## The <br> Path to <br> Liberty

The 13 Colonies fight for
independence began in Boston over
two centuries
ago. Today,
visitors can step into history by walking the Freedom Trail.
The 2.5-mile red

brick path links
16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:
Boston Common - The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation.
Faneuil Hall - Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace. Old South Meeting House - Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party. Bunker Hill Monument - A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.
The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.

## Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

- This year's competition will be the 32 nd Summer Games.
- They are set to begin July 23. Closing ceremonies are scheduled for Aug. 8.
- Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.
- Athletes representing about 200 countries will compete in over 30 sports.
- Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan
- Team USA will wear eco-friendly competition uniforms designed by Nike. The company says it used recycled materials to make the red, white and blue gear.
- The competition will travel to Paris for the 2024 Games




## Dear Residents, <br> Families and Friends

We have been granted full visitation in both Independent and Assisted Living. I know everyone is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe. This month, we are going to be talking about hydration during the summer heat. Getting enough water every day is important in keeping your body functioning correctly. Your body needs your body function when you're in warmer climates and physically active. It's easy to go about your day physically active. It's easy to go about your day
without thinking about how much water you've without thinking about how much water you've
had to drink or forget to take those sips until you had to drink or forget to take those sips until you
start to feel bad. But, especially in the summer heat, start to feel bad. But, especially in the summer and hydrated. Please check your monthly calendar for more activities and events. If you have any questions, don't hesitate to stop by my office Sincerely,

Jennifer True
Executive Director


## Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.
Ice pops can be fruity or creamy. For fruity treats, combine fresh fruits with juice and
 a sweetener, such as
a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.
Store-bought ice pop molds are handy, but all you need are some wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a $1 / 4$-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.
Remove the frozen pops by dipping the molds into a bowl of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.

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ASSISTED LIVING
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## JULY 2021



Legacy, L
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
s, L

1:30 Bible Study w/ the Yellow Rose Hospice, L
3:00 Fun Afternoon Game, L
4:00 Adult Coloring The Prize Is Right" and Snack Social, L Club, AR
11 10:00 Exercise w/ 12
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
$\square 18$
10:00 Exercise w/

| 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$$
\begin{array}{ll}
\text { Social, L } \\
\text { 3:00 } & \text { Fun Afternoon Game, } \mathrm{L}
\end{array}
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Adt Coloring Club, AR

## 25

7:30 In Search of the Lord's Way (Kdfid Channel 7), L

## 8:30 New Covenant

 Baptist Church, L 2:00 Chicken Foot, AR19 egacy, L
10:30 "The Prize Is Right" and Snack Social, L
1:30 Bible Study w/ the Yellow Rose Hospice, L
00 Root Beer Floats

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\mathbf{L} \quad 3:
$$ 3:00 Cinema Sundays, L

10:00 Exercise w/
Legacy, $\mathbf{L}$
10:30 "The Prize Is Right" and Snack Social, L
1:30 Bible Study w/ the Yellow Rose Hospice, L
2:45 Popcorn and Trivia Game, L
4:00 Wonder Word

0:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:00 Let Me Tell You Some Fun Facts About Peaches,
3:30 Word of the Day, L 4:00 Puzzle Mania, AR
9:45 Biod Clinic w/the Yellow Rose Hospice, L 0:00 Chair Zumba, L 0:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR
3:30 You Had Me at Aloha (Main Event), L
4:15 Trivia, L
National Fortune Cookie Day 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR
3:30 Time to Find Out Your Fortune, L
4:00 Puzzle Mania, AR

10:00 Chair Zumba, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Bean Bag Toss, L 4:15 Trivia, L


9:30 Grocery Orders 8 National Sugar Cookie Day

National Strawberry Sundae Day 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Strawberry Sundae Social, L
3:30 Outdoor Walking
4:00 Name 5 Things, L 10:00 Chair Zumba, L 10:00 Chair Exercise, L 10:45 Balloon Volleyball, L 1:45 General Store, L 2:00 Crafting w/ Patty, AR
4:00 Puzzle Mania Social, LL

10:00 Chair Exercise, L
10:15 1:1 Session w/Patty Wonder Wo
Search, AR
2:00 All You Need Is Love \& Sugar Coookies Social Hour, L
3:30 Men's Workshop, AR 4:00 Name Your Game!, AR

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

National
10:45 Name That Tune, AR 9:30 Grocery Orders 2:00 Snack Cart Social 2:00 Town Hall Meeting, L
2:30 Scrapbooking Club, AR
4:30 Wonder Word Search, L

