

Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.



Find Joy Through Journaling (Continued)

Improve relationships:

It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



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 we 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

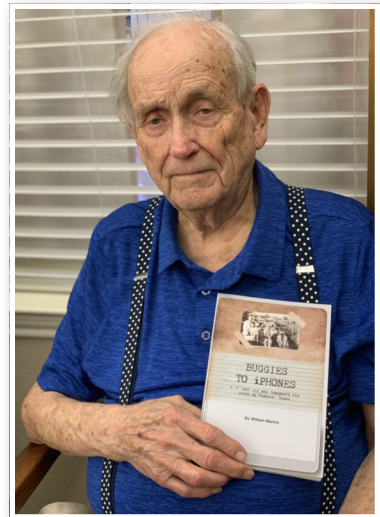
Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

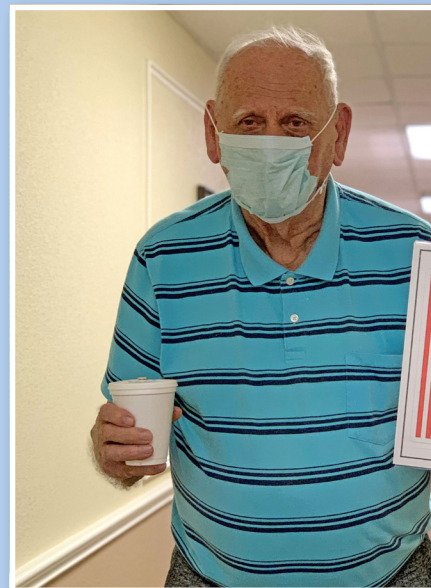
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Coffee Break

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.
- 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.
- 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.





INDEPENDENT LIVING

SEPTEMBER 2020

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

- Louie Zepeda, 3rd (Employee)
- Bo Bozarth, 3rd
- Doris Hawkins, 15th
- Betty Baughman, 19th
- Bill French, 24th
- Donna Billings, 29th

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
		Random Act of Kindness Day 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 2:30 Crafting w/Patty, CR 4:30 Sassy Senior Bingo on the Go	1 9:30 Exercise Sheet 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store 2:30 Snack Cart Social 4:30 Crossword Puzzle	2 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR 2:30 Sassy Senior Bingo A, CR 3:15 Sassy Senior Bingo B 4:30 Adult Coloring Pages	3 National College Colors Day Wear Your Favorite College Jersey or Colors 9:30 Misc. Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge 2:30 Kick Off Happy Hour	4 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH
6 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	LABOR DAY 7 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 4:30 Wonder Word Search on the Go	Care Bears Share Your Care Day 8 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 2:30 Caring Social Cart w/Sunshine 2:30 Crafting w/Patty, CR 4:30 Sassy Senior Bingo on the Go	9 9:30 Exercise Sheet 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store 2:30 Snack Cart Social 4:30 Crossword Puzzle	10 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR 2:00 Busy Hand Club, R66 2:30 Sassy Senior Bingo A, CR 3:15 Sassy Senior Bingo B 4:30 Adult Coloring Pages	PATRIOT DAY 11 Popcorn Days Week 9:30 Misc. Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge 2:30 What Is Popping Happy Hour	12 Banana Day 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH
13 Grandparents Day 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	National Assisted Living Week 14 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 4:30 Wonder Word Search on the Go	15 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 2:30 Crafting w/Patty, CR 4:30 Sassy Senior Bingo on the Go	16 9:30 Exercise Sheet 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store 2:30 Snack Cart Social 4:30 Crossword Puzzle	17 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR 2:30 Sassy Senior Bingo A, CR 3:15 Sassy Senior Bingo B 4:30 Adult Coloring Pages	ROSH HASHANAH BEGINS AT SUNSET 18 9:30 Misc. Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge 2:30 Let's Have a Moroccan Happy Hour	19 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH
20 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	21 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 4:30 Wonder Word Search on the Go	AUTUMN BEGINS 22 Ice Cream Cone Day 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 2:30 Time for Ice Cream 4:30 Sassy Senior Bingo on the Go	23 9:30 Exercise Sheet 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store 2:30 Snack Cart Social 4:30 Crossword Puzzle	24 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR 2:00 Busy Hand Club, R66 2:30 Sassy Senior Bingo A, CR 3:15 Sassy Senior Bingo B 4:30 Adult Coloring Pages	National One Hit Wonder 25 9:30 Misc. Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Country Store 1:30 Country Store 2:00 Wonder Word Challenge 2:30 Birthdays Bash	26 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH
YOM KIPPUR BEGINS AT SUNSET 27 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	National Drink a Beer Day 28 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 Beer Tasting Cart 4:30 Wonder Word Search on the Go	29 International Coffee Day 9:30 Balance Class w/Legacy, CR 9:30 Grocery Orders 2:30 Coffee and Crafts w/Patty Time, CR 4:30 Sassy Senior Bingo on the Go	30 9:30 Exercise Sheet 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Country Store 1:30 Country Store 2:30 Snack Cart Social 4:30 Crossword Puzzle	