

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee: The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee: Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Sweat bee: These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee: You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.



Employee of the Month!

Our Lewisville Estates Community would like to recognize Hilda Ibarra, our Concierge, as our September Employee of the Month. Hilda is always helping every department, residents and guests with a great smile. Hilda, we are so happy to have you as part of our team!



In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls.

Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.



Dear Residents, Family and Friends

As summer comes to an end, I hope we can all look back on it as time well spent making memories. We had a great month of August with Root Beer Floats, the Pirate Gala, and my personal favorite, National Banana Split Day. We also welcomed lots of new staff members and Directors into our family. Ms. Lynnsay Browne, LVN, joined us all the way from New York to become our new Assisted Living Director. She has two children: Vincent is 8 and daughter, Anastasia, is 6. They love to travel! She has visited 33 states and the D.C. area. If you haven't met yet, please stop by her Office and help yourself to a snack! We were happy to be able to promote from within: Ms. Jada Howard is now our new Independent Activity Director. It's an exciting time here at Lewisville Estates! September has many more exciting things in store, especially the week of Sept. 13-17, when we will be observing National Assisted Living Week. Be sure to check your activity calendar as well as weekly flyers to see what exciting outings and events are scheduled for each month! Also remember to check out our Facebook and Instagram for weekly picture updates.



Happy September!
Jennifer True
Executive Director



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

- Bo Bozarth, 3rd
- Louie Zepeda, 3rd (Employee)
- Sara Newton, 4th
- Phil Kretchman, 9th
- Doris Hawkins, 15th
- Joe Cicero, 17th
- Betty Baughman, 19th
- Wendell Potts, 25th
- Deb Volponi, 27th
- Katherine Day, 28th
- Donna Billings, 29th
- Julia Cordell, 29th

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| <p>Transportation Schedule</p> <p>Monday, 10 a.m. Grocery Stores</p> <p>Tuesday & Thursday, 10 a.m. Walmart</p> | <p>Wednesday, 10 a.m. Post Office/Bank</p> <p>Thursday, 2:30 p.m. Misc. Errands</p> <p>Friday, 9:30 a.m. Express Errands</p> <p>Friday, TBA Field Trips/Outing</p> | <p>10:00 Post Office/Bank, O 1</p> <p>10:00 Exercise w/Jacque, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Singalong at the Senior Center, O</p> <p>2:30 Walk It Out Wednesday, L</p> <p>3:30 Dominoes Club, B</p> <p>7:00 Evening Movie, TH</p> | <p>9:45 Blood Pressure Clinic w/Legacy, CR 2</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:15 Singalong Group, CR</p> | <p>Wear Your Favorite College Jersey or Color 3</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Get Fit w/Jada</p> <p>2:00 Card Games, B</p> <p>3:30 College Memories Happy Hour</p> | <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> | |
| <p>5</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p> | <p>LABOR DAY</p> <p>ROSH HASHANAH BEGINS AT SUNSET</p> <p>6</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:00 Labor Day Wonder Word Search, L</p> | <p>7</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 1:1 Session w/Jada, B</p> <p>2:00 Team Games, CR</p> <p>3:00 Crafters Corner, CR</p> | <p>8</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Exercise w/Jacque, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:00 Social Hour w/Jada, R66</p> <p>3:30 Dominoes Club, CR</p> <p>7:00 Evening Movie, TH</p> | <p>9</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:30 Uno Game, B</p> <p>7:20 Cowboys Vs Tampa Bay (Nbc), R66</p> | <p>10</p> <p>Wear Your Favorite Hat Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Get Fit w/Jada</p> <p>11:30 Out to Olive Garden, O</p> <p>1:30 Team Games</p> <p>2:00 Card Games, B</p> <p>3:30 Let's Get This Party Poppin During Social Hour, L</p> | <p>11</p> <p>PATRIOT DAY</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>12</p> <p>Grandparents Day</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p> | <p>13</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Book Club, CR</p> <p>3:30 Connect Four, B</p> | <p>14</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:30 1:1 Session w/Jada, B</p> <p>1:30 How to Become Tech Savvy, CR</p> <p>2:30 Town Hall Meeting, CR</p> <p>3:30 Coloring Club, B</p> | <p>15</p> <p>YOM KIPPUR BEGINS AT SUNSET</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Exercise w/Jacque, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Singalong at the Senior Center, O</p> <p>2:00 Walking to Assisted Living, O</p> <p>2:30 Walk It Out Wednesday, L</p> <p>3:30 Dominoes Club, B</p> <p>7:00 Evening Movie, TH</p> | <p>16</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:30 Denim & Diamond (Main Event), CR</p> | <p>17</p> <p>Hispanic Heritage Month</p> <p>Wear Your Favorite Denim</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Get Fit w/Jada</p> <p>2:00 Card Games, B</p> <p>3:30 Time for Chips & Salsa During Our Happy Hour, L</p> | <p>18</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>19</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p> <p>3:25 Cowboys Vs Los Angeles (Cbs), R66</p> | <p>20</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Ring Toss, B</p> <p>4:15 Ambassadors Meeting, CR</p> | <p>21</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 1:1 Session w/Jada, B</p> <p>2:00 Team Games, CR</p> <p>3:00 Crafters Corner, CR</p> | <p>22</p> <p>AUTUMN BEGINS</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Exercise w/Jacque, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:00 Apple Cider & Fall Cookies Social w/Jada, R66</p> <p>3:30 Dominoes Club, CR</p> <p>7:00 Evening Movie, TH</p> | <p>23</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:30 Singalong, CR</p> | <p>24</p> <p>Crazy Socks Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 Get Fit w/Jada</p> <p>1:30 Team Games</p> <p>2:00 Card Games, B</p> <p>3:00 Birthday Bash, L</p> | <p>25</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>26</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>3:00 Resident Choice Game, B</p> | <p>27</p> <p>10:00 Get Fit! Chair Exercise, CR</p> <p>10:00 Shopping, O</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Book Club w/Lewisville Library, CR</p> <p>7:15 Cowboys Vs Philadelphia (ESPN), R66</p> | <p>28</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:30 1:1 Session w/Jada, B</p> <p>1:30 How to Become Tech Savvy, CR</p> <p>3:30 Ring Toss, CR</p> <p>3:30 Coloring Club, B</p> | <p>29</p> <p>National Coffee Day</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Exercise w/Jacque, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Singalong at the Senior Center, O</p> <p>2:30 Activity Meeting w/Jada & Hot Coffee, B</p> <p>7:00 Evening Movie, TH</p> | <p>30</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>2:30 Misc Errands, O</p> <p>3:30 Uno Game, B</p> |  | |