



## 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."

Q: Why did the teacher dive into the lake?

A: She wanted to test the water.

Q: What did the tide pool say to the other tide pool?

A: Show me your mussels.

Q: What keeps a dock floating above water?

A: Pier pressure.

Q: Why is the ocean always on time?

A: It likes to stay current.



## AUGUST 2022



## Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

**Make it part of your daily routine.** Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

**Pick a cup and fill 'er up!** An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

**Sip through a straw.** Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

**Find your favorite flavor.** If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

**Adjust the temp.** Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

Assisted Living  
AL#010063

AUGUST 2022

Locations


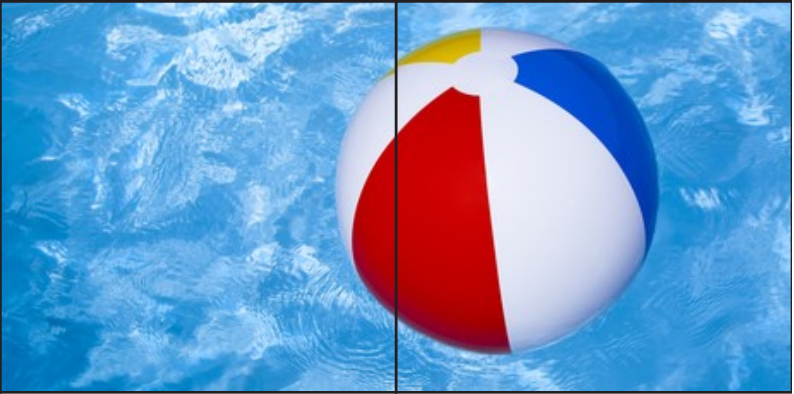
Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa

Birthdays

Patricia Patton	7th
Kay Lamb	9th
Judy Miljas	12th
Rose Kreder	17th
Sheila Call*	18th
Warren Fata	20th
Agnes Lang	24th
Wendy Martinez*	28th
*Employees	

Transportation Schedule

Monday,	10am
Grocery Stores	
Tuesday,	10am
Walmart	
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	
Friday,	TBA
Field Trips/Outings	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 Big Lots, O <b>10:00 Exercise w/ Legacy, L</b> 10:30 The Price is Right, L <b>1:30 Bible Study w/Yellow Rose, L</b> 3:00 Fun Afternoon Game, AR 4:00 Adult Coloring Club, AR	2 <b>10:00 Exercise w/Platinum</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Bingo, DR</b> 3:30 Word of the Day, L	3 <b>10:00 Chair Yoga, L</b> 10:00 Post Office/Bank, O 10:30 Sudoku Challenge <b>1:30 Bible Study, AR</b> <b>2:00 Movie and Snacks, L</b>	4 <b>10:00 Chair Zumba</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Arts and Crafts, AR</b> 4:00 Crossword Puzzle, AR	5 <b>10:00 Chair Exercise</b> 10:30 1:1 Session 1:30 Wonder Word Search, L <b>2:00 Social Hour</b> 3:30 Name Your Game!	6 10:00 Exercise Class w/Elise 10:30 Word of the Day, L <b>2:00 Bingo, DR</b>
7 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	8 9:45 Tom Thumb, O <b>10:00 Exercise w/ Legacy, L</b> 10:30 The Price is Right, L <b>1:30 Bible Study w/Yellow Rose, L</b> 3:00 Fun Afternoon Game, AR 4:00 Wonder Word Search, L	9 <b>10:00 Exercise w/Platinum</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Bingo, DR</b> 3:30 Dominos, AR	10 <b>10:00 Chair Yoga, L</b> 10:00 Post Office/Bank, O 10:30 Sudoku Challenge <b>1:30 Bible Study, AR</b> <b>2:30 Town Hall Meeting</b> <b>2:45 Movie and Snacks, L</b>	11 <b>10:00 Chair Zumba</b> 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L <b>2:00 Arts and Crafts, AR</b> 4:00 Puzzle Mania, AR	12 <b>10:00 Chair Exercise</b> 10:30 1:1 Session <b>11:00 Out to Chili's!, O</b> 1:30 Wonder Word Search, L <b>2:00 Social Hour</b> 3:30 Name Your Game!	13 10:00 Exercise Class w/Elise 10:30 Word of the Day, L <b>2:00 Bingo, DR</b>
14 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	15 9:45 Dollar Tree, O <b>10:00 Exercise w/ Legacy, L</b> 10:30 The Price is Right, L <b>1:30 Bible Study w/Yellow Rose, L</b> 3:00 Fun Afternoon Game, AR 4:00 Adult Coloring Club, AR 4:00 Wonder Word Search, L	16 <b>10:00 Exercise w/Platinum</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Bingo, DR</b> 3:30 Word of the Day, L	17 <b>10:00 Chair Yoga, L</b> 10:00 Post Office/Bank, O 10:30 Sudoku Challenge <b>1:30 Bible Study, AR</b> <b>2:00 Movie and Snacks, L</b>	18 <b>10:00 Chair Zumba</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Arts and Crafts, AR</b> 4:00 Crossword Puzzle, AR	19 <b>10:00 Chair Exercise</b> 10:30 1:1 Session 1:30 Wonder Word Search, L <b>2:00 Social Hour</b> 3:30 Name Your Game!	20 10:00 Exercise Class w/Elise 10:30 Word of the Day, L <b>2:00 Bingo, DR</b>
21 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	22 9:45 Kroger, O <b>10:00 Exercise w/ Legacy, L</b> 10:30 The Price is Right, L <b>1:30 Bible Study w/Yellow Rose, L</b> 3:00 Fun Afternoon Game, AR 4:00 Wonder Word Search, L	23 <b>10:00 Exercise w/Platinum</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Bingo, DR</b> 3:30 Dominos, AR	24 <b>10:00 Chair Yoga, L</b> 10:00 Post Office/Bank, O 10:30 Sudoku Challenge <b>1:30 Bible Study, AR</b> <b>2:00 Movie and Snacks, L</b>	25 <b>10:00 Chair Zumba</b> 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L <b>2:00 Arts and Crafts, AR</b> 4:00 Puzzle Mania, AR	26 <b>10:00 Chair Exercise</b> 10:30 1:1 Session <b>11:00 Out to Enzo's Pizza!, O</b> 1:30 Wonder Word Search, L <b>2:00 Social Hour</b> 3:30 Name Your Game!	27 10:00 Exercise Class w/Elise 10:30 Word of the Day, L <b>2:00 Bingo, DR</b>
28 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	29 <b>10:00 Exercise w/ Legacy, L</b> 10:30 The Price is Right, L <b>1:30 Bible Study w/Yellow Rose, L</b> 3:00 Fun Afternoon Game, AR 4:00 Adult Coloring Club, AR 4:00 Wonder Word Search, L	30 <b>10:00 Exercise w/Platinum</b> 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR <b>2:00 Bingo, DR</b> 3:30 Word of the Day, L	31 <b>10:00 Chair Yoga, L</b> 10:00 Post Office/Bank, O 10:30 Sudoku Challenge <b>1:30 Bible Study, AR</b> <b>2:00 Movie and Snacks, L</b>			



## Fun in the Sun Wreath

Add a summery splash of color to your home with this easy project.

### Materials:

- 10-inch foam wreath form
- Paper drink umbrellas (at least 50)

### Directions:

Place the wreath form on your work surface.

Open an umbrella and stick the toothpick end into the wreath. Place umbrellas all over the surface of the wreath form. Fill gaps by partially opening some umbrellas.



## Crickets Can Tell You the Temperature

You could call them nature's thermometers. Listening to the chirps of crickets can give you a rough estimate of the outside temperature. The Old Farmer's Almanac provides this formula: Count the number of chirps in 14 seconds, then add 40 to that number. For example, if you hear 30 chirps, add 40, which would be 70 degrees.



**Carlos Rodriguez**

## Employee of the Month!

Lewisville Estates would like to recognize Carlos Rodriguez as our employee of the month for August! Carlos is our wonderful Maintenance Director who works tirelessly to ensure that everything is running smoothly, and all of our residents have their needs met. Carlos is a wonderfully kind and hardworking person and is always the first one to offer you a hand. He is an essential member of our Lewisville Estates family and inspires us all to always do our best. Carlos, thank you so much for everything that you do!

