

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.

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!



Independent Living
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AUGUST 2021

Dear Residents, Families and Friends

We appreciate you following our community's infection control measures to help keep everyone safe.

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, and today's guidelines are even more demanding. 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.





INDEPENDENT LIVING

AUGUST 2021

Locations

- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Birthdays

- Mauricio Padilla, 4th (Employee)
- Alyce Eustace, 8th
- Sheila Call, 18th (Employee)
- Wanda Minnick, 21st
- Jane Brazell, 27th
- Nadine Grimes, 30th

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday & Thursday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2:30 p.m. Misc. Errands
- Friday, 9:30 a.m. Express Errands
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>2</p> <p>National Coloring Book Day</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Cornhole, CR</p> <p>4:15 Ambassadors Meeting, CR</p>	<p>3</p> <p>Watermelon Day</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>11:00 Meet Your Neighbor Social, B</p> <p>1:30 TED Talk, TH</p> <p>2:30 Team Games, CR</p> <p>3:30 Crafters Corner, CR</p>	<p>4</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Singalong at the Senior Center, O</p> <p>2:30 Walk It Out Wednesday, L</p> <p>3:30 Dominoes Club, B</p> <p>7:00 Evening Movie, TH</p>	<p>5</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:15 Singalong Group, CR</p>	<p>6</p> <p>International Beer Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Bingo-cise</p> <p>1:30 Game: Keep the Ball Up, CR</p> <p>2:00 Card Games, B</p> <p>3:30 I'm Rooting for You Happy Hour, L</p>	<p>7</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>8</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>9</p> <p>Book Lover's Day</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Book Club, CR</p>	<p>10</p> <p>S'mores Day</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>1:30 How to Become Tech Savvy, CR</p> <p>2:30 Coloring Club, B</p> <p>2:30 Town Hall Meeting, CR</p>	<p>11</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Jeopardy, CR</p> <p>2:00 Medicare Presentation, B</p> <p>2:30 Walk It Out Wednesday, L</p> <p>3:30 Dominoes Club, CR</p> <p>7:00 Evening Movie, TH</p>	<p>12</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>12:00 Gifts Galore</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p>	<p>13</p> <p>Kool Aid Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Bingo-cise</p> <p>1:30 Team Games</p> <p>2:00 Card Games, B</p> <p>3:30 Happy Hour, L</p> <p>3:30 Let's Drink the Kool Aid During Happy Hour, L</p>	<p>14</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>15</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>16</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:00 Dental Presentation w/ Golden Years Dental, B</p> <p>3:15 Cornhole, CR</p> <p>4:15 Ambassadors Meeting, CR</p>	<p>17</p> <p>Elvis Week</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>11:00 Meet Your Neighbor Social, B</p> <p>1:30 TED Talk, TH</p> <p>2:30 Team Games, CR</p> <p>3:00 Elvis Trivia and Songs, L</p> <p>3:30 Crafters Corner, CR</p>	<p>18</p> <p>National Back to School Month</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Singalong at the Senior Center, O</p> <p>2:30 Walk It Out Wednesday, L</p> <p>3:30 Dominoes Club, B</p> <p>7:00 Evening Movie, TH</p>	<p>19</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:30 Pirate Gala (Main Event), CR</p>	<p>20</p> <p>National Radio Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Bingo-cise</p> <p>1:30 Game: Keep the Ball Up, CR</p> <p>2:00 Card Games, B</p> <p>3:30 Let's Turn the Radio on During Happy Hour, L</p>	<p>21</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>22</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>23</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Technology Monday with Ed Sanders, B</p> <p>3:30 Book Club w/ Lewisville Library, CR</p>	<p>24</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>1:30 How to Become Tech Savvy, CR</p> <p>2:30 Coloring Club, B</p> <p>3:30 Ring Toss, CR</p>	<p>25</p> <p>National Banana Split Day</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Jeopardy, CR</p> <p>3:00 Banana Split Social, L</p> <p>3:30 Dominoes Club, CR</p> <p>7:00 Evening Movie, TH</p>	<p>26</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:30 Singalong, CR</p>	<p>27</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Bingo-cise</p> <p>1:30 Team Games</p> <p>2:00 Card Games, B</p> <p>3:00 Birthday Bash, L</p>	<p>28</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>29</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>30</p> <p>National Beach Day</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Beach Volleyball Game, CR</p> <p>3:30 Popsicle Time, CR</p>	<p>31</p> <p>National Trail Mix Day</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>3:30 Trail Mix Snack Social, B</p>				