

Grilling Made Easy

One of summer's most popular outdoor activities is cooking. It's prime time for cookouts and backyard barbecues with family and friends, as grilling is a favorite pastime for many. Grilling has grown increasingly complex over the years as new technology has continued to emerge. However, that's no reason to shy away from being the top grill master in your community! No matter the size, brand, shape or number of knobs and buttons on a grill, the basics are still the same.

1. Clean that grill! Whether it's been in storage or exposed to the weather elements is irrelevant. Those grates need to be scrubbed often and prior to initial use. I don't know about you, but I don't want to find chunks of hamburger attached to the bottom of my salmon. Scrub those grates!
2. Check your tools and supplies, restock and get ready. Items to be inventoried and replaced might include charcoal or propane, spatulas, tongs, grill pans, meat thermometer and aluminum foil, among others.
3. Be aware of time. Thaw and season the items you plan on grilling within the proper timeline. If you forget to thaw your meat in advance, the party's over.
4. Be sure to preheat the grill. If using a gas grill, close the lid, set the grill on high and preheat for roughly 10 to 15 minutes. If using a charcoal grill, spread the coals evenly before lighting and look for a nice top layer of ash on the coals. When you see that ash layer, place your hand above the coals (not close, maybe 6-7 inches away). After three seconds or so, you should feel the heat.
5. Have a buddy system in place. If you're in charge of the grill, don't have items on the stovetop in the kitchen at the same time. You can't be in two places at once, so choose one or the other to ensure optimal chances of a tasty, properly cooked meal. Now that you've had a little refresher, it's time to get grillin'!



Happy Birthday Make A Wish!



Carolyn Lee..... 26th Patsy Weldon..... 28th

Lynridge Highlights



Thank You, Bristol Hospice!

A beautiful Wednesday morning at the lake with "Hooked on Seniors" fishing event. What a time we had! Our residents loved every minute of it. Sunny with a breeze of fresh air.

We've Been Making Root Beer

Our residents have started making their own root beer!!! How exciting to see their faces and response to the steps and results.



Resident Spotlight

Our Pathways residents enjoying a morning of beach ball chair exercise with Grace!



LYNRIDGE

OF ARLINGTON | ASSISTED LIVING

Letter From the ED

Hello Lynridge Families,

Thank you to all that signed the residency agreements for your loved ones. We are at the finish line, but we are getting there. Come by our community and pick up an activity calendar. The month of June will be filled with tons of fun new events.

We will be hosting a Father's Day dinner, so please RSVP for that so we can know how many will attend. If you have any work orders, please let the front desk know. They will update it in our system and Bo, the maintenance assistant, will be sure to close up all open orders.

Thank you for all your support and I look forward to seeing every one of you at our family events and birthday bash.

Holidays

- National Trails Day June 1st
- World Environment Day..... June 5th
- National Donut Day June 7th
- Flag Day June 14th
- Father's Day June 16th
- National Pink Day June 23rd

June 2024

Our Team

Natalie Desormier

Executive Director

Angel Mathews

Business Director

Latoya Sauls

Lifestyle Director

Tasha Gamble

Pathways Director

Gabriel Mata

Maintenance Director

Misti McCreary

Sales and Marketing Director

Oscar Montoya

Culinary Director

LYNRIDGE

— OF ARLINGTON —
ASSISTED LIVING • MEMORY CARE

3424 Interstate 20 W Hwy
Arlington, TX 76017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Lynridge of Arlington - Assisted Living

June 2024



							10:00 Coffee & Chat 11:00 Wheel of Fortune 1:00 Pretty Nails 2:00 Poker 2:00 Beach Ball Tennis 3:00 Dominoes 4:00 courtyard stroll with the walking club 6:00 Bistro Table Games
10:00 Coffee & Chat 11:00 Word Wheel Puzzle 1:00 Bingo 2:00 Silver Sunday Service - Church 3:00 Rocky Road Day - Ice cream in bistro 4:00 Ring Toss 6:00 Bistro table games	10:00 Mimosa Monday 11:00 Boggle- Word Game 1:00 Monday Movie mania 2:00 Bingo 3:00 Left-Right-Center 4:00 Chess 5:00 Dinner 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Word Wheel Game 1:00 Dominos 2:00 Chair yoga 3:00 Tasty Tuesday 4:00 Ring Toss 6:00 Bistro table games	10:00 Coffee & Chat 11:00 (Word Association) Whiteboard Game 1:00 Chess 1:30 Sid Richardson Museum 3:00 Weekly Bingo 4:00 Courtyard Stroll 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 jeopardy 1:00 Small Group Activities: Dominoes & Card Games 1:30 Horticulture group 2:00 pokeno 3:00 Happy Hour 4:00 Word Game 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Morning Trivia 1:00 Word Scramble 2:00 Pokeno 3:00 Bible Story Time w/Debra & Leah 3:00 Horseshoes 3:00 Balloon musical Chairs 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Wheel of Fortune 1:00 Pretty Nails 2:00 Poker 2:00 Beach Ball Tennis 3:00 Dominoes 4:00 courtyard stroll with the walking club 6:00 Bistro Table Games	
10:00 Coffee & Chat 11:00 Word Wheel Puzzle 1:00 Bingo 2:00 Silver Sunday Service - Church 3:00 Strawberry Pie Day 4:00 Courtyard walk 6:00 Bistro table games	10:00 Mimosa Monday 10:00 Coffee & Chat 11:00 Boggle- Word Game 1:00 Monday Movie mania 2:00 Bingo 3:00 Left-Right-Center 4:00 Pokeno 5:00 Dinner	10:00 Coffee & Chat 11:00 Word Wheel Game 1:00 Root beer Building 2:00 Dominoes 3:00 Tasty Tuesday 4:00 Ring Toss 6:00 Bistro table games	10:00 Coffee & Chat 11:00 (Word Association) Whiteboard Game 1:00 Uno 1:30 Bahama Buck's Shaved ice shop 3:00 Weekly Bingo 4:00 Courtyard Stroll 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 jeopardy 1:00 Small Group Activities: Dominoes & Card Games 1:30 Horticulture group 3:00 Happy Hour 4:00 Left-right-center 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Morning Trivia 1:00 Word Scramble 2:00 Pokeno 3:00 Bible Story Time w/Debra & Leah 3:00 Horseshoes 3:00 Balloon musical Chairs 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Wheel of Fortune 1:00 Pretty Nails 2:00 Poker 2:00 Beach Ball Tennis 3:00 Dominoes 4:00 courtyard stroll with the walking club 6:00 Bistro Table Games	
10:00 Coffee & Chat 11:00 Word Wheel Puzzle 12:00 Father's Day Lunch and Open Bar 1:00 Bingo 2:00 Silver Sunday Service - Church 3:00 Music and Pool 6:00 Bistro table games	10:00 Mimosa Monday 10:00 Coffee & Chat 11:00 Boggle- Word Game 1:00 Monday Movie mania 2:00 Bingo 3:00 Left-Right-Center 4:00 Pokeno 5:00 Dinner	10:00 Coffee & Chat 11:00 Word Wheel Game 1:30 Council Meeting 2:00 Dominoes 3:00 Tasty Tuesday 4:00 Ring Toss 6:00 Bistro table games	10:00 Coffee & Chat 11:00 (Word Association) Whiteboard Game 1:00 WALMART STORE RUN 2:00 Uno 3:00 Weekly Bingo 4:00 Courtyard Stroll 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 jeopardy 11:00 Yoga 1:00 Small Group Activities: Dominoes & Card Games 1:30 Horticulture group 3:00 Happy Hour 5:00 Family Night 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Morning Trivia 1:00 Word Scramble 2:00 Pokeno 3:00 Bible Story Time w/Debra & Leah 3:00 Horseshoes 4:00 Word Game 6:00 Bistro Table Games	10:00 Coffee & Chat 11:00 Wheel of Fortune 1:00 Pretty Nails 2:00 Poker 2:00 Beach Ball Tennis 3:00 Dominoes 4:00 courtyard stroll with the walking club 6:00 Bistro Table Games	
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