

## Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar, and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape, and they could be made much faster and were more available as an everyday treat.

Marshmallows inspired the creation of many popular recipes and products, including s'mores, Rice Krispies Treats, Moon Pies and spreadable Marshmallow Fluff.



## The Milk Man's Come Back

If you were born before the year 1940, you probably remember the days of the milk man. It's just a nostalgic thought now, the idea of waking up to a parcel of cold milk sitting in a glass jar on your front steps. But what if this fond memory of past times could be foretelling of the future? Maybe it's time we brought the milk man back, not only for iconic reasons, but in fact to save the planet.

Have you ever counted how many pieces of plastic you throw away every day? Now take that number and multiply it by a lifetime, then multiply it again but the number of humans on the planet. The statistic is staggering and easily explains the overflow of our landfills and the abundance of garbage in our oceans.

Although plastic is very affordable and useful, it is taking a terrible toll on our environment. When plastic is burned, it releases a variety of carcinogenic chemicals into the air. When ingested, it can cause hormonal complications and is linked to certain cancers. When it goes into our waterways, it carries with its toxins which not only kill sea life but also make the water unsafe to drink.

Maybe you do not think you use very much plastic. However, did you know that plastic is a main ingredient in chewing gum, is often used in clothing as a synthetic fabric, and is even used as a sealer on tea bags?

The negative impact that plastic has on our earth will only worsen with time, but it is never too late for us to make a positive change. Many major brands have already made the switch back to glass containers and there is a growing trend among youth to create "waste free" homes.

With the growing number of people beginning to take a stand for the climate, one can only wonder if bringing the age of the milk man back might be a step in the right direction.



## Dear Residents, Families and Friends,

As the number of Covid-19 cases continues to rise in our county, I want to make sure that we are all doing our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember that we should all be wearing 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. This is a team effort that takes every one of us working together to keep each other safe!

*Erin Montgomery*  
Executive Director

## A Groovy Look at Tie-Dye

It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity.

An easy and inexpensive craft project, tie-dyeing t-shirts and other textiles is a popular activity for all ages.





### 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
- Jack Gonz, 16th
- Sheila Call, 18th (Employee)
- Jacob Rodriguez, 30th (Employee)

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Friendship Day</b> 2 <b>Book Day</b> 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go	<b>Watermelon Day</b> 3 9:30 Walking Warriors 10:00 Coffee & Snacks Monday Social, L 10:30 Country Store 1:30 Country Store 2:00 Pokeno for Prizes, CR <b>2:30 Watermelon Social, B</b> 4:30 Wonder Word Search on the Go	<b>Chocolate Chip Day</b> 4 <b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Art Expression, CR 4:30 Sassy Senior Bingo on the Go	10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle	<b>National Root Beer Float Day</b> 6 <b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:30 Root Beer Floats Social, L</b> 4:30 Sassy Senior Bingo on the Go	<b>International Beer Day</b> 7 <b>9:30 Misc. Errands, O</b> 10:00 Current Events Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge <b>2:30 It Is Beer O'clock Happy Hour, L</b>	<b>Middle Child Day</b> 8 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b>
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go	<b>Milkman Day S'mores Day</b> 10 9:30 Walking Warriors 10:00 Coffee & Snacks Monday Social, L 10:30 Country Store 1:30 Country Store 2:00 Pokeno for Prizes, CR 2:30 Spin to Win 4:30 Wonder Word Search on the Go	<b>9:30 Balance Class w/Legacy, CR</b> 11 9:30 Grocery Orders 2:30 Art Expression, CR 2:30 Cart Social w/Sunshine 4:30 Sassy Senior Bingo on the Go	10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle	<b>9:30 Balance Class w/Legacy, CR</b> 13 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:00 Busy Hand Club, R66</b> 4:30 Sassy Senior Bingo on the Go	<b>Kool-Aid Day</b> 14 <b>9:30 Misc. Errands, O</b> 10:00 Current Events Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge <b>2:30 Let's Drink the Kool-Aid During Happy Hour, L</b>	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 15
<b>Chef Appreciation Week</b> 16 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go	<b>Cupcake Day</b> 17 9:30 Walking Warriors 10:00 Coffee & Snacks Monday Social, L 10:30 Country Store 1:30 Country Store 2:00 Pokeno for Prizes, CR 2:30 Cupcake Trivia and Cupcakes 4:30 Wonder Word Search on the Go	<b>9:00 Podiatrist Visit, F</b> 18 <b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Art Expression, CR 4:30 Sassy Senior Bingo on the Go	10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle	<b>9:30 Balance Class w/Legacy, CR</b> 20 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> 4:30 Sassy Senior Bingo on the Go	<b>Senior Citizen Day</b> 21 <b>9:30 Misc. Errands, O</b> 10:00 Current Events Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge <b>2:30 Senior Celebration Happy Hour, L</b>	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 22
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go	9:30 Walking Warriors 10:00 Coffee & Snacks Monday Social, L 10:30 Country Store 1:30 Country Store 2:00 Pokeno for Prizes, CR 2:30 Jack Pot on the Go 4:30 Wonder Word Search on the Go	<b>9:30 Balance Class w/Legacy, CR</b> 25 9:30 Grocery Orders 2:30 Art Expression, CR 4:30 Sassy Senior Bingo on the Go	<b>National Dog Day</b> 26 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store <b>2:30 Snack Cart Social</b> 3:00 Special Dog Treat 4:30 Crossword Puzzle	<b>9:30 Balance Class w/Legacy, CR</b> 27 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:00 Busy Hand Club, R66</b> 4:30 Sassy Senior Bingo on the Go	<b>9:30 Misc. Errands, O</b> 28 10:00 Current Events Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge <b>2:30 Birthday Bash, L</b>	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 29
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go	9:30 Walking Warriors 10:00 Coffee & Snacks Monday Social, L 10:30 Country Store 1:30 Country Store 2:00 Pokeno for Prizes, CR 2:30 Hydration Station 4:30 Wonder Word Search on the Go					