### Coffee **Break**

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day
- across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.



(Continued)

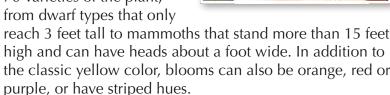
In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow—without the responsibility of primary parenting—grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparentgrandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.

### **The Sunniest Flower**

Bright and cheerful, sunflowers are latesummer 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,



Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. 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.







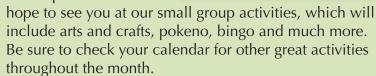




## Dear Residents, Family and **Friends**

As another summer comes to an end. I know we will all be looking forward to the cooler temperatures September and the fall season will bring!

This September we



The numbers of Covid-19 cases in Denton county continue to rise. We can all play our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember, you should always wear a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly.

We have iPads and laptops available for virtual doctor appointments or virtual family gatherings. If you are interested in more information, please come see us in the front office.

Thank you to everyone who helped keep Lewisville Estates safe throughout the entire year!

> Erin Montgomery **Executive Director**

# A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

(Continued on back.)







**ASSISTED LIVING** AL#010063

#### **SEPTEMBER 2020**

#### **Locations**

Activity Room, AR AL Courtyard, ALC AL Parking Lot, ALPL Bistro, B Dining Room, DR Library, LL Lobby, L Outing, O Spa, Spa

### **Birthdays**

Mary Dykes, 11th Yulliza Moya, 16th (Employee) Dorothy Bradburry, 23rd Jean Moore, 24th Patricia Nielsen, 30th

### **Transportation Schedule**

Monday, 10 a.m. **Grocery Stores** 

Tuesday & Thursday, 10 a.m. Walmart

> Wednesday, 10 a.m. Post Office/Bank

Friday, TBA Field Trips/Outing

**SUNDAY** 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L **Grandparents Day** 7:30 In Search of the Lord's Way (Kdfid YOM KIPPUR **BEGINS AT SUNSET** Lord's Way (Kdfid Channel 7), L

Channel 7), L 8:30 New Covenant **Baptist Church, L** 3:00 Cinema Sundays, L 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 27 7:30 In Search of the

8:30 New Covenant

3:00 Cinema Sundays, L

Baptist Church, L

Hospice, L 4:00 Adult Coloring Club, AR 28 9:30 Exercise w/ Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L

**MONDAY** 

10:00 "The Prize Is Right"

10:30 Word of the Day, L

Hospice, L

**National Assisted** 

**Living Week** 

2:00

1:00 Bible Study w/

and Snack Social, L

the Yellow Rose

9:30 Exercise w/Legacy, AR

and Snack Social, L

Caring Is Essential

4:00 Wonder Word Search, AR

**Fun Snack Cart** 

Legacy, AR

10:00 "The Prize Is Right"

10:30 Word of the Day, L

1:00 Bible Study w/

and Snack Social, L

the Yellow Rose

Yellow Rose Hospice, L

10:00 "The Prize Is Right"

10:30 Word of the Day, L

9:30 Exercise w/

1:00 Bible Study w/the

6 LABOR DAY

13

1:00 Bible Study w/ the Yellow Rose Hospice, L 4:00 Wonder Word Search, AR

1:30 Hallway Bingo 100 Bingo, L & 200 Hallway 3:30 White Board Game 2:30 Puzzle Mania, AR of Choice, L 8 9 Care Bears Share **Your Care Day** 9:30 Exercise w/Legacy, AR 9:45 Blood Pressure 9:30 Tone Those Clinic w/the Yellow Bones, AR Rose Hospice, L 10:30 Chicken Foot, AR 10:00 Hallway Senior 1:30 Card Club, AR **Fitness** 2:00 Snack Attack 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L Bingo, L 4:00 Adult Coloring Club, AR 1:30 Hallway Bingo 100 & 200 Hallway 15 14 10:00 Hallway Senior **National Guacamole Day** 9:30 Tone Those Bones, AR **Fitness** 10:30 Puzzle Mania, AR 10:45 Guess Who? 1:30 Card Club, AR 1:30 Hallway Bingo 100 2:00 Snack Attack Bingo, L & 200 Hallway 2:00 Chips and 2:00 Special Hallway **Guacamole Cart** Bingo 3:30 White Board Game of Choice, L 2:30 Puzzle Mania, AR 21 AUTUMN BEGINS 22 23 **Ice Cream Cone Day** 9:30 Tone Those 10:00 Hallway Senior Bones, AR **Fitness** 1:30 Card Club, AR 10:45 Roll the Dice, L 2:00 Snack Attack 1:30 Popcorn/Movie, L

1

**WEDNESDAY** 

Bones, AR

10:30 Puzzle Mania, AR

1:30 Card Club, AR

2:00 Snack Attack

9:30 Tone Those

2

**TUESDAY** 

10:00 Hallway Senior

**Fitness** 

**Fitness** 

& 200 Hallway

2:00 Coffee Cart Social

10:45 Guess Who?

**Random Act of** 

**Kindness Day** 

Bingo, L 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Time for Ice Cream 29 30 **International Coffee Day** 9:30 Tone Those 10:00 Hallway Senior Bones, AR 1:30 Card Club, AR 1:30 Hallway Bingo 100 2:00 Snack Attack

Bingo, L

3 National College **Colors Day** 9:30 Chair Exercise, L **Wear Your Favorite** 10:15 1:1 Session w/Sarah **College Jersey or Colors** 10:00 Hallway Senior **Fitness** 2:30 Art Expression, AR 1:30 Wonder Word 4:00 Giant Crossword

**THURSDAY** 

1:30 Memories and

Music, L

Puzzle, L

9:30 Chair Exercise, L

12:45 General Store, L

9:30 Chair Exercise, L

1:30 Memories and

Music, L

1:30 Special Trivia

w/Sarah

4:00 Giant Crossword

9:30 Chair Exercise, L

12:45 General Store, L

10:15 1:1 Session w/Sarah

2:30 Art Expression, AR

Puzzle, L

2:30 Art Expression, AR

24

**National One** 

10:15 1:1 Session w/Sarah

10:15 1:1 Session w/Sarah

2:30 Art Expression, AR

Search, AR 2:00 Kick Off Social Hour 4:00 Name Your Game!, AR

**Popcorn Days Week** 

10:00 Hallway Senior

**Fitness** 

**FRIDAY** 

1:30 Saturday 10 PATRIOT DAY 11

**Hallway Bingo** 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Roll the Dice, L 12 9:30 Chair

Exercise, L

19

26

10:30 Word of the Day

**SATURDAY** 

9:30 Chair Exercise, L

10:30 Word of the Day

10:15 Coffee and 1:30 Saturday Checkers, L **Hallway Bingo** 1:30 Wonder Word 1:30 Hallway Bingo 100 Search, AR & 200 Hallway

2:00 What Is Popping 3:30 Giant Crossword **Social Hour** Puzzle, L 4:00 Name Your Game!, AR 17 ROSH HASHANAH 18

**BEGINS AT SUNSET** 9:30 Chair Exercise, L 10:00 Hallway Senior 10:30 Word of the Day **Fitness** 1:30 Saturday 1:30 Wonder Word **Hallway Bingo** Search, AR

1:30 Hallway Bingo 100 2:00 Special Caring & 200 Hallway **Social Hour** 3:30 Roll the Dice, L

9:30 Chair

4:00 Name Your Game!, AR

**Hit Wonder** Exercise, L 10:00 Hallway Senior 10:30 Word of the Day **Fitness** 1:30 Saturday 10:15 Coffee and

25

**Hallway Bingo** Checkers, L 1:30 Hallway Bingo 100 1:30 Wonder Word & 200 Hallway Search, AR 3:30 Giant Crossword 2:00 Birthday Bash

Puzzle, L 4:00 Name Your Game!, AR

