods of all types, and fruit cocktail became a stylish dessert, served at weekday family meals and at formal dinner parties. Later, schools, restaurants and the military would make it a staple food.

The U.S. Department of Agriculture has set a standard for the mix of fruit in canned fruit cocktail since 1927. To be labeled fruit cocktail, it must contain 30%—50% diced peaches, 25%—45% diced pears, 6%—16% diced pineapple, 6%—20% whole seedless grapes, and 2%—6% cherry halves.





ASSISTED LIVING
AL#010063

AUGUST 2021

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- Lidia Barillas, 3rd (Employee)
- Kay Lamb, 9th
- Mitch Jones, 9th
- Judy Mijas, 12th
- Rose Kreder, 17th
- Wendy Martinez, 28th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Day ¹ 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	National Coloring Book Day ² 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	Watermelon Day ³ 10:00 Chair Zumba, L 10:00 Catholic Communion 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:15 Watermelon Social and Facts, L 4:00 Puzzle Mania, AR	National Chocolate Chip Day ⁴ 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Medicare Presentation, L 3:00 Chocolate Chip & Trivia, L 3:30 Outdoor Walking 4:00 Name 5 Things, L	⁵ 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 1:30 General Store, L 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	National Root Beer Float Day ⁶ 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 I'm Rooting for You Social Hour 4:00 Name Your Game!, AR	⁷ 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
⁸ 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	⁹ 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	¹⁰ 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba, L 10:00 Catholic Communion 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:15 Hospice Plus Presentation, L 4:15 Trivia, L	¹¹ 10:00 Chair Yoga, L 10:45 Name That Tune, AR 2:00 Snack Cart Social 2:30 Scrapbooking Club, AR 2:30 Town Hall Meeting, L 4:30 Wonder Word Search, L	¹² 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 3:30 Pirate Gala (Main Event), L 4:00 Puzzle Mania Social, LL	¹³ Kool Aid Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Let's Drink the Kool Aid During Social Hour, L 3:30 Men's Workshop, AR 4:00 Name Your Game!, AR	¹⁴ 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
¹⁵ 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	¹⁶ 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 2:30 Dental Presentation w/Golden Years Dental, L 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	¹⁷ Elvis Week 10:00 Chair Zumba, L 10:00 Catholic Communion 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:15 Elvis Trivia and Songs, L 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	¹⁸ National Back to School Month 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 3:30 Back to School Celebration, L 4:00 Name 5 Things, L	¹⁹ 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	²⁰ National Radio Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Let's Turn the Radio on During Social Hour, L 4:00 Name Your Game!, AR	²¹ 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
²² 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	²³ 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 2:30 Technology Monday with Ed Sanders, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	²⁴ 10:00 Chair Zumba, L 10:00 Catholic Communion 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Bean Bag Toss, L 4:15 Trivia, L	²⁵ National Banana Split Day 10:00 Chair Yoga, L 10:45 Name That Tune, L 2:00 Banana Split Social, L 2:30 Scrapbooking Club, AR 4:30 Wonder Word Search, L	²⁶ 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Balloon Volleyball, L 1:45 General Store, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	²⁷ 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	²⁸ 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
²⁹ 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	³⁰ National Beach Day 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:30 Beach Volleyball Game, L	³¹ National Trail Mix Day 10:00 Chair Zumba, L 10:00 Catholic Communion 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Trail Mix Snack Social, L				