



Assisted Living  
 800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

## The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight. The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Since sunflowers mirror features of the sun, they are thought to symbolize adoration, loyalty and longevity. Their sunny charm is often seen adorning home décor items and fashion designs, and they have long been a celebrated subject in art. Vincent Van Gogh and Diego Rivera are just a few of the artists who famously depicted sunflowers in their works.

Because they are easy to grow and attract bees, butterflies and birds, sunflowers are a popular choice for home gardens small and large.



## SEPTEMBER 2022

### In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001. Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated. The memorial was dedicated in 2011, on the 10th anniversary of 9/11.

Another powerful memorial that commemorates the historic date is New York City's annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city's skyline.



ASSISTED LIVING  
AL#010063

**SEPTEMBER 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

**Transportation Schedule**

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

**Birthdays**

Mary Dykes	11th
Venicia Swilley*	11th
Doris Hawkins	15th
Yulliza Moya*	16th
Smitha Krishnan*	21st
Dorothy Bradburry	23rd
*Employees	

**"If life is a cup of tea,  
gratitude is the honey that  
makes it sweet."  
—Natasha Potter**

*Activities Subject to Change*

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



# Laugh Lines: Outstanding in Their Field

These silly scarecrow jokes are stuffed full of fun!

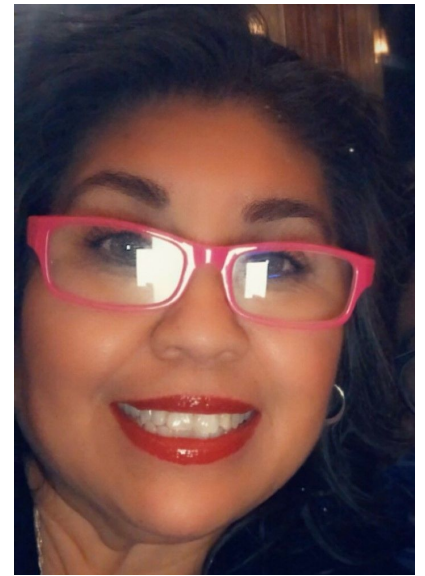
- What is a scarecrow's favorite food? Stuffing!
- What kind of fruit do scarecrows like the most? Strawberries.
- Do they like spicy food? No, they don't have the stomach for it.
- What kind of vehicles do they like to drive? Autumn-mobiles.
- What does a scarecrow say when he hears a song he likes? "Turnip the beet!"
- Do scarecrows like to dance? Yes, they're famous for their sweeping dance moves.
- Did you know that scarecrows don't like horror films? They don't have the guts to watch scary movies!
- The farmer asked the scarecrow why he continues working in the field. The scarecrow replied, "This job isn't for everyone, but hay, it's in my jeans."
- There once was a scarecrow who wanted to be a stand-up comedian, but his jokes were too corny.
- How do scarecrows decide who should be the scarecrow in charge? They take a straw poll.



## NFL Fun Facts

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17-0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.



Hilda Ibarra

## Employee of the Month!

This September we are excited to honor Hilda Ibarra as our Employee of the Month! For many, Hilda is the first smiling face that they see when they enter Lewisville Estates. She is absolutely wonderful and extremely kind. Hilda is always going above and beyond to help out residents, family members, and other employees with anything that they may need. We are so proud to have Hilda as an important member of our Lewisville Estates Family. Thank you so much for everything you do, Hilda!

