



## A Sticky Summertime Treat

As the clouds float above the crowds at a carnival or ballgame, down below are people of all ages happily enjoying the fluffy, melt-in-your-mouth confection known as cotton candy. Spin through these fun facts about the sticky stuff:

- Made of pure sugar, cotton candy isn't great for your teeth ... yet it was invented by a dentist! Dr. William Morrison co-created a sugar-spinning machine with candymaker John C. Wharton in 1897. They called their confection "fairy floss."
- In many countries, it's still called fairy floss or candy floss. In the Netherlands, they say sugar spider, and the French call it papa's beard.
- Each fine thread of cotton candy is thinner than a human hair. The strands are made by melting sugar and forcing it through a screen of tiny holes. Modern machines spin the sugar strands thousands of revolutions per minute.
- The treat was first introduced to a wide audience at the St. Louis World's Fair in 1904, where it sold for 25 cents a box.
- In the U.S., cotton candy is usually one of two artificially created flavors: blue raspberry and pink vanilla.
- An amusement park in Turkey holds the world record for making the longest spool of cotton candy. It took 6 hours and 70 staff members to make the confection, which measured over 4,500 feet long.
- Have you tried Cotton Candy grapes? A hybrid of two other grape varieties, the fruit's natural sweetness is compared to the flavor of cotton candy.

## Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H<sub>2</sub>O can help you stay better hydrated.



**JULY 2025**

## July Employee of the Month



We are thrilled to announce that Yrma Diaz has been selected as our Employee of the Month for July! In just 8 months with us, Yrma has consistently demonstrated dedication, positivity, and exceptional care. Her warm smile and compassionate nature have made a lasting impact on both our team and the residents she serves.

Please join us in congratulating Yrma for her outstanding contributions and unwavering commitment. We are incredibly fortunate to have her as part of our team.

## Summer Treats

As the Texas heat intensifies, it's essential to keep refreshed and hydrated. Throughout this month, we're introducing a variety of delightful beverages to help you stay cool. Kickstarting our lineup on July 2nd is the classic **Piña Colada**, crafted by our very own Chef Ray. This tropical treat offers a sweet escape from the summer sun.

## July Birthday Bash

Join us on **July 25th** as we celebrate all of our residents with July birthdays! We'll be enjoying delicious cake and live tunes from **Truth Creek Music**. It's the perfect way to stay cool and have fun this summer.

ASSISTED LIVING  
AL#010063

JULY 2025

Assisted  
Living  
Locations.

Activity Room  
AL Courtyard  
AL Parking Lot

AR  
ALC  
ALPL

HAPPY  
BIRTHDAY

10-Glen Pankratz  
18-Norma Choate  
26-Edith Gamel  
**Staff**  
4-Shawnisha Jones  
18- Lakisha Shaw  
19-Laurie Ray  
21-Elbia Cantor  
22-Carlos Rodriguez  
22-Lezile Regalado  
24-Ken Call  
29-Cynthia McKinney

Be a Friend to  
Fireflies

Chasing fireflies on a summer night is a magical experience for all ages. If you want to catch the insects in a jar, place an apple wedge or a damp paper towel in the jar to keep the air inside humid. Be sure to release the fireflies back to nature within a day.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Quarter Bingo 2:00 Left Center Right 3:00 Laurie’s Fun Cart	2 10:00 Daily Chronicle 10:00 Exercise with Laurie <b>11:00 LUNCH</b> <b>2:00 Pina Coladas with Chef Ray</b> 3:00 4th of July Photo Booth	3 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Red, White, and Blue Trivia <b>2:00 Yankee Doodle Dandy Movie &amp; Popcorn</b> 3:00 4th of July Puzzles	4 <b>Independence Day</b> 10:00 Daily Chronicle <b>11:00 Lunch</b> 1:00 Star of the Month Russell Crowe Trivia <b>2:00 Movie Matinee Cinderella Man w/ Russell Crowe</b> 3:00 Let Freedom Ring Word Mining Puzzles	5 10:00 Daily Chronicle <b>10:30 50 States Bean Bag Toss Exercise</b> <b>11:00 LUNCH</b> 12:00 Cranium Crunch Puzzle 1:00 Bingo <b>2:30 Afternoon Flicks The Way We Were</b>
6 10:00 Daily Chronicle <b>10:00 Joel Osteen Church Services</b> <b>11:00 Lunch</b> 12:00 Ladybug Word Search 2:00 Who Am I Trivia	7 10:00 Daily Chronicle 10:00 Sassy Nail Salon 10:30 Rosary w/ Renna <b>11:00 LUNCH</b> 1:00 Travelogue Art Pages 2:30 Golden Girls Monday & Snacks	8 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 LUNCH</b> 2:00 Christmas in July Bingo 3:00 Laurie’s Fun Cart 3:30 Jingle Bells in July Puzzle	9 10:00 Daily Chronicle 10:00 Exercise with Laurie <b>11:00 LUNCH</b> <b>1:00 Resident Council</b> 2:00 The Gift of a Generous Spirit with Laurie 3:00 Jingle Bell Breeze & Christmas Tunes	10 <b>7:30 Omelet Station with Chef Ray</b> 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 1:00 Laugh Basket Comedy <b>2:00 Root Beer Float Social with AccuAid Care Services</b> 3:00 Wacky Wordies	11 10:00 Daily Chronicle <b>10:00 Lewisville Town Square Tour</b> <b>11:00 LUNCH</b> 1:00 Sponge Firework Painting 2:00 Stocking Stuffer Stumper 3:00 Laurie’s Fun Cart	12 10:00 Daily Chronicle <b>10:30 July Jingle Bells Exercise</b> <b>11:00 LUNCH</b> 1:00 Bingo <b>2:30 Afternoon Flicks Miracle on 34th Street</b>
13 10:00 Daily Chronicle <b>10:00 Joel Osteen Church Services</b> <b>11:00 LUNCH</b> 1:30 Chicago White Sox Baseball Word Search 2:00 Puzzle Corner	14 10:00 Daily Chronicle <b>10:00 Dollar Tree Shopping (O)</b> 10:00 Sassy Nail Salon 10:30 Rosary w/ Renna <b>11:00 LUNCH</b> 1:00 Gnome Art Page 2:30 Golden Girls Monday & Snacks	15 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Quarter Bingo 3:00 Name That Tune Happy Hour	16 10:00 Daily Chronicle 10:00 Exercise with Laurie <b>11:00 LUNCH</b> 2:00 Bible Study Nurturing Women 3:00 Balloon Volleyball 4:00 Dot Doodles	17 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 Pasta Bar Station with Chef Ray</b> 2:00 Beat the Heat w/ Ice Cream Bars 3:00 What Am I Trivia?	18 10:00 Daily Chronicle <b>11:00 Angalina’s Mexican Restaurant</b> <b>11:00 LUNCH</b> 1:00 Let’s Talk The Real Scoop on Ice Cream 2:00 Yahtzee 3:00 Laurie’s Fun Cart	19 <b>National Ice Cream Day</b> <b>10:00 Bee Gees Seated Exercise</b> 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Bingo <b>2:30 Afternoon Flicks The Emperor’s Club</b>
20 <b>10:00 Bill Gaither Remembers Hero Homecoming</b> 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Fresh Fruit Salad Crossword 2:00 Puzzle Corner	21 10:00 Daily Chronicle <b>10:00 Dynamic Dudes Men’s Group w/ Tom Hobden</b> 10:00 Sassy Nail Salon 10:30 Rosary w/ Renna <b>11:00 LUNCH</b> 1:00 Summer Movie Word Scramble 2:30 Golden Girls Monday & Snacks	22 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Quarter Bingo <b>2:30 Tea &amp; Scones w/ Faridhai</b> 3:00 Laurie’s Fun Cart	23 <b>7:30 Omelet Station with Chef Ray</b> 10:00 Daily Chronicle 10:00 Exercise with Laurie <b>11:00 LUNCH</b> 2:00 I Love Lucy Trivia Game 3:00 Iced Tea Crosswords 4:00 Table Talk	24 9:15 Walmart Shopping 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Recipe Reminiscing 2:00 Mud Grub Pudding Cups 3:00 Outburst	25 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Let Freedom Ring Word Mining Puzzles 1:00 Team True or False Trivia <b>3:00 July Monthly Birthday Party with Truth Creek</b> 3:00 Laurie’s Fun Cart	26 <b>10:00 Chair Exercise</b> 10:00 Daily Chronicle <b>11:00 LUNCH</b> 1:00 Bingo <b>2:30 Afternoon Flicks Guys and Dolls</b>
27 10:00 Daily Chronicle <b>10:00 The Statler Brothers Gaither Gospel Series</b> <b>11:00 LUNCH</b> 1:00 The Burning Bush Word Search 2:00 Puzzle Corner 3:30 Spiritual Expression Art	28 10:00 Daily Chronicle 10:00 Sassy Nail Salon 10:30 Rosary w/ Renna <b>11:00 LUNCH</b> 1:00 Summer Fun Reminiscing 2:30 Golden Girls Monday & Snacks	29 9:15 Walmart Shopping (O) 10:00 Daily Chronicle <b>10:30 Music Therapy</b> <b>11:00 LUNCH</b> 1:00 Quarter Bingo <b>2:00 Cactus Coolers &amp; TV Dads</b> 3:00 Laurie’s Fun Cart	30 10:00 Daily Chronicle 10:00 Exercise with Laurie <b>11:00 LUNCH</b> 2:00 Blueberry Maze and Muffins 3:00 Hidden in Plain Sight	31 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Tic Tac Toe Frisbee Toss <b>11:00 LUNCH</b> 1:00 Gnome Pun Intended <b>2:00 Story Wise</b> 3:00 What’s the Scoop Trivia Game		



Had a wonderful time at lunch with our residents at Mama's Daughters' Diner—Nada, Joe, Peggy, and CJ. The food was delicious, but the conversation was even better! So many laughs and smiles. Always remember to have fun and stay positive.



## Dynamic Dudes Men's Group

**Kicks off this July with Tom Hobden!**

Come hang out, share your story, and connect with other great guys. It's a chance to build friendships, have meaningful conversations, and be part of something real.



## Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.

## At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.
- It's the wildlife that makes some beaches unique. Sea turtles, penguins, flamingos, monkeys and pigs are just some of the animals that roam the shores along with human visitors.