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.

KISSING

COVID



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.

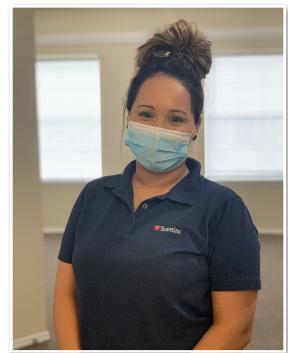
Influenza: First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

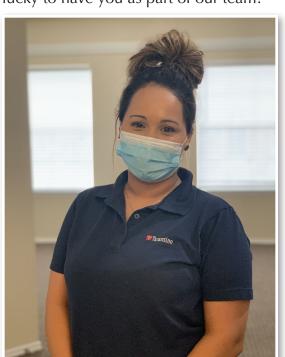
Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and the new COVID-19 vaccines.



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!







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

Birthdays

Theater, TH

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

3:30 Trail Mix Snack

Social, B

Game, CR 3:30 Popsicle Time, CR