

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.

A Grand Relationship (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 grandparent-grandchild 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 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.

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 hope to see you at our small group activities, which will include arts and crafts, pokeno, bingo and much more. Be sure to check your calendar for other great activities throughout the month.

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Random Act of Kindness Day 10:00 Hallway Senior Fitness 10:45 Guess Who? 1:30 Hallway Bingo 100 & 200 Hallway 2:30 Puzzle Mania, AR	9:30 Tone Those Bones, AR 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	9:30 Chair Exercise, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	National College Colors Day Wear Your Favorite College Jersey or Colors 10:00 Hallway Senior Fitness 1:30 Wonder Word Search, AR 2:00 Kick Off Social Hour 4:00 Name Your Game!, AR	9:30 Chair Exercise, L 10:30 Word of the Day 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Roll the Dice, L
6 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	LABOR DAY 7 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 4:00 Adult Coloring Club, AR	Care Bears Share Your Care Day 8 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Hallway Senior Fitness 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 1:30 Hallway Bingo 100 & 200 Hallway	9 9:30 Tone Those Bones, AR 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L	10 9:30 Chair Exercise, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	PATRIOT DAY Popcorn Days Week 10:00 Hallway Senior Fitness 10:15 Coffee and Checkers, L 1:30 Wonder Word Search, AR 2:00 What Is Popping Social Hour 4:00 Name Your Game!, AR	11 9:30 Chair Exercise, L 10:30 Word of the Day 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Giant Crossword Puzzle, L
13 Grandparents Day 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	14 National Assisted Living Week 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Caring Is Essential Fun Snack Cart 4:00 Wonder Word Search, AR	15 10:00 Hallway Senior Fitness 10:45 Guess Who? 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Special Hallway Bingo 2:30 Puzzle Mania, AR	16 National Guacamole Day 9:30 Tone Those Bones, AR 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 2:00 Chips and Guacamole Cart 3:30 White Board Game of Choice, L	17 9:30 Chair Exercise, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 1:30 Special Trivia w/Sarah 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	18 ROSH HASHANAH BEGINS AT SUNSET 10:00 Hallway Senior Fitness 1:30 Wonder Word Search, AR 2:00 Special Caring Social Hour 4:00 Name Your Game!, AR	19 9:30 Chair Exercise, L 10:30 Word of the Day 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Roll the Dice, L
20 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	21 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 4:00 Adult Coloring Club, AR	22 AUTUMN BEGINS Ice Cream Cone Day 10:00 Hallway Senior Fitness 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Time for Ice Cream	23 9:30 Tone Those Bones, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L	24 9:30 Chair Exercise, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	25 National One Hit Wonder 10:00 Hallway Senior Fitness 10:15 Coffee and Checkers, L 1:30 Wonder Word Search, AR 2:00 Birthday Bash 4:00 Name Your Game!, AR	26 9:30 Chair Exercise, L 10:30 Word of the Day 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Giant Crossword Puzzle, L
YOM KIPPUR BEGINS AT SUNSET 27 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	28 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 4:00 Wonder Word Search, AR	29 International Coffee Day 10:00 Hallway Senior Fitness 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Coffee Cart Social	30 9:30 Tone Those Bones, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L	